



Migraine testimonials

Well, let me tell you that after the first week, no neck pain, no headaches, and sleeping through the night again. So I have to credit these awesome pillows. I would not have believed it if it did not happen to me. If you are considering a splurge, DO IT NOW! Joette H.

I have had countless nights of tossing and turning, waking up with headaches, neck aches, back aches, general aches and pains and sleepless nights. The first night sleeping on MyPillow was wonderful. I woke up with NO aches and pains and I felt rested. I thought it was too good to be true. Not so. I have had MyPillow for a month now and I still wake up amazed that I have no aches and pains and I feel rested. It has to be the pillow. Lloyann

I suffer from migraines. Every morning prior, I would wake up with a headache. I haven't woken up with a headache since sleeping on MyPillow. K.M.

My pinched nerve caused headaches, terrible pain in my shoulder and numbness in my arm while I slept, waking me during the night. Since I got My Pillow a month ago, my pinched nerve is no longer pinched...no pain in my shoulder, no headaches and no numbness. Thad S.

OH MY GAWD, this pillow has significantly relieved my chronic migraine suffering. I have been in pain for over twenty years. I always woke up with headaches, and I never knew why. I am now waking up refreshed with more energy. I only feel a tinge of headache pain here and there. I received two My Pillows as a gift and shared one with my mom. My mom is also a chronic migraine sufferer. We are both doing so well. Thank you, My Pillow for creating this miracle pillow. Jennifer S.

I suffered from headaches to numbness in my extremities - until I tried MyPillow. Finally I found the perfect pillow for me. My Wife also tried one and instantly fell in love with it. I would highly recommend it to anyone who has trouble sleeping. Gary and Monika

I have UFS (Unrelenting Fibromyalgia Syndrome), migraines, hot flashes at night, and awake every morning with horrid neck pain. The first night I used "My Pillow", I had a 100% different experience to my life time of pillows. They really do stay 'cool'. It also eliminated my nightly headaches and cut my migraines by 80%. I highly recommend everyone to give this a try! Cece

I have fibromyalgia, and I also have arthritis in my neck and shoulder. Once the muscles get too tight in my neck and shoulders, I will also develop migraines when the nerves



Headaches & Migraines

Migraine is a chronic disorder, where people have recurring moderate to severe headaches. Often, these headaches are accompanied by nausea and sensitivity to smells, light and sounds.

There have been many studies about the triggers and prevention of migraines. Some of these studies have pointed to sleep issues as a trigger for migraines. For example:

A migraine study researching "Migraine Prevention and Sleep" <http://www.ncbi.nlm.nih.gov/pubmed/19153650> aids in migraine prevention by the Dartmouth Hitchcock Medical Center, found that "Sleep often terminates migraine headaches, and sleep disorders occur with greater prevalence in individuals with chronic or recurrent headaches".

A study by the <http://www.ncbi.nlm.nih.gov/pubmed/18624714> National Institute of Mental Health on migraine prevention and sleep emphasized that "sleep problems should be evaluated among people with migraine" as an aid in migraine prevention.

MyPillow can help your Headaches & Migraines

Mike Lindell invented and patented MyPillow® to solve the problems associated with sleep. MyPillow's interlocking patented fill adjusts to any sleep position and keeps your head and neck supported properly for you as an individual.



Migraines - Video Overview:

Over 36 million Americans suffer from migraines on a daily basis. Three-fourths of these migraine sufferers are women.

In this video, Mike Lindell, CEO and inventor of MyPillow®, talks about selling MyPillows® at home shows and hearing about people having headaches and migraines, either before they went to bed or during their sleep. They were flip-flopping all night and then waking up. Once they were awake, they couldn't get back to sleep because of their headaches.

So, Mike started theorizing why this was happening, since people were saying that this was not happening when they used MyPillows®. His theory is that your eight cervical nerves on each side of your neck need to relax first, then your muscles relax, and then your blood flow slows so you get into a deep REM sleep.

When you are sleeping on pillows that go flat, your neck gets bent and you're waking up, causing sleep interruption. Anyone that has had headaches and migraines knows that their muscles are working overtime to try and keep their neck straight on a flat, non-supportive pillow.

MyPillow® is the answer to that. MyPillow's® patented interlocking fill lets you mold the pillow to get the exact pillow you need - no matter what position you sleep in. And, you set the MyPillow® and it stays: it takes six pounds of pressure to hold a MyPillow® pillow in position, and your head weighs about 12 pounds, so your head holds your unique position all night. So, your neck will stay straight, and it will not be pushed up by a pillow that is springy, and it is not going to be pushed down by a pillow that has gone flat, like a down pillow. It is going to be the exact pillow for you, all night long.

So, now that your neck is straight, your cervical nerves can relax, your muscles can then relax, and your head stays in the right position for you all night. So, when you wake up, you feel refreshed, you have gotten that great REM sleep that you need, and you don't have all the sleep interruptions and pain that people have to endure.

Mike gives a 60-day money back guarantee if the MyPillow® doesn't work for you. But you can read all the testimonials. They say it created a miracle in people's life. And, really, sleep is a miracle. Sleep is the most important thing for your health, and now, MyPillow® is the most important thing for your sleep.



BUY NOW

Migraine Facts

Researchers at Missouri State University's Center for Biomedical & Life Sciences found that "REM (rapid eye movement) sleep deprivation was linked to an increase in the key proteins" that are linked to migraines. - <http://sleepfoundation.org/sleep-news/rem-sleep-deprivation-and-migraines>

There are 1 BILLION people worldwide who suffer from Migraines. - **The American Academy of Pain Medicine**

There are 28 million migraine sufferers in the United States. Migraines can be triggered by anxiety, stress, lack of food or sleep, exposure to light and hormonal changes. - **Placebo Effect Dictates, Dr. Mercola**

Migraine headaches are 3 times more common in women than in men. - **Relieve-Migraine-Headache.com**

91% of migraine sufferers can't work or function normally during an attack. - www.healthswellness.net/migraine

Migraine headaches become chronic migraines when they occur 15 days or more a month, or for more than 24 hours. - **MyCronicMigraine.com/aboutchron**

More than 70% have a family history of migraine. - **National Headache Foundation/Migraines**

The top triggers for exposure to a migraine headache:

- Chocolate
- Perfume
- Alcohol

- **WEBMD.com/migraines-headaches/guide/triggers**

Migraine headaches are a debilitating headache usually found featuring a persistently severe throbbing pain, often concentrated on one side of the head. Because their neurological symptoms can vary, migraines are often misdiagnosed, and it is believe that half of all sufferers are never diagnosed. - **WEBMD.com/migraines-headaches/hemiplegic-migraine**



get pinched. If I don't have a pillow that fits perfectly under my neck, then the suffering becomes even more severe. My Pillow is the only pillow to be adjustable enough so that I don't wake up in the middle of the night with blinding pain and nausea. I'm so very grateful to the inventor, and I also like the fact I can support an American company. Thanks! Anna



BUY NOW

I have suffered from neck pain due to arthritis for several years. I also get migraine headaches occasionally, usually due to the neck pain. After sleeping on My Pillow for a few months, I'm happy to report my neck pain is now RARE, and my headaches are nearly non-existent. I never would have imagined that such an unassuming looking pillow could be so amazing. Thank you! Amy W.

I've spent hundreds of dollars on different kinds of pillows, hoping they would help me sleep better, and not hurt in the morning. MY PILLOW is the only one that has helped me! I do still get migraines, and I also have Chronic Myofascial Pain Syndrome (which basically means I have chronic "muscle" pain in my neck and shoulders). The pillow hasn't "taken my pain away" like some customers have said, but it makes SUCH a huge difference in my ability to sleep comfortably in spite of my chronic pain. It's hard to explain, but when I lay down on my MyPillow, I feel like it almost "cradles" my head, neck, and shoulders... almost like it "absorbs" the heaviness that gravity puts on my body. I LOVE my MyPillow! Sarah

I don't understand it, but this pillow really works. I used to wake up with sore neck, shoulders, headaches, and arms falling asleep. Since I have purchased and started using "My Pillow", my symptoms are gone. It's a miracle! Debbie Y.

I wanted to say thank you for your invention of My Pillow. I was born with a degenerative disc and curving spine. I also have headaches from a bad disc in the right side of my neck. Since I got My Pillow, I've rested better at night. The pain that I have will never go away, but My Pillow has helped. Thank you so much. God bless. Obie T.

I have to say that My Pillow is the best thing that ever happened to me. I was constantly waking up with dull headaches, sometimes migraines. Once I used My Pillow. I have woken up refreshed for 5 years now. I also suffer from fibromyalgia. My pillow helps keep the pain reduced in the morning. I am an RN and have to be at my very best in the mornings. My very favorite is the Premium pillow with the gusset. It's worth the few extra dollars for the gusset. Suzanne S.

I could not sleep without my MyPillow. I've been using MyPillow for 3 years now. I was having chronic migraines before MyPillow. Now I wake up refreshed.. Thanks for everything! Amanda D.

I used to get frequent migraines and I would usually wake up every morning with a head-ache. Once I started using My Pillow, my migraines became fewer and my morning head-aches went away. I don't go any where without My Pillow. You have changed my life. Janell W.

I have suffered from migraines most of my life. This pillow HAS CHANGED MY LIFE. Most of my migraines would begin in the middle of the night, or I would wake up with them. This would happen at least 2 times/week and, most times, left me bed ridden the entire day. I have been using MyPillow now for several

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months and have NOTs taken up in the middle of the night, and wake refreshed every morning. Jessica S.

For years I had massive headaches that occurred three or four times a week in the middle of the night. I saw the infomercial for your pillow and saw a guy give a testimonial about how it helped him. I purchased one at the local home show and my life since then has changed for I now sleep with the proper support and comfort. I tell everyone about this fantastic pillow and I cannot thank you enough for bringing it to us! Jim

I have the king mens side sleeper color blue pillow, and I just love it. My best friend, who has Fibromyalgia like i do, swears by this pillow So, i went and bought one, and I sleep better than I once did. The pillow is so comfortable, and i can't stand to be without one now. It doesn't go flat and it shapes to you. In the future, I hope to buy the pillow topper and bolster pillow for my legs for more sleep comfort in the bed we have right now. Everything is so worth it, and the prices are reasonable – it's a great investment. When i have a bad migraine, if I lay down and put MyPillow under my head, it really helps because the pillow doesn't put pressure on you - it conforms to you. I love all the my pillow products. Tina R.

Before purchasing MyPillow, I would wake up every day with a headache from no neck support. I am a side sleeper mostly. I have had MyPillow for about 3 years and I will never sleep on anything else. This pillow is the best out there, and I have tried a few! Karen B.

I had developed nagging headaches. Let me tell you, buying MyPillow was the best decision I ever made. The sound, supportive sleep I now get has changed my life. YM sister was so impressed with my experience that she is going to order pillows for her and her husband (she's not an easy sell on anything).....Thank-you from the middle of my heart for developing such an excellent pillow. Jerry L.

I have about 10 pillows that I've gone through in the last couple of years. I never sleep well, always have headaches and am never truly comfortable. I have had several accidents that have damaged my neck and back and have been in pain for 40 years. Even the most expensive pillows that were supposed to be the "answer" to my problems, were useless. Recently I was at a Health show and bought 2 "My Pillows", one for myself and my boyfriend. Well, we are both loving these pillows! I wake up now with no headache and feel like I actually got a solid nights sleep. He also has neck issues and now is getting good, deep sleep as well. Best pillows - worth every dollar!!! Barbara J.

9 months ago I had a fusion in my neck. For the past week, I had terrible neck pain and headaches in the morning that wouldn't go away. I never got more than 6 hours of sleep due to pain. I received my new MyPillow yesterday and slept for 9.5 hours last night and, the best part, I woke up this morning refreshed. I LOVE MyPillow. Thank you for coming up with this pillow! Looking forward to another great nights sleep. Patti D.

Thank you for the "My Pillow" product... It's Superior!! I purchased four king size "My Pillows" and a large pet bed for for my 130 pound Argentine Dogo. Since December 2012, all of us have had the best sleep in years. Though the pet bed is

not discussed much I would like to share it is the Best! It's washable and pet odors are not noticed as with others. It still has held it's shape after 3 months and my dog loves it. As for myself, I have degenerative disc disease and suffer from head and back aches. I had horrible nights of pain and little sleep. Since the first night with My Pillow, I sleep soundly, no joke!! My husband, who is a big guy also sleeps well. We all notice how cool the pillow feels throughout the night (of course use of the proper pillow case is needed.) My son is 14 and is 6'3" tall. and was always complaining of head aches and neck pain. He now sleeps very soundly and wakes refreshed after using MyPillow for one week. The My Pillow feels great - it has improved are sense of wellbeing. Thank you – I will be wanting to purchase additional pillows soon. Patricia C.

For years, I purchased pillows that claimed to have been "firm", but would flatten out like pancakes. Instead of buying two, I would buy four at a time to get the support that I needed. Let's just say there wasn't much support, because those pillows would end up on the floor from those sleepless nights of tossing and turning. Then I came across a memory foam pillow at a department store, so I bought two of them and hoped for the best....Well, it turned out for the worst...Initially, they felt great because it was something different from what I was used to. A few months after I purchased the memory foam pillows, I started waking up with headaches and neck pain. I went back to the "pancake pillows" within a year. I was also diagnosed with a mild form of sleep apnea ten years ago, and have dealt with cluster headaches (unrelated to sleep). So you can imagine my frustration every night. I purchased two of the "My Pillow" pillows approximately one month ago and am very excited to report that my sleep has improved greatly. This is a miracle product!! It took about a week to get used to them, because I've never owned anything this firm and comfortable. By week's end, I was finally experiencing uninterrupted sleep. When I woke up, the pillows were on my bed side by side and they were still firm. I was off work over the Christmas holiday and have slept in everyday...there were days where I got 10 hours of much-needed sleep. Thank you "My Pillow" for this amazing product and for proudly making this product in the U.S.A. This is the best investment I've made all year, and if I ever need to purchase additional pillows, "My Pillow" is the only product of choice. Thank you for proving me wrong and making me a believer. Nobody can put a price tag on good health. Very truly yours, Lisa S.

I've never written a testimonial before. I am 50. I've a lifetime of neck and back issues, from various fairly traumatic injuries. I've used many, many pillows over the years. I've done the buckwheat hull, the "cloud", memory foam, and anything else that promised relief. In the last six months, The last couple of months, this pain kept me wide awake all night long almost every night. Near Christmas, I bought the standard/queen MyPillow. I truly did not expect miracles. I would have just been happy with some relief. I did hear they honored their warranty, so it seemed like it would be worth a shot. After about a week or so, I was able to sleep through the night and wake up refreshed. I am shocked, to say the least. I have spoken to a number of people who have also purchased these pillows and have

only heard positive results. I'm always hesitant to hand out advice and praise to a product, as so much is based on personal taste. But I think with my back history, I'm a pretty good guinea pig. If it can help me, it must be good. After using so many different pillows over the years, I can say that MyPillow is the real McCoy. It isn't hyperbole. Andy

I've always been a light sleeper. For years, I rarely remembered any dreams. Flipping and flopping all night long, trying to find a comfortable position was the norm. A couple of weeks ago, (after a year of watching your infomercial and saying, "Sounds great, but it's out of my price range,") I was waking up with headaches and neck pain every day. Headaches aren't uncommon for me, since I have TMJ issues and a neck injury. I couldn't take it anymore and decided that I couldn't put a price on a good night's sleep. Remembering the company's guarantee, I bought a My Pillow and the first night, I slept the whole night in one position! I dreamed!!! I dream every night now. If you are a skeptic, listen to a frugal doubter. My Pillow does what they say it does. Rachel K.

I've had my My Pillow since February 2012. Over the years, I've spent a lot of time and money trying to find the perfect pillow, just to end up being disappointed and looking for another kind. I have fibromyalgia, migraines a bad back and other problems. When I saw the commercial I thought, well maybe this'll work but when I saw the price I was hesitant. But with the 60 day money-back guarantee, I decided it was worth a try. I am so glad I made that decision. Not only do we all feel better and sleep better, I love the fact that you can machine wash them and that it's good for 10 years. I also have the Travel Pillow, which is great for airplanes and motels, or if you're staying with someone else for a few days. I'm going to get these pillows for my mom and dad for Christmas. They are older, and I think they'll really enjoy them, My mom has had trouble getting a full nights rest for over a year now I'm looking forward to seeing if My Pillow will help her sleep. If you're debating on whether to try My Pillow my answer is YES! Julie M.

I suffer from sleep apnea, and in 2007 I had a car accident that caused me to be disabled. I've had several surgeries. I also suffer from migraines. I have issues with my neck and I wake up in pain everyday. I have tried every pillow. None worked. Then I saw the infomercial for My Pillow and decided to give it a try. At the very least, I could return it if it didn't help. Well, I am no longer a sceptic. The very first night, my wife said it seemed like I fell right to sleep. The next morning, I woke up, and my hair on my neck was still dry. The pillow was nice and cool, and I woke up rested and refreshed. This is the best pillow I have ever slept on. I told my wife I will never leave home without Mypillow. I would like to extend my most sincere appreciation - finally a pillow worth sleeping on. Thank you and God Bless. Frank

I purchased my first pillow January 8th, 2012. I had been buying pillows for the past several years trying to get one that I could honestly say really worked and helped me get a better nights sleep. I suffer from migraine headaches, and have had to wake up several times a night to re-arrange and adjust my pillows (some quite expensive) to help me get a good night's sleep. Needless to say, when I purchased "My Pillow", I was still very skeptical as to whether I

would really find a difference from all the others I had purchased. Well, I take it everywhere with me. If we go away for a weekend or a two week vacation, it goes with me. We went to Michigan this weekend and stayed at the Greenfield Inn (just in case you want to check out my story). I took my pillow and as usual had it for both nights that we stayed. We left Sunday, and when we crossed the border, and it hit me like a ton of bricks that I had left my pillow at the Greenfield Inn. I immediately called them and told them the room number we had stayed in, and they assured me they would pack it and mail it to me. That's the good news, but the bad news is that I had another terrible night's sleep last night without it.. I also have very bad allergies and have found this pillow great in that way as well. Thanks for such a great product!!!! I have told all my friends about your product. Have a great day! June M.

I have been on a 10 year hunt for the perfect pillow. I spent \$200 per pillow last year in search of the perfect pillow. My Pillow is by far the best pillow I have purchased. I have chronic migraines, tension headaches and fibromyalgia. Restful sleep is essential in minimizing headaches and being able to perform well at my fast pace work environment. In the first week of using My Pillow, the decrease in headache and fibromyalgia pain was significant. Before using My Pillow, I would wake several times during the night in pain and in need of switching the several types of pillows on my bed in effort to alleviate the pain and get back to sleep. Since using My Pillow, I no longer wake up in pain. I am not over-reaching to express this is a miracle for me. Uninterrupted sleep and decrease in head and neck pain in the morning has made such a significant improvement in my life, this is the first time I have submitted a testimonial for any product. I ordered an additional My Pillow, and cleared all other pillows from my bed. I am not only a satisfied customer, but sincerely grateful for this excellent product. Kris J.

I have debilitating migraines, chronic daily headaches, tension headaches, and idiopathic stabbing headaches, in addition to severe neck problems. I saw this on TV in the middle of the night and thought "the odds are incredibly slim that this will make a bit of difference, but I'll try it" - and it HELPS. I was desperate to take the step of buying something from an infomercial, but it has made such a difference in my life. I will not sleep without it. I know you have doubts, I certainly did, but I can't explain to you what a difference this has made in my life. I wake up refreshed; I go to sleep easier; I sleep longer and more comfortably. It's not a cure, however, the difference in sleeping on expensive name brand pillows/memory foam pillows/multiple pillows to sleeping on my My Pillow is very noticeable. Try it. Lauren Ann

YES!!!! Thanks Mike! I just wanted you to know that the pillows are fantastic. I am a disabled Vet with Obstructive Sleep Apnea and Migraines. Since receiving "My Pillows", I have fallen to sleep so fast that I just love it! You can expect more orders from my family. Hope to drum you up some business. Thank you Mike. Doug C.

AMAZING PILLOW!!! I have searched and spent thousands of dollars trying to find a pillow that would be comfortable and not contribute to my tension migraines. I love that they spend the time to ask questions so they can fit you to the

correct pillow for your body size, your sleep pattern, and the size of pillow you want (i.e., queen, king, custom etc) I LOVE, LOVE, LOVE this pillow and everything they claim is true! I just ordered a second pillow today and it's worth every penny. Five stars!!! Darcy

I purchased my first MyPillow a few months ago, in the hopes of alleviating my chronic daily migraines. As nothing I've ever tried has helped in the least, I expected nothing from a pillow, but hoped, maybe for more than I should have. The first night, I set the MyPillow into the form I prefer, and I laid down. 6 hours later, I woke up, still on my side, in the exact position in which I laid down. And, as I sat up in bed, I realized that for the first time since I could remember, I woke feeling very rested! Months have passed. I am still a chronic daily migraine patient, but MyPillow has made my life so much more bearable! I take it everywhere I travel, and never want to be caught without it. I had no idea how important my own MyPillow had become to me, though, until this weekend. My husband and I traveled to visit relatives, planning to spend at least two nights. When we got there, I found that I had forgotten MyPillow. Ok, I thought, no big deal. WRONG! I got no sleep all Sunday night. My head was in agony. I spent hours sitting up in pain, because my head hurt too much lying on a giant feather pillow. My migraine lasted all night, into the day, and finally I told my husband that we should go home so I could sleep on MyPillow! And as I write this, I still have my migraine, but I am lying on the best pillow on earth, MyPillow, and I can't say enough positive about it. I am confident it will help me rest tonight. Maybe it's just me, but I have hugged and kissed MyPillow, I love it so much. Now I need the body pillow! Teresa B.

I LOVE my My Pillow! I dream so much more! I used to wake up with headaches during the night. Now, with, MyPillow, I wake up feeling rested AND I sleep through the night! I am buying a pillow for my daughter's birthday! She is currently borrowing my travel my pillow. She loves it! Thank you SO much for your product. My children laugh and say I should be a spokesperson because I talk about the my pillow so much! Barb L.

I just made my third order for My Pillow. I especially appreciate My Pillow because I've had migraine headaches for years and am one of those people who woke up with a dull headache. Now, I wake up refreshed, and my husbands snoring is getting better, less of it and not so noisy anymore. Thanks again for the wonderful pillows and I especially loved what I heard about you sending pillows to some of our soldiers in the mid-east. They deserve them. Frances D.

I am a retired 62 year old R.N., with an Rx of migraines, fibromyalgia and sleep apnea. Sleep has been difficult to obtain for years. In October I came to Fort Wayne to take care of my 90 year-old Father. My sister and I ordered a MyPillow. The first night I used it, I overslept until my Mother woke me up thinking I was ill! No - just a good night's sleep!" Anon.

I love My Pillow. I mainly purchased it for my migraines and allergies. I used to wake up most mornings between 3 and 5 a.m. with a horrible migraine resulting in me being up for the day. I work full time and have a family, so I really need my sleep. Since I purchased My Pillow I find I can sleep through the night and wake up

feeling refreshed. It has been amazing. I can also say that when I am asleep it is a deep sleep. I tell everyone I know about My Pillow and how it has worked for me. Thanks for making such a great product. Kathy A.

I suffer from migraine headaches and have had to wake up several times a night to re-arrange whatever pillow (and some quite expensive) to adjust to help me get a good night's sleep. Needless to say when I purchased "My Pillow" I was still very skeptical as to whether I would really find a difference from all the others I had purchased. Well I take it everywhere with me and will order a 2nd one to have so I will not be without a MyPillow. Thanks for such a great product!!!! June M.

I have gotten the best sleep ever on these pillows - no waking up with headache-y in the middle of the night, my neck is supported and comfortable so I don't wake up with a painful neck, and I fall asleep faster since I have had these - and no longer get up to fluff my pillows. I highly recommend these to anyone. J.O.

I have had this pillow for a month now. I have tried way too many pillows - very expensive ones. I always woke up with pain on one side or the of my neck. Or, I woke in the night with a dull ache in my head and had to try another pillow, which didn't work for long. I could not be more PLEASED! It's the BEST EVER!! I now sleep through the night and wake rested. I would never part with this pillow. Buy it - you will have the best sleep you have ever had in your life. I get up and out the door with not a pain in my body. So, all I can say is don't waste time thinking about it - buy it you will never regret it. I don't! Cindy

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