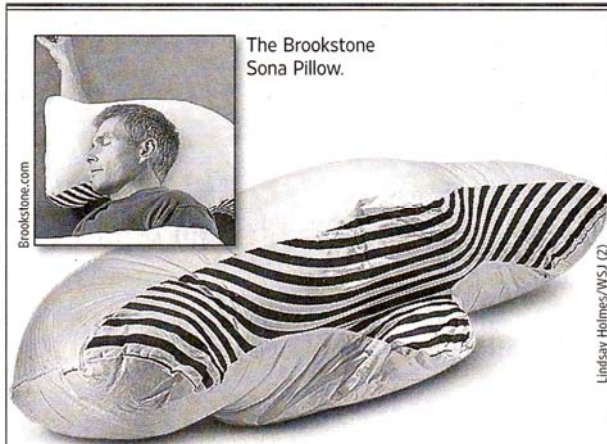


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SHOPPING AROUND | Pillows for Snorers

Shut-Eye for Spouses, Too

A host of new pillows aim to quiet the loudest of snorers by altering their sleeping positions.

The latest products help position the head in a manner that opens up air passages, which can alleviate snoring. We found that the products helped reduce snoring, but one was so uncomfortable that it kept us from falling asleep in the first place.

The market for antisnore products is getting increasingly crowded, as snorers—and their frustrated significant others—search for new solutions to their woes and as research reveals some of the negative health effects of sleep apnea, a condition that can accompany snoring. Some experts, however, say snore-reducing pillows aren't very helpful. "People are going to sleep in a position that's comfortable," says Craig Schwimmer, medical director of the Snoring Center, a Dallas-based facility that provides medical treatment for snorers. Restraining their natural positions can interrupt sleep.

Our testers—who all admitted to snoring—and their spouses or significant others tried out the latest pillows. Here's what they found.

■ Brookstone Sona Pillow

Price: \$129

Availability: Brookstone stores and Brookstone.com

Comment: It kept our tester, a heavy snorer, relatively quiet. The curvy shape of the pillow encourages sleepers to move onto their sides to help keep airways open. But our tester found it hard to get used to.

■ Hammacher Schlemmer Snore-Reducing Memory Foam Pillow

Price: \$64.95

Availability: www.hammacher.com

Comment: Allows you to sleep on your back or side. It has a curve that supports your neck and keeps you chin away from your chest, which is supposed to help open up air passages. Our tester found that it was comfortable and reduced his snoring but didn't eliminate it entirely.

■ Carpenter Medi Comfort Pillow

Price: \$34.99

Availability: Major retailers such as JCPenney, Bed Bath & Beyond, and Belk

Comment: We thought it was comfortable and provided good neck support. Our tester didn't snore and was able to sleep on both his back and his side. One downside: The pillow has a strange, peanut-like scent when you pull it out of the package, but the smell went away after airing out the product for a few days.

■ Contour European Anti-Snore Pillow

Price: \$99.99

Availability: GNC stores, www.contourliving.com, www.gnc.com

Comment: It was a little complicated to use. You have to blow air into an attached valve, which pumps an air chamber inside the pillow. The air chamber, which forms a bump in the middle of the pillow, helps force your head to turn to the side. Our tester found it so uncomfortable that it kept him up at night.

—Anjali Athavaley

