



# nto a Memory.

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...ifetime creating, shattering the ability  
...ures. Eventually, it can tear apart the  
...the people who love them.

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our goal of stopping this devastating disease.

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## Alzheimer

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compliance.

However the most compelling finding was the water-filled pillow's consistent association with statistically significant improvements in the overall quality of sleep as measured by both the SIP and sleep questionnaire.

#### Thermal reflector

"When subjects used the water pillow they felt as though they slept better and had a better quality of life," said Dr. Pappagallo. "It is my opinion that there is a direct correlation between pain level and quality of sleep and that a good quality sleep can result in pain relief and improved function, emotional well-being and psychosocial behavior."

He added that the positive effects of the water-based pillow may be attributed to its ability to spontaneously conform to the position and shape of the head and neck as well as the constant application of heat permitted by the water pouch's thermal reflector.

"This certainly isn't a cure, but our assessment indicates it is a valuable and relatively inexpensive complementary treatment for benign cervical pain," he said.

"Doctors should look at pillows, not just medications, when treating cervical pain," he added.

The water-based pillow is currently being studied for use as a sleep aid for insomniacs, migraine sufferers.

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