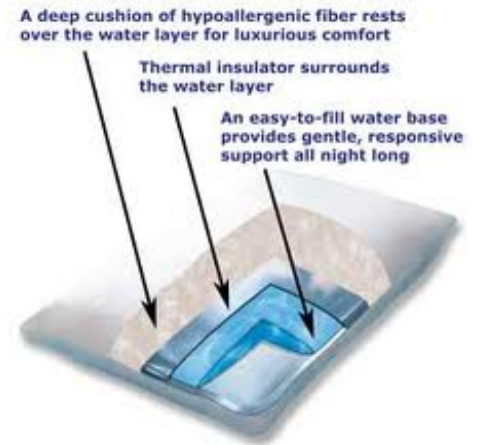


Mediflow Water Based Pillow Review « Reviews « Front Page Freebies

I am one of the many people who suffer from neck, shoulder, and back pain. The pain can keep me up at night and, also, keep me from waking up refreshed. That is why I was excited to be given the opportunity to review a [Mediflow Water Based Pillow](#).

The [Mediflow Water Based Pillow](#) is a hypoallergenic, polyester filled “heaven.” The polyester filling makes the pillow not lump up or flatten out. The center of the pillow is the “water” base, then there is a thermal insulator, and then the polyester filling to top it off. These layers make for a night of sleeping on a “cloud.”

The [pillow is very easy to fill](#). The funnel is also the “key” to unscrew the cap. Once the cap is removed, just twist the funnel into the opening. The pillow comes with instructions on how much water to use to reach your desired firmness. I am a 2 pillow sleeper so I made mine pretty firm. To reach the desired firmness, several attempts may be needed. It is a trial and error process, but well worth it! Once I placed the cap back on, I picked up the pillow and realized it was a little heavy. (Hahaha) Nothing back breaking, it just through me off. To be honest, I was afraid to pick it up, lay on it, or place my second pillow under it, in case of leaking. The pillow proved me wrong! I am a tosser, a turner, anything but still when I sleep. So the pillow went through a test! When you are sleeping, you can feel your head glide over the pillow. You do not “hear” the water. If you do, you will need to let more air out (easy process).



The pillow is washable. Just remember to empty out the water and air and place the cap back on prior to washing. Do not place in drier. Allow to air dry.

[Mediflow](#) recommends changing the water at least once a year and, of course, after washing. You can use normal tap water (which I did). The pillow fits a standard or queen pillow case.

I usually wake up with little or no energy and some degree of neck pain. I am pleased to say that, even after the first night, I woke up with less pain (if any) and more energy. It was like I was sleeping on “air.” This is a product that is great for people who suffer from lack of energy, neck/shoulder pain, and/or poor quality sleep.



If you would like to purchase a Mediflow Water Based Pillow, see the stores [HERE](#)

Front Page Freebies was sent a product in exchange for this review post. All said opinions are of their own. No monetary gain was received.