

## 專家有計

I AM PROFESSIONAL

## 物理治療師兼中醫師 教您選擇枕頭的學問

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### 枕頭應該選擇

「高」還是「矮」？

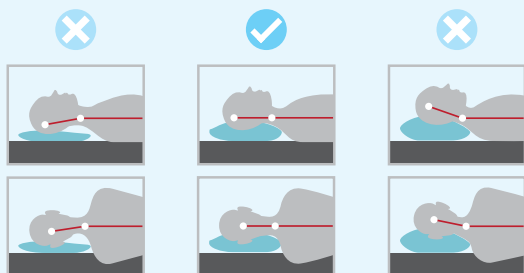
良好的枕頭應該要為頸部提供足夠的支撐，頸胸椎保持自然的生理弧度、頭部基本維持在正中位置，以及肩膊兩邊基本對稱。在試用枕頭時，除了考慮上述因素之外，最重要是個人主觀感覺舒服，旁人看起來亦覺得線條自然流暢、左右對稱，然後再考慮其他因素(如：價格、牌子等)。枕頭的高度和尺寸應根據個人的生理特徵，尤其是頸部的生理弧度而定。喜歡仰睡的人，如果頭頸弧度比較大，可選用較高的枕頭以保持脊椎正常的生理曲線；如果頭頸弧度比較小的，可選用較矮的枕頭。而習慣側睡的人，則可能需要選用較高的枕頭，以盡量保持頸椎與腰椎成一條水平直線。傳統的枕頭未必能夠同時滿足側睡及仰睡的要求，所以現時市面上推出了一些中間矮，兩側高的枕頭。仰睡時，頭在枕頭中央較扁塌的部分；側睡時，可轉往左右兩側較高部分。選擇適合自己的枕頭，不但對睡眠有幫助，更有助保持脊椎健康。

### 枕頭應該選擇

「硬」還是「軟」？

枕頭的物料應該要有足夠的承托力，質地要有彈性，軟硬適中。如果您用手按壓枕頭，然後放手，過一段時間後，您發現枕頭表面仍然有手指印的話，表示您的枕頭可能太軟了；相反，如果您用手按壓枕頭，它在短時間內能夠自然地回復原狀，就會相對比較合適。如果是脂肪較多的人，枕頭偏硬，他們可能會感覺得到較好的承托；但如果是比較纖瘦或骨感的人，枕頭太硬的話，睡眠時可能會感到較為吃力，睡醒後，甚至會覺得肩頸背痛等不適的感覺。因此，一般建議大家在購買枕頭時親身試用。

仰睡

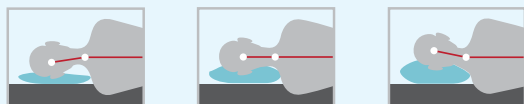


枕頭過薄

正確高度和弧度

枕頭過高

側睡



枕頭過薄

正確高度和弧度

枕頭過高

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Let a physiotherapist and Traditional Chinese Medicine doctor teach you about pillow selection

Roselyn Chan

Registered Physiotherapist

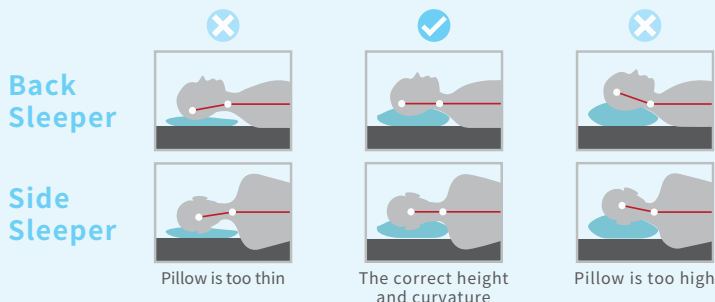
Registered Chinese Medicine Practitioner

## Should the pillow be "High" or "low"?

A suitable pillow should provide adequate support for the neck; thoracic vertebrae should be positioned in a natural curvature position; the head is maintained in a central position; and the shoulders should be symmetrically placed on both sides. When trying out pillows, in addition to considering the above factors, the most important criteria is that the chosen pillow should feel comfortable. In the eyes of others, the body should look and feel naturally contoured and symmetrical. Only after taking into account these factors, should other attributes (such as price, brand, etc.) be considered.

A pillow's height and dimension depend on the physical characteristics of each person, especially their neck curvature. Those who prefer to lie on their backs and have a prominent cervical curvature may select a thicker pillow to support their neck's most neutral position. Those with a mild cervical curvature can choose a thinner pillow. Side sleepers should choose a thicker pillow that aligns their neck and spine in horizontal alignment.

Conventional pillows may not be ideal to meet the needs of sides sleepers and back sleepers at the same time. New to market pillows now offer pillows that are dipped in the middle and elevated on the sides. When sleeping on the back, the head is on the lower part in the centre; when sleeping on the side, you can place your head on higher parts on the left and right sides. Choosing the right pillow will not only help you sleep, but will also help to keep your spine healthy.



## Should the pillow be "Hard" or "Soft"?

The material of the pillow should provide sufficient support; the texture should be flexible and possess a moderate stiffness. If you press on the pillow with your hand and then let go after a while and still find your fingerprints on the surface, then the pillow may be too soft; On the other hand, if you press the pillow with your hand and it returns to its original state within a short time, it should be more suitable. If you are thick and strong, a stiffer pillow may provide additional support. However, if you are slim or lean, a firmer pillow may make it more difficult to sleep. After waking up, you may have shoulder, neck and back pain. Therefore, it is highly recommended that you try a pillow yourself when shopping for a new pillow.