

When choosing the firmness and material of your pillows there are two important things to consider. How do you normally sleep? And what do you like? The first consideration regarding how you normally [sleep helps](#) you narrow down your choice. For side and back sleepers for instance, a firmer higher pillow is often a good choice. For somebody that prefers sleeping on their stomach, a flatter softer pillow might be a better choice, since it allows you to align your head, [Derila Neck Support](#) and spine in a better way. We also have specific ergonomic bed pillows that are made specially for side and back sleepers. If you haven't tried an ergonomic pillow made of memory foam, it could revolutionize your sleep. They mould to the shape of your head and neck with the help of your body temperature. And this brings us to the last consideration. Whatever we, or anyone else, writes or recommends the choice is ultimately a choice of personal preference. What feels right, good and comfortable for you? The pillows that you like the most will also be the pillows that help you get the best sleep. We have pillows with covers in different materials and with different fillings. The different materials give the pillows different characteristics. Some are softer, others mould, some breathe very well, others absorb moisture efficiently. Read the description of each pillow carefully to choose the material that suits your needs best. And remember that we also have sustainable materials that are friendly towards the environment -which also could help you sleep better, thanks to a cleaner conscience.

[external page](#) Jan 1 Alain Mimoun, Algerian-French distance runner (Olympic marathon gold 1956; 3 x silver 1948, 52), born in Telagh, Algeria (d. Jan 1 César Baldaccini, French sculptor, born in Marseille, France (d. Jan 1 Ismail al-Faruqi, Palestinian philosopher, born in Jaffa, British Mandate of Palestine (d. Jan 2 Glen Harmon, Canadian ice hockey defenceman (Stanley Cup 1944, 46; NHL All Star 1949, 50; Montreal Canadiens), born in Holland, Manitoba (d. Jan 3 John Russell, American actor (Pale Rider, Rio Bravo), born in Los Angeles, California (d. American jazz saxophonist, born in Wheeling, West Virginia (d. Jan 5 Jean, Grand Duke of Luxembourg (1964-2000), born in Berg Castle, Luxembourg (d. Jan 6 Lou Harris, American pollster (Lou Harris Poll), born in New Haven, Connecticut (d. Jan 7 John Lanigan, Australian operatic tenor (Covent Garden), born in Seddon, Victoria (d. Jan 8 Herta Bothe, Nazi concentration camp guard, born in Teterow, Germany (d.

Jan 9 Ágnes Keleti, [Buy Derila Online](#) Hungarian-Israeli gymnast (Olympic gold Floor 1952; Uneven bars, balance beam, floor, team 1956) and Holocaust survivor, born in Budapest, Hungary (d. Jan 9 Lister Sinclair, Canadian broadcaster and playwright, born in Mumbai, India (d. Jan 9 Seymour Barab, American cellist (Philip Glass Ensemble), and composer of fairy tale operas (Little Red Riding Hood), born in Chicago, Illinois (d. Jan 10 Rodger Ward, American auto racer (Indianapolis 500 & USAC National C'ship 1959, 62; International Motorsports HOF), born in Beloit, Kansas (d. Jan 11 Gory Guerrero, Mexican-American professional wrestler, born in Ray, Arizona (d. Jan 11 Kathleen Byron, British actress (Abdication, Profile, Saving Private Ryan), born in London, England (d. Jan 12 John Davis, American weightlifter (Olympic gold bantamweight 1948, heavyweight 1952), born in Smithtown, New York (d. Jan 12 Leo Smit, American classical pianist, composer (The Alchemy of Love), teacher and photographer, born in Philadelphia, Pennsylvania (d.

Jan 13 Dachine Rainer, American-British poet and anarchist, born in New York (d. Jan 14 Charles Gaupp, German-Dutch painter, born in Germany (d. Jan 14 Ken Sailors, American professional basketball player (popularized and may have invented the jump shot), born in Bushnell, Nebraska (d. American jazz vocalist (Woody Herman; Charlie Ventura), born in Marshfield, Wisconsin (d. Jan 14 Mark Lawrence, American pianist (Alice Pearce), and songwriter, and theatrical producer, born in Washington, D.C. Jan 14 Murray Bookchin, American libertarian socialist, born in New York City (d. Jan 15 Frank Thornton, British actor (Are You Being Served?, Last of the Summer Wine), born in Dulwich, London (d. Jan 16 Francesco Scavullo, American celebrity photographer who did portraits of Grace Kelly and Elizabeth Taylor, born in Staten Island, New York (d. Jan 17 Antonio Prohias, Cuban-American cartoonist for "Mad" magazine (Spy vs. Jan 17 Dehl Berti, Chiricahua Apache actor (Bonanza, Gunsmoke, Guns of Paradise), born in Pueblo, Colorado (d. Jan 18 Bruce Woodcock, English

boxer (European Heavyweight Champion), born in Doncaster (d.

Jan 18 Ray Sims, American jazz trombonist (Benny Goodman; Les Brown; Harry James; Red Norvo; Zoot Sims), born in Wichita, Kansas (d. Jan 18 Robert Glaser, American educational psychologist (National Assessment of Educational Progress), born in Providence, Rhode Island (d. Jan 18 Yoichiro Nambu, Japanese-born American Physicist (Nobel Prize 2008), born in Tokyo (d. American novel writer (Strangers On A Train; The Talented Mr. Ripley; The Price of Salt), born in Fort Worth, Texas (d. American gangster for the Gambino crime family whose murder is depicted in film "Goodfellas", born in Manhattan, New York (d. Jan 20 Bernt Engelmann, German writer, born in Berlin, Germany (d. American pop and big-band singer (Harry James; Abbott and Costello Show; Tommy Dorsey), born in Savannah, Georgia (d. Jan 20 Telmo Zarraonaindía, Spanish footballer, born in Erandio, Spain (d. Jan 21 Barney Clark, American dentist and heart patient, 1st to receive a permanent artificial heart, born in Utah (d.

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