

PILLOW FOR SIDE SLEEPERS: COMPLETE GUIDE 2026

How I Overcame 5 Years of Side Sleeping Struggles with the DERILAERGO Memory Foam Pillow

By Lisa Henderson



1. Introduction: My Side Sleeping Nightmare

Hi, my name is Lisa and I sleep on my side. I am 43 years old. That single fact tortured me every day for five years.

I was constantly waking up each morning with neck pain. My shoulders ached. Headaches started before breakfast. Weirder, my left side of face was always numb due to having bad circulation.

I tried seventeen different pillows. Some were too flat, forcing my head downward. Some were too thick, forcing my head back. Every one of them missed the boat on what side sleepers really want.

One morning, my husband stumbled across me in tears. The reply I gave him was: "I just want to be able to sleep pain-free." That was my breaking point. I had to decide on the

best pillow for side sleepers.

2. Special Vs General Pillows for Side Sleepers

The majority of people lack this understanding of side sleepers, in particular, have complicated issues.

When you lie on your side, a void exists between your head and your shoulder. For most adults, this gap is between about four to six inches. Depending on the size of the gap it needs to fill the complete gap perfectly — it should be a perfect match for your pillow.

The Consequences of Not Having the Correct Pillow as a Side Sleeper

Your head falls toward the mattress. Twisting your neck at an unnatural angle. Instead of being aligned, your spine arches. Your neck muscles are under pressure all night. Morning pain becomes inevitable.

What Side Sleepers Actually Need:

- A thick pillow that fills space from shoulder to head
- Sufficiently firm that it will not collapse under the weight of your head
- Can plug to your ear comfortably
- Contour fit the shape of your neck

A lot of pillows flop because of their back sleeper-centric designs. People who sleep on the side need an entirely different kind of support.

3. The DERILAERGO Pillow for Side Sleepers: My Findings

At a family dinner, my sister noticed how often I rubbed my neck. "Still having pillow problems?" she asked.

As I told her about the five years I spent as a side sleeper, she took out her phone.

Waving about the DERILAERGO memory foam pillow, she exclaimed, "This is the side sleeper pillow that transformed my life."

My sister, too, sleeps on her side. She knew what it was like to feel the same hurt. The same frustration. The same endless pillow shopping.

"It's a pillow made for side sleepers," she went on. Its size is just right to fill in the gap. Memory foam stays in shape for the entire night."

Then, I placed my order for the DERILAERGO side sleeper pillow that night.

DERILAERGO — My First Night as a Side Sleeper

Three days later, the package arrived. I opened it nervously. After the fails with seventeen pillows, the hope felt treacherous.

It was pillow shaped but not pillow shaped, if you know what I mean. It was contoured for side sleepers. One side was, therefore, taller than the other.

I read the instructions carefully. If you are a side sleeper, you would put the taller curve underneath your neck. The bottom part is where you rest your head. That does a perfect job of filling that shoulder gap.

I laid down on my side. My preferred sleeping position. That damned position which had plagued me for five years.

Something felt immediately different. My head was at the same horizontal level as my spine. No tilting. No awkward angles. There was no gap between my head and my shoulder — it was totally filled.

As a side sleeper, my neck has not felt this support in ages.

It took me only ten minutes to drift off to sleep. I normally spent an hour rolling over trying to find a comfortable position.

The next morning changed everything.

I woke up naturally. No alarm. No pain waking me early.

I looked left, right, left, and again, right. No stiffness. No aching. No tension. I actually started crying. My husband rushed over, concerned.

I told him, "Nothing's wrong. After five years of pain, for the first time nothing hurts."

4. The 30 Days I Spent Sleeping on My Side

Here is what happened over 30+ nights with this side sleeper pillow.

Week 1 — The Adjustment:

- **Nights 1–2:** Slept slightly better but felt something different. My spine was getting used to how to be in alignment.
- **Nights 3–5:** Pain decreased to about 40 percent of baseline. I had no pain when I turned my head.
- **Nights 6–7:** The first complete night with no waking due to discomfort. Energy levels increased noticeably.

Week 2 — The Breakthrough:

No neck pains any morning this week either. Shoulders stopped aching completely. Morning headaches disappeared. Sleep quality improved dramatically. No more nocturnal awakenings.

My husband said I did not toss and turn anymore. I am a side sleeper and felt comfortable staying in position throughout the night.

Weeks 3–4 — Life Transformation:

- Canceled my chiropractor appointments
- Stopped taking pain medication
- Ended up sleeping solid 7–8 hours straight
- My daytime energy was twice as much
- I felt like myself again

The pillow stayed at the right height for support. Side sleeper pillows lose their loft pretty quickly. This one felt solid and cushioned.

5. Why This Is the Best Pillow as a Side Sleeper's Pillow

Having tried seventeen pillows over five years, here is why the DERILAERGO stands out as the **best pillow for side sleepers** when the others haven't cut it.

Feature	Detail
Perfect Height	5-inch support side fills the shoulder-to-head gap for most side sleepers. Keeps spine in natural alignment all night.
Contoured Design	Curve fits the natural curve of your neck. Head rests comfortably while neck stays fully supported — critical for side sleepers.
Premium Memory Foam	High-density memory foam maintains height throughout the whole night and for years, unlike cheap foam that gets crushed.
Ear Comfort	Just enough cushion to absorb ear pressure while keeping neck supported — a side-sleeper specific design consideration.
Temperature Control	Bamboo cover keeps the pillow cool through the night — especially important for side sleepers with one side of face on the pillow.
Durability	Four months in with zero sagging. Side sleepers generate greater pressure — regular pillows flatten within months.

6. Real Side Sleeper Reviews

I am certainly not the only one who is pleased with this. Below are accounts from other side sleepers who gave this **pillow for side sleepers** a shot.

"Since I typically work 12-hour shifts and I am a side sleeper, my neck hurt so bad that I thought about changing jobs. I could never get my neck in the right position with a typical pillow. The DERILAERGO for side sleepers' pillow is literally changing my life. Three weeks in, zero pain. I now sleep on my side all night long without pain."

— Jennifer M. (38, RN)

"I have had migraine headaches for more than 8 years, and I sleep on my side. The way I slept was also to blame, according to my neurologist. He did suggest to get an actual side sleeper pillow. I bought DERILAERGO. I went from getting 4–5 migraines a week to one a month. This pillow truly supports my neck while sleeping all night long."

— Michael T., Age 52, Teacher

"After a vehicle accident, I was only able to sleep on my side, but all of the pillows ended up hurting my neck. I was told by my physio to try a contoured pillow — I opted for one for side sleepers. Her choice was the DERILAERGO pillow. I saw an 80 percent reduction in pain after a month. It's the only side sleeper friendly pillow that is actually designed correctly."

— Amanda R., 29, Graphic Designer

"For forty years, I have slept on the side. Having neck pain felt like part of a natural cycle. My daughter looked up a pillow for a side sleeper and bought me DERILAERGO. I get more sleep at 67 than I did at 50. It's the side sleeper support that makes the difference."

— Robert K., Age 67, Retired

7. Side Sleeper Pillow Buying Guide

As an expert in sleep, this is what every side sleeper needs to know when picking the **best pillow for side sleepers**.

Factor	What to Look For
Height	4–6 inches to match your shoulder-to-head gap. Too low = neck hangs. Most side sleepers are comfortable with 5 inches.
Firmness	Medium-firm to firm. Soft/fluffy pillows collapse immediately — your head sinks and neck gets no support.

Material	Memory foam works best for side sleepers — it shapes around your head and neck and maintains support all night. Avoid feather/down.
Shape	Contoured over flat. Flat pillows cannot provide both the cushion and the support that side sleepers need.
Width	Standard width suits most. Extra wide preferred for restless side sleepers who move around a lot.

8. FAQs for Side Sleepers

Everything you need to know before choosing the **best pillow for side sleepers**:

Q: How do I know if I need a pillow for side sleepers?

If you sleep predominantly on your side and find yourself waking up with neck pain, sore shoulders, or headaches, you require a side sleeper pillow. Standard pillows don't contour enough for side sleeping.

Q: Should a back sleeper use a side sleeper pillow?

DERILAERGO has pillows of different height. Side sleepers should use the upper side. The lower side can be utilized by back sleepers.

Q: Is the DERILAERGO right for most side sleepers?

Right relief for most side sleepers. People that have very specific needs will always need something custom. However, for the average side sleeper who suffers throughout the night with neck pain, shoulder pain, and poor sleep quality, this pillow addresses that problem.

Q: Is \$89 worth it?

Think about how much you invest to manage pain today. Think about how much you would pay to wake up pain-free. Just think of the worth of a full night of deep sleep. To me, this pillow is worth at least 10x what I paid.

Q: What is the advice for side sleepers new to this pillow?

Take a full week with this pillow. It takes time to adapt to alignment. There will be a difference on the first night. You should be seeing an improvement by the third night. On the seventh night, you will know why this pillow "works". Do not get discouraged after one night. For years your neck has adjusted to really bad support. It requires a period to adapt to an appropriate support system.

Q: What if I'm still suffering as a side sleeper?

Do you suffer with pain that you will not put up with? If you think the right-side sleeper pillow makes all the difference, guess what — it does. Now, I can sleep through the night. I wake up energized. I continue with my day without the nagging neck pain. I play with my children. I exercise. I live normally. This is all due to me finding the right pillow for side sleeping. Try this side sleeper pillow if you deal with pain. Give it an honest week.

Additional Resources for Side Sleepers

Sleeping on Your Side: What You Should Be Doing

Lay down with the higher curve supporting your neck and pillow under head. The key is to maintain the vertebrae from the top of your head to your hips in a line. Put a mini pillow in between knees to keep hips in alignment. Make sure to not roll the top shoulder forward.

Signs That You Need a New Pillow as a Side Sleeper

- Always wake up in the morning with neck pain or stiffness
- Pillow has visible flat spots
- Bunched, folded pillow for support
- Regular pillows: over 2 years old
- You wake with headaches regularly

Caring for Side Sleeper Pillows:

- Wash removable cover weekly
- Air out pillows monthly
- Avoid direct sunlight
- Never wash memory foam core
- Replace pillow every 3–5 years

– Rotate pillow weekly for even wear

9. Final Recommendation for Side Sleepers

Lisa Henderson

4 months side sleeper (pain-free)

After five years of pain and seventeen failed pillows, the DERILAERGO Memory Foam Pillow is the only **pillow for side sleepers** I would recommend without hesitation. The contoured design, premium memory foam, and perfect 5-inch height make it the **best pillow for side sleepers** dealing with neck pain, shoulder pain, or poor sleep quality.

[Check Price & Availability](#)

This guide provides the author's own experience as a side sleeper using the DERILAERGO memory foam pillow. Individual results may vary. This is not medical advice. Talk to your doctor before you change pillows if you have widespread severe or chronic neck pain. Some conditions may need medical intervention beyond adjusting your pillow. This guide may contain affiliate links — a small commission may be earned at no cost to you. Only products personally used and believed in are recommended.

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