



TMJ Testimonials

The pillow is amazing to sleep on. I suffer from TMJ, which means my jaw pops and cracks when I open my jaw too far. While sleeping with my old pillows (of which I was sleeping on 4), I was forced to sleep on my back, because if I was to sleep on either side, my ears would pound about an hour later from all the pressure. Once I received MyPillow and began sleeping on it, I was able to sleep on my side without any pressure. This pillow was so comfortable, I quickly got my fiancee one too, and now he is sleeping better also. Brittney P.

I was skeptical that a pillow would make such a difference, however, I now can sleep through the night without waking from face pain due to TMJ and teeth grinding. Today I ordered 2 more pillows for my children so they too may enjoy a good nights' rest. Thank you for making me a believer. Shauna L.

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 MyPillow 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.

When I purchased My Pillow, the first night I had troubles with my neck hurting. But, I had great success the next following nights. I was suffering from a bad case of TMJ. Now that I have slept on My Pillow, I find it is a miracle. Michael J. L.

I purchased a MyPillow after seeing the commercial on TV about 4 months ago. I've had many neck and back problems for several years, after having been in a high-speed car accident. I've also recently developed TMJD. I've tried all kinds of pillows over the years, and had pretty much given up on the idea that I could have a pillow that was comfortable. I recently left my MyPillow behind while traveling. After a week of sleeping with my old memory foam pillow, I've decided I've had it! I can NOT sleep on another pillow! I just ordered two more for my house. It is so amazingly comfortable. Every night I look forward to getting into bed! Kathryn N.

Now to be honest it took me 2 nights to get used to mypillow. Now I just



TMJ and MyPillow®

TMJ (temporomandibular joint and muscle disorders), involve pain in the jaw joint and in the muscles that control the jaw.

If this is an issue for you, an article on the TMJ Association, Ltd.'s website has many suggestions for relief of TMJ. One of the recommendations is to "Sleep on your side using pillow support between shoulder and neck." (<http://tmj.org/site/content/help-yourself-first-remember-less-best>)

If you have problems with TMJ, talk to your doctor about the importance of a soft, adjustable pillow that maintains its shape all night long. With MyPillow's® patented interlocking foam construction, you can set the pillow in a soft, supportive position that fits your individual shape.

MyPillow can help your TMJ

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.



Are you one of the 10 million Americans who suffer from TMJ?

In this video, Mike Lindell, CEO and inventor of MyPillow®, talks about discovering TMJ when he was selling MyPillows® at Home Shows. People would come up to him and say, "I bought your pillow last time I saw you. I have TMJ, and it really helped me get a good night's sleep."

These people would ask "How does this help?" MyPillow's® patented interlocking fill locks into the position you set for your unique shape, keeping you aligned. Mike's theory is that your cervical nervous system has to relax in order for your muscles to relax, and then your blood flow slows as you go into deep, REM sleep. MyPillow® keeps the cervical nerves and neck straight at night, which promotes this needed relaxation.

If you have TMJ, you know that there is a constant fight to find the right pillow. This is because your muscles are working overtime, pushing into your pillow, trying to keep your neck and jaw aligned. Down pillows are the worse, as they go flat, so you use your arm for more support, and now you are waking up all night due to discomfort.

MyPillow® solves this problem, as it keeps your neck aligned so you can get into that needed REM sleep.

For, you can set MyPillow® to any position, at any height - whether you are a side, back, or stomach sleeper. Just mold MyPillow® around your jaw and the arch of your neck. Wherever you set it, it will hold. For, it takes 6 pounds of pressure to hold the MyPillow® in position, and the average head weighs about 12 pounds.

The testimonials are amazing: there is testimonial after testimonial about people trying everything, and now, with MyPillow®, they are getting the REM sleep they need by keeping their neck aligned at night. In fact, Mike personally guarantees that it will work for you with his 60-day, money-back guarantee.



BUY NOW



"I personally guarantee MyPillow will be the most comfortable pillow you'll ever own!"

BUY NOW

TMJ Facts

Common symptoms of TMJ include muscle disorders such as pain, limited mobility of jaw, popping sound in jaw movement, sensitive teeth or pain in the ears. - **Mayo Foundation for Medical Education and Research**

Most TMJ problems are muscle problems. Muscles become overworked because of excessive function (parafuction) beyond that of normal speaking, chewing and swallowing. - www.choosenatural.com

TMJ affects Thirty Five million Americans, where only 2 million are male. - **Journal of Oral and Maxillofacial Surgery**

Women experience TMJD four times as often as men. Several factors may contribute to this higher ratio, including posture and higher heels. - **WEBMD.com**

One in 12 people in the US have TMJ disorder which translates to 12% of the population. - **American Academy of Otolaryngology**

TMJ patients often experience poor sleep quality or disruption in their sleep. Chronic pain in general can have a huge effect on sleep quality. - **American Academy of Otolaryngology**

The National Sleep Foundation reports that 20% of American adults say that some type of pain disrupts their sleep a few nights a week or more - **The National Sleep Foundation, Washington, DC**

love it!! Thank you so very much for
this wonderful pillow. RoseMary
Derego-Calasa

I love this pillow! Pat Wilson

Contact

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Claims for MyPillow® are based on medical opinion and user experience and not on actual clinical studies.

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