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Best Pregnancy Pillows of 2024

By [Deirdre Mundorf](#)



Edited by [Marlo Jappen Porto](#)

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Pregnant women need to rest, but getting comfortable enough to fall asleep and stay asleep is no easy feat. Pregnancy pillows offer the support and sleep many women need as they progress through their pregnancy. Depending on the pillow's size and shape, they help support the belly or alleviate pressure on the back and hips, helping you sleep more comfortably and get the rest your body needs.

While many pregnant women can benefit from a pregnancy pillow, this isn't a one-size-fits-all purchase. The Queen Rose Classic U-Shaped Maternity Pillow earns our best overall recommendation, but our list includes a range of options to support different needs. If only the best pregnancy pillow could also prevent repeated nighttime bathroom trips!

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Best Overall

Queen Rose Classic U-Shaped Maternity Pillow...

**PROS:**

- ✓ Offers full-body support
- ✓ Breathable cover to help regulate body heat
- ✓ CertiPUR-US certified materials

CONS:

- ✗ Might take up too much space in the bed
- ✗ May be a bit short for taller individuals

[Buy From Amazon](#)

The Queen Rose Classic U-Shaped Maternity Pillow offers full-body support to help expectant mothers find a comfortable sleeping position as they near the birth of their baby. The U-shaped design also makes it easy to change positions and still enjoy support where you need it without having to move the pillow, as is necessary with some other pillow shapes.

Customers can choose from two different cover options based on their personal comfort preferences: Cotton and Nylon or Soft Velvet. Both covers and the pillow's cotton filling are designed to be breathable to help prevent sleepers from overheating as they rest. The materials used to make this pregnancy pillow are also CertiPUR-US certified to be free of potentially harmful chemicals. Choose from a variety of color options including blue,

gray, pink, green, and purple. (Availability will depend on the fabric type you select.)

Specs:

Price: \$49.99

Shape: U

Dimensions: 55 inches (in.) L x 31 in. W x 7 in. H

Firmness: Medium-soft

EXPAND LIST ▾

[Buy From Amazon »](#)

Best Budget

Momcozy J-Shaped Maternity Body Pillow »



PROS:

- ✓ Relatively inexpensive
- ✓ Not as bulky as some alternatives
- ✓ Machine-washable cover

CONS:

- ✗ Cannot support neck and legs at the same time
- ✗ Might be too short for taller users

[Buy From Amazon](#)

Whether you are looking for a more affordable pregnancy pillow or prefer one that won't take up as much space on the bed, you might be interested in the Momcozy J-Shaped Maternity Body Pillow. The J-shaped design of this option makes it a bit more compact than U- and C-shaped alternatives, leaving more room for a partner sharing the bed and making storage a bit easier. Additionally, the more compact size makes it easier to bring the pillow with you when traveling or to move it to different areas of the house when lounging.

Depending on their comfort preferences and support needs, users can choose to put the curved part of the "J" between their legs or under their neck. Similarly, they can decide whether they want the long part of the pillow to run behind their back or along their front based on where they need the extra support when sleeping on their side.

"I got this pillow in my third trimester to help me sleep through the night. The J shape aligned nicely with my natural sleeping position, even as my belly grew," says Megan Wood, senior editor of Home Goods at U.S. News & World Report's 360 Reviews.

This pillow features a breathable polyester filling and a machine-washable polyester cover.

"The jersey material stayed cool," Woods noted.

Specs:

Price:

\$33.98

Shape:

J

Dimensions:

40 in. L x 28 in. W x 7 in. H

Firmness:

Soft

[EXPAND LIST](#) ▾

[Buy From Amazon](#) »

Best for Back Pain

Momcozy U-Shaped Full-Body Maternity Pillow...



PROS:

- ✓ Full back and hip support
- ✓ Adjustable filling
- ✓ Filling rebounds for continued support

CONS:

- ✗ Not easily portable for travel
- ✗ Takes up a lot of space on the bed

[Buy From Amazon](#)

Dr. Kevin Lees, the director of chiropractic operations at The Joint Chiropractic recommends checking with your doctor if back pain is making it difficult for you to sleep comfortably while you're pregnant. Once cleared of any serious concerns, he says, "For those interested in full body support, a "C" or "U" shaped pillow may be best and can change with you based on your changing needs as the pregnancy progresses."

This full-body pillow from Momcozy offers a U-shaped design, making it a suitable choice for those looking to alleviate back pain. The pillow's large size eliminates the need to use multiple pillows to find the support that your back – and your body as a whole – need to rest comfortably. It offers a body-conforming design, delivering hug-like support to the back, belly, hips, and other areas.

The pillow has a soft feel with its polyfill-blend filling. The zipper beneath the cover allows you to access the filling so you can adjust the pillow's loft to match your specific comfort level, sleeping position, and support needs. A plush velvet cover encases the pillow to help keep you cozy as you rest.

Specs

List Price:	Starting at \$48.99 (Hatha Grey)
Shape:	U
Dimensions:	57 in. L x 27.6 in. W
Firmness:	Soft

[EXPAND LIST](#) ▾[Buy From Amazon](#) »

Best Adjustable

Frida Adjustable Keep-Cool Pregnancy Pillow »



PROS:

- ✓ Can twist, squish, or bend to change the shape
- ✓ Microbead filling helps with cooling
- ✓ Machine-washable cover
- ✓ Packable for travel

CONS:

- ✗ Only comes in one color
- ✗ Shorter than many other full-body pillows

[Buy From Amazon](#)

This maternity pillow from Frida is adjustable to help sleepers customize the shape of the pillow and the associated support it delivers to their bodies. It features a jointed design – you can bend, twist, or squish the pillow into a C-, L-, U-, or I-shape. This Keep-Cool pregnancy pillow is filled with microbeads, which facilitate its versatility and flexibility and allow heat to pass through to keep you cool as you rest.

The cover of this pillow also features an innovative design. One side is stretchy and soft for better contouring to your body, while the other side is not stretchy to help prevent the pillow from slipping or sliding as you try to sleep. The cover is machine-washable in a gentle cycle, making it easier to care for. This pregnancy pillow may also be a suitable choice for those who travel frequently. It offers a more compact design than other options and since it folds and bends, you can probably fit it into your suitcase more easily.

Specs

List Price:	\$54
Shape:	Adjustable (C-shape, I-shape, L-shape, or U-shape)
Dimensions:	54 in. L x 9 in. W
Firmness:	Soft

EXPAND LIST ▾

[Buy From Amazon »](#)

Best U-Shaped

Pharmedoc U-Shaped Pregnancy Pillow »

**PROS:**

- ✓ Offers support for a variety of sleeping positions
- ✓ Cool-to-the-touch cover
- ✓ Detachable section allows for more versatility

CONS:

- ✗ Large
- ✗ Won't be able to sleep with your regular bed pillow
- ✗ Price varies depending on color

[Buy From Amazon](#)

Pharmedoc's U-Shaped Pregnancy Pillow is designed to keep expectant mothers supported in a variety of sleep positions. The U-shaped design offers support behind the neck, along the back, and on the front side. One side of the pillow features a detachable extension. Leave it in place to keep both sides long for more support around the front and back sides or between the legs, or detach it to use as a separate body pillow.

For easier cleaning, the Pharmedoc U-Shaped Pregnancy Pillow offers a removable cover. When needed, simply take the cover off to wash it in the washing machine. The soft cover is made from a blend of polyester, nylon,

and spandex jersey fabric. Its special fabric combination makes it cool to the touch and helps keep sleepers from overheating during the night. Note that while this pillow is available in a variety of colors, the price varies depending on which you choose.

Specs:

Price: \$64.99

Shape: U

Dimensions: 53 in. L x 31 in. W x 7 in. H

Firmness: Not listed

EXPAND LIST ▾

[Buy From Amazon »](#)

Best C-Shaped

Leachco Snoogle Supreme Total Body Pregnan...



PROS:

- ✓ Offers support for entire body
- ✓ 100% cotton cover
- ✓ Machine-washable cover

CONS:

- ✗ Expensive
- ✗ Takes up a lot of space in the bed

[Buy From Amazon](#)

The Leachco Snoogle Supreme Total Body Pregnancy Pillow features a C-shaped design, allowing users to enjoy support under their necks and between their legs at the same time. You can choose which way to place the pillow – enjoy support along your back or on your belly. The pillow can also be positioned in other ways to support your back, hips, or neck when sitting up in bed to read or watch television.

[Deirdre Mundorf](#), the author of this piece, used the Snoogle during both of her pregnancies. She liked how it supported her back and helped her remain more comfortable when sleeping on her side. She also appreciated the removable and machine-washable cover, though it was a bit difficult to get it back on the pillow. The Snoogle Supreme has a 100% cotton cover with a thread count of 300. There are a variety of color options available, including Blue, Blush, and Peaceful Gray.

Specs:

Price:	\$69.99
Shape:	C
Dimensions:	58.75 in. L x 25.5 in. W x 7.75 in. H
Firmness:	Medium

[EXPAND LIST](#) ▾

[Buy From Amazon](#) »

Best Wedge

Hiccapop Pregnancy Pillow Wedge »

**PROS:**

- ✓ Relatively inexpensive
- ✓ Two firmness options
- ✓ Soft Velboa cover

CONS:

- ✗ Doesn't offer support to as many areas simultaneously
- ✗ Might be too firm for some sleepers

[Buy From Amazon](#)

Full-body pregnancy pillows aren't for everyone. Whether you have more limited space on your bed and want to make sure that your partner still has enough room to sleep or only need a little extra support for one area of the body, such as your belly, back, or between the knees, then a wedge pillow might be the right choice for you. The Hiccapop Pregnancy Pillow Wedge is designed to alleviate swelling, tension, and nerve pain to promote a more peaceful sleep.

This pillow is filled with chemical-free CertiPUR-US certified foam. Each side offers a different firmness level to accommodate the varying preferences of each sleeper. While one side is filled with soft memory foam, the other offers a firmer feel. To prevent individuals from overheating as they sleep, the foam

is perforated to minimize moisture and ensure adequate airflow. A machine-washable cover made of Velboa – a plush, velvety fabric that mimics faux fur – encapsulates the memory foam pillow. Each purchase comes with a travel bag to hold the pillow.

Specs:

Price: \$32.99

Shape: Wedge

Dimensions: 15 in. L x 13.25 in. W x 4.5 in. H

Firmness: Two options (one softer side, one firmer side)

EXPAND LIST ▾

[Buy From Amazon »](#)

Most Versatile

Queen Rose Classic E-Shaped Plus Maternity P...



PROS:

- ✔ Convertible design
- ✔ Design supports side-sleeping
- ✔ Integrated pillow to support the belly

CONS:

- ✗ Bulky
- ✗ May not be long enough for those who are very tall

Buy From Amazon

The E-Shaped Plus Maternity Pillow from Queen Rose features a convertible design, making it a versatile option for during – and after – pregnancy. The smaller pillow in the center is intended to support your belly as you sleep on your side but it can also be removed if you prefer. Once removed, the small pillow can double as a head pillow or be used to support another area of your body as you sleep. The upper curved section of this pregnancy pillow is also removable, allowing you to transform it from an E-shaped pillow to an F-shaped one. Once removed, this smaller section can be used as a backrest to prop you up in bed or even as a nursing pillow after your new baby arrives.

The curved shape of the Queen Rose E-Shaped Plus Maternity Pillow also helps to support sleeping on the left side, which is recommended for most pregnant women. While the pillow is a bit bulky, it becomes more compact with modifications and removing select sections. With some of these sections removed, you may even be able to fit it in a suitcase when traveling.

Specs

List Price:	\$53.99
Shape:	E; converts to F
Dimensions:	60 in. L x 30 in. W x 7 in. H
Firmness:	Medium-soft

EXPAND LIST ▾

Buy From Amazon »

The Bottom Line

Before choosing a pregnancy pillow, it's important to think about your specific needs and areas of support. We like the full-body support offered by the Queen Rose Classic U-Shaped Maternity Pillow. With its U-shaped design, users are more easily able to switch positions without the need to move the pillow around first. However, depending on what is driving you to shop for a pregnancy pillow and the recommendations of your doctor, you might decide that one of our other recommendations better matches your needs.

Things To Consider When Buying Pregnancy Pillows

Size: Pay attention to size when shopping for a pregnancy pillow. As you shop, you'll notice that there are a range of sizes to choose from. Some, like wedge pillows, can be relatively small, while others are full-body pillows. To choose the right size, you'll need to consider your comfort and support needs. Are you looking for a pillow that will cradle your whole body, or do you just need something to support your belly?

Beyond your support needs and sleep preferences, you must also consider the amount of available space. If you sleep with a partner, fitting a larger pregnancy pillow on the bed while leaving space for them to sleep might not be possible. For example, if you only sleep in a full-size bed with a partner, you won't have as much space to work with as someone who sleeps in a king-size bed with their partner.

As you're considering size, don't forget to think about how and where you'll be storing the pillow when you're not using it. Do you plan to save it for a future pregnancy? If so, make sure you'll be able to fit the product you choose in a closet or another storage location.

Shape: Pregnancy pillows are available in a wide range of shapes. The right shape for you will vary based on where you need the most support and your perception of comfort. Here is a little more information about some of the more common shape options:

- **Wedge:** As the name suggests, [wedge pillows](#) can be “wedged” between your belly – or other body parts that need support – and the [mattress](#).
- **C-Shape:** C-shaped pillows have a curved design with an opening on one side. Dr. Veena Madhan Kumar from [iCliniq](#) shares that “These pillows are designed to support your entire body and can be used in a variety of positions, including side sleeping, back sleeping, and sitting.” Pregnant women can place one of the curved edges behind their neck and the other between their legs. Depending on what’s most comfortable, the opening can either go on the belly side or the back side.
- **J-Shape:** J-shaped pillows function similarly to C-shaped options. However, they only have one curved end, so users need to choose whether they want the support behind their neck or between their legs. These pillows are a bit more compact than their C-shaped counterparts, so they could be a better option for those with more limited space.
- **U-Shape:** U-shaped pregnancy pillows can offer support for the back and belly simultaneously. Expectant mothers can change positions without the need to move their pillows to the opposite side of the bed. However, with the different support options, these models are very large and can take up a lot more space than other options.

Firmness: As you compare the different pregnancy pillows, don’t forget to also consider the firmness of each option to help you make the right decision. The right firmness for you will depend on your preferences and which parts of your body need support. Different fillings can give pregnancy pillows a different feel. For example, some are filled with foam, which will give them a firmer feel, while others are filled with polyester fibers and will have a softer feel. It may also be possible to find a pregnancy pillow with an adjustable firmness. Some allow users to add or remove filling to suit their personal preferences for comfort and support.

Cover Material: The cover material will impact how comfortable you find it to be when resting. You’ll find that there are different cover materials available. A velvet

cover will be soft and cuddly, while a cotton cover might be a better option for hot sleepers.

In addition to considering the overall feel and breathability of each fabric option, it can also be important to look for certifications. For example, you can rest assured that by choosing a GreenGuard Gold certified fabric you aren't exposing yourself – and your baby – to harmful levels of volatile organic compounds (VOCs) or toxic chemicals.

Fill Type: Beyond considering the cover material, it's also important to pay attention to the fill type of the pillow. Dr. Lees says that shoppers should start by determining whether they like more firm support or prefer to be able to adjust and reshape the pillow for a more comfortable fit. "Memory foam is a very firm support but isn't easily moveable. This may be an ideal option for a wedge-type pillow that is used for specific support," he says. Dr. Lees highlights pillows with microbeads or polyester fiber fillers as another alternative. He explains that these fill materials "allow much more movement and may also sleep cooler." He says this fill type is particularly favorable for C- or U-shaped pillows since they offer full body support.

For those who are worried about chemicals or off-gassing, Dr. Lees recommends looking for pregnancy pillows with natural fillers, such as cotton, wool, or natural latex. "GOTS (Global Organic Textile Standards) certified pillows are made with organic fabrics that are free of harmful chemicals and toxic dyes. GreenGuard Gold Certified products are free of chemicals and volatile organic compounds. Both are great options for new mothers," he says.

Versatility: For many, a pregnancy pillow can be a lifesaver during the last few months of their pregnancy. But, some may feel like spending the money to purchase something they'll only use for a few months isn't justified. To combat this potential problem, look for pregnancy pillows that offer greater versatility and that you can continue using after giving birth.

As Dr. Kumar shares, "Some pregnancy pillows can be used for multiple purposes, such as nursing or reading." For example, you could wrap a C-, J-, or U-shaped pillow around your waist and use it to support your newborn when breastfeeding. A pregnancy pillow could also be used to prop you up in bed when reading, be placed under your feet to elevate them and alleviate swelling, or even turned into a fort-building accessory for older children.

Care: Look for a pregnancy pillow that's easy to clean and care for. Manufacturers will offer different cleaning instructions for the products, so take some time to compare these recommendations. Remember, you'll likely be sleeping with the pillow every night for several months, so you don't want to choose anything that will be too difficult to clean.

While the pillows themselves may be too large to fit in your washing machine, many come with removable covers that can be cleaned more easily. Dr. Kumar explains that "A machine-washable cover is essential for easy cleaning, especially if you are prone to night sweats." Moreover, as Dr. Lees points out, "Some pregnancy pillows are used to help support the mom and baby during feeding, so choosing a cover that is easy to wash may be more important after the pregnancy."

How We Chose the Best Pregnancy Pillows

To help us choose the best pregnancy pillows, we considered feedback and ratings from professional reviewers as well as everyday users. To gain expert insight on selecting the right pregnancy pillow, we also reached out to Dr. Veena Madhan Kumar, an obstetrician and gynecologist with [iCliniq](#); Dr. Kevin Lees, D.C., the Director of Chiropractic Operations from The Joint Chiropractic, Tricia Kilroy, a physical therapist with [Amedisys Home Health](#), and John Le, a physical therapist with [The Centers for Advanced Orthopaedics](#). Finally, we ensured that our list of recommendations included options to match different sleeping and support needs, budgets, and more to make sure each reader could find the right fit for them.

WHY SHOULD YOU TRUST US?

Our contributors and editors have years of experience researching, testing, and reviewing products. This piece's author, [Deirdre Mundorf](#), has been writing about home- and family-related topics for nearly five years and has also contributed to other sites, such as Bob Vila, House Digest, and Discover Magazine. [Marlo Jappen Porto](#), the editor of this piece, has been a home goods editor at 360 Reviews for more than two years. She's passionate about helping people find products that improve their health, wellness, and comfort.

FAQ

What's the recommended sleep position for pregnancy?



When should you start using a pregnancy pillow?



What shape is best for a pregnancy pillow?



Where should you place a pregnancy pillow?



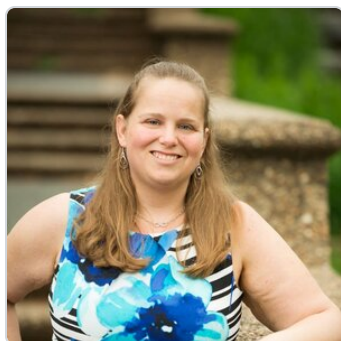
Do pregnancy pillows actually help?



Can I use a pregnancy pillow postpartum?



About Our Team



Deirdre Mundorf

Contributor



Mundorf is a freelance writer who specializes in home goods, family, and pet content. She has more than three years of experience as a professional writer and her work has been featured in [Bob Vila](#), [Discover Magazine](#), and [House Digest](#). Prior to her freelancing career, Mundorf was an elementary school teacher for more than a decade.

[Read more](#)

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Marlo Jappen Porto is a former editor for U.S. News 360 Reviews, focusing on home goods. Prior to joining the team, she was a researcher at NBCUniversal, where she gathered compelling and relevant archival content for live broadcasts. In addition, she has spent years working as an editor and community journalist.

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