

Factors To Look For When Choosing A Sit-Up Pillow



Shape:

Look for a pillow that supports your upper back. A pillow with arms is much more suitable than one without for reading.



Comfort:

Opt for a memory foam pillow that conforms to your body shape or a feather pillow that retains heat. Avoid a pillow with polyester fill as it may be less comfortable.

Multiple pieces:

A pillow with multiple pieces allows you to adjust the incline. Select one if you want to customize the incline.



Pockets or holders:

Pillows with pockets or bottle holders would be a good choice as you can avoid getting up from the bed or couch while reading or working.

Portability:

Ensure the pillow is lightweight and appropriately sized for easy carrying from one room to another.



Washable cover:

Look for a pillow that offers a washable cover as it helps keep the pillow hygienic.