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## 8 Best Wedge Pillows of 2024

By [Rena Goldman](#) and [Lauren Allain](#)

☒ Edited by [Marlo Jappen Porto](#) and [Haniya Rae](#)

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If your sleep is interrupted by neck or back pain or acid reflux, a wedge pillow may help. True to the name, wedge pillows are sloped at an angle to help prop up your head, legs, or body while you sleep. Wedge pillows often look like a triangle, although some have a rounded back. In terms of materials, these pillows are typically made of polyurethane foam, memory foam, or a blend of the two.

A good wedge pillow may ease back and neck pain, help you sleep comfortably after surgery, and prevent symptoms of acid reflux. Pregnant people may also use a wedge pillow to support a growing belly or help with circulation and joint pain. We chose the InteVision Foam Bed Wedge Pillow as our top pick for its quality and breathability. That said, we spoke to experts to come up with a list of the best options for various situations.

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## Best Overall

**InteVision Foam Bed Wedge Pillow** »

**PROS:**

- ✓ Moderate price tag
- ✓ Quality materials
- ✓ Easy-to-clean bamboo rayon cover

**CONS:**

- ✗ Included smaller pillow might be uncomfortable
- ✗ Pillows might initially off-gas

[Buy from Amazon](#)

The InteVision Foam Bed Wedge Pillow is designed to ease discomfort in the upper and lower body, which is why it's our pick for the best overall wedge pillow. It has two layers of foam: 2 inches of cooling gel memory foam over polyurethane foam. Cooling memory foam and cutouts for air circulation are made to help regulate temperature. Its bamboo cover is machine-washable, making it easy to keep clean.

The wedge shape is intended to reduce symptoms from acid reflux and allergies, ease breathing issues, and support the back, neck, and shoulders. Newer models have a headrest pillow – that you can adjust the height of – for added head and neck support, which gives these more versatility.

The pillow comes vacuum-sealed and can be returned within 30 days if you're not satisfied.

Specs

List Price: \$59.95

Materials: Memory foam and polyurethane foam, bamboo cover

Dimensions: 25 in. x 24 in. x 12 in.

Incline Angle: 25.6 degrees

EXPAND LIST ▾

[Buy From Amazon »](#)

Best Budget

Sleep Number Adjustable Wedge Pillow »



PROS:

Reasonably priced for

CONS:

May not be tall

a specialty pillow

enough for some

- ✓

Four adjustable height options
- ✗

Can only spot-clean foam inserts
- ✓

Hypoallergenic materials
- ✓

One-year warranty

Buy from Sleep Number

Sleep Number’s Adjustable Wedge Pillow offers lots of customization for the price, and that’s why we selected it as our best budget pick. It has three foam inserts that can be configured into four different height options: 2, 4, 6, and 8 inches. Two inserts are 2 inches thick, and the third is 4 inches thick. You can use the inserts in different combinations for different heights, and this design allows you to change angles and find the one that best fits your body. This adjustable wedge pillow also has a removable cover that can be cleaned in a washing machine.

Sleep Number offers a one-year limited warranty, free shipping, and a 100-night sleep trial.

Specs

List Price:

\$59.99

Materials:

Memory foam containing polyurethane, cotton cover, polyester gusset

Dimensions:

24 in. x 20 in. x 8 in.

Incline Angle:

18.4 degrees

EXPAND LIST

Buy From Sleep Number »

Best for Neck Pain

## Brentwood Home Crystal Cove Wedge Pillow »



### PROS:

- ✓ Contouring memory foam
- ✓ Machine-washable cover
- ✓ Cooling, charcoal-infused foam
- ✓ Attractive cover pattern

### CONS:

- ✗ Not adjustable
- ✗ Short return window

[Buy From Amazon](#)

If you deal with [neck pain](#), a contouring memory foam pillow could offer pain relief and make for a more comfortable night's sleep. Additionally, Seth David, a certified sleep coach and the founder of Sleepably, recommends wedge pillows for alleviating neck pain. "The inclined design helps to elevate the back, neck, and shoulders, which can reduce pressure on the neck and spine by promoting better alignment," he says.

The Brentwood Home Crystal Cove Wedge Pillow fits the bill. It’s made of a 1.5-inch layer of charcoal-infused memory foam that sits over an 8.5-inch layer of durable support foam. Overall, the pillow measures 10 inches tall at its highest point.

The charcoal infusion in the foam is designed to help keep the pillow cool throughout the night. It also responds to body heat, conforming to curves to provide pressure relief.

The cover on the Brentwood Home Crystal Cove wedge pillow features a blend of cotton, polyester, and spandex, and it unzips off the pillow and is safe to clean in the washing machine. This gray-colored cover has a modern stitched design that might appeal to some.

Brentwood Homes has a 30-day return policy on the wedge pillow, which is shorter than many brands offer, so it might not be the optimal pick if you prefer a longer sleep trial.

Specs

List Price:

\$98

Materials:

Charcoal memory foam and polyfoam; cotton, polyester, and spandex cover

Dimensions:

24 in. x 24 in. x 10 in.

Incline Angle:

22.6 degrees

EXPAND LIST ▾

[Buy From Amazon »](#)

Best for Acid Reflux

MedSlant Wedge Pillow for Acid Reflux »

**PROS:**

- ✓ Tall height for elevation
- ✓ Eco-friendly materials
- ✓ Washable cover
- ✓ Travel-friendly carrying case

**CONS:**

- ✗ Difficult to return
- ✗ Pricey

[Buy from Amazon](#)

Wedge pillows, in general, might help to reduce acid reflux symptoms, according to Dr. Supriya Rao. “Since the wedge helps to keep you at an incline, the pillow helps keep your stomach acid from flowing back up into the esophagus, preventing reflux,” she explains.

MedSlant designed this folding wedge pillow with digestive issues, such as acid reflux, in mind. Its 7-inch height can elevate side sleepers and back sleepers who suffer from reflux at night. The cover is made from a polycotton blend and can be washed. Because it’s also foldable, this pillow is a good option for those who need it when traveling or need to store it in small spaces.



Specs

List Price:	\$97.95
Materials:	Soy/polyurethane foam, polycotton cover
Dimensions:	24" x 32" x 7"
Incline Angle:	12.3 degrees

EXPAND LIST ▾

[Buy From Amazon »](#)

Best for Snoring

Avocado Organic Latex Wedge »



- PROS:

  - ✓ Wedge design is ideal for reducing snoring
- CONS:

  - ✗ Expensive
  - ✗ Heavy

- ✓ Two height options
- ✓ Organic materials
- ✓ Machine-washable cotton cover

Buy From Avocado

Snoring can be a major sleep disruptor. A wedge pillow can help reduce the likelihood of snoring since it raises the upper body. Davis says, “Wedge pillows are an effective way to elevate the upper body, which helps to reduce snoring by opening up the airways and making it easier to breathe.”

The Avocado Organic Latex Wedge Pillow comes in two height levels (7- or 10-inch), allowing you to choose your ideal loft. Inside, there’s certified organic latex foam, a material that’s durable and supportive. It’s also naturally antimicrobial, a perk if your snoring is caused by allergies. The cover material is a breathable organic cotton that unzips and is safe to clean in the washing machine.

Latex foam tends to be heavier than synthetic foams, so the 7-inch version of the Avocado Organic wedge pillow weighs about 7.5 pounds and the 10-inch version weighs about 10.5 pounds. It’s also fairly expensive for a wedge pillow, costing almost \$180 for the 7-inch version. That said, certified organic materials almost always come with higher price tags and many shoppers think the benefits are worth the cost.

### Specs

List Price:	Starting at \$179 (7-in.)
Materials:	Organic latex, organic cotton cover
Dimensions:	24 in x 24 in x 7 in (7-in.), 24 in x 24 in x 10 in (10-in.)
Incline Angle:	16.3 degrees (7-in.), 22.6 degrees (10-in.)

EXPAND LIST ▾

Buy From Avocado »

## Best for Back Pain

### Helix Wedge Pillow »



#### PROS:

- ✓ Sized for use under the legs or torso, which can help with back pain
- ✓ Features machine-washable cover
- ✓ Offers warranty and trial period

#### CONS:

- ✗ Pricey
- ✗ Nonadjustable

[Buy from Helix](#)

The Helix Wedge is a basic wedge pillow that's designed for use in a few different ways. The 10-inch height can be used to elevate the torso or legs, both of which may help ease back pain. "For back pain, it's helpful to experiment with a wedge pillow under the knees and lower legs and to try a

wedge under the upper torso and head,” says Lindy Royer, P.T., who’s based in Denver, Colorado.

The pillow is made from polyurethane foam with a gel memory foam layer on top that’s designed to provide cooling and conform to the body’s curves. Its cover is made of rayon and polyester and can be removed and washed in a washing machine.

Helix offers a 100-night sleep trial and a one-year limited warranty.

Specs

List Price:

\$109.00

Materials:

Gel memory foam and polyurethane foam, rayon and polyester cover

Dimensions:

24 in. x 24 in. x 10 in.

Incline Angle:

22.6 degrees

EXPAND LIST ▾

[Buy From Helix »](#)

Best for Pregnancy

Hiccapop Pregnancy Wedge »

**PROS:**

- ✓ Foam is free from many harmful chemicals
- ✓ Ventilated to help you sleep cool
- ✓ Versatile, two-sided design
- ✓ Entire pillow is machine-washable
- ✓ Pillow can be replaced by the company if ruined while washing or drying

**CONS:**

- ✗ Shipping from manufacturer isn't free
- ✗ Too firm for some

[Buy from Amazon](#)

Pregnant people often look for [pillows](#) to help achieve the right position for more comfortable sleep, especially in the last trimester. The Hiccapop Pregnancy Wedge can be used in a few different ways: under the belly, behind the back, or between the knees.

Heather Jeffcoat, a pelvic floor doctor based in Los Angeles, California, who holds a doctorate in physical therapy, says she often recommends wedge pillows for back and side sleepers during pregnancy. She likes Hiccapop’s wedge as an option to fit underneath the belly and support the weight of the abdomen, which reduces strain on the back and hips.

The pillow features two different firmness levels with softer memory foam or firmer support foam. It’s made from CertiPUR-US certified polyurethane and memory foam, which the company says is free of harmful chemicals. Tiny holes are designed to promote airflow for cooling. The cover is also removable for washing.

Specs

List Price:	\$29.99
Materials:	CertiPUR-US certified polyurethane foam and memory foam
Dimensions:	13.25 in. x 15 in. x 4 ½ in.
Incline Angle:	18.8 degrees

EXPAND LIST ▾

[Buy From Amazon »](#)

Best for Recovery

Avana Relax Inclined Memory Foam Wedge Pil...

**PROS:**

- ✓ Gentle slope provides elevation
- ✓ Comfortable memory foam construction
- ✓ Machine-washable cover
- ✓ Breathable Tencel fabric
- ✓ Three sizes

**CONS:**

- ✗ Higher price tag
- ✗ Could slide off the pillow

[Buy from Amazon](#)

Avana's Relaxed Inclined Memory Foam Wedge Pillow is designed to mimic a hospital bed by setting your torso on an incline. Claire Morrow, P.T., holder of a doctorate in physical therapy at Hinge Health, says shoulder surgery is one example of an orthopedic surgery where a wedge pillow can help with recovery. "It's typically a little more comfortable for people to sleep when they're not totally horizontal," she says.

This pillow is made from 1 1/2-inch dense polyurethane foam topped with a 1-inch layer of memory foam and comes in three sizes for a queen bed:

queen, queen XL, and king. The cover is also removable and machine-washable.

Specs

List Price:	\$109.00 (Queen)
Materials:	Memory foam and polyurethane, polyester and Tencel cover
Dimensions:	32 in. x 30 in. x 7 in
Incline Angle:	12.3 angle

EXPAND LIST ▾

[Buy From Amazon »](#)

The Bottom Line

Wedge pillows have the potential to ease pain, gastroesophageal symptoms, and breathing issues, allowing for a better night’s rest. The best products are made of high-quality, hypoallergenic materials and are adjustable for different angles. If you’re a hot sleeper, features like moisture-wicking fabric and ventilation for airflow can help the pillow feel cooler. Our top choice for the best overall wedge pillow is the InteVision Foam Bed Wedge Pillow because it’s cooling and features high-quality materials.

Things To Consider When Buying Wedge Pillows

**Size and Dimensions:** The height of a wedge pillow determines its angle and how much it elevates an area of the body. Of the pillows we researched, we found that



these pillows generally run between 6 to 12 inches in height and 20 to 24 inches in length and width.

You'll want to shop for the size that best fits your comfort and needs. While most wedge pillows are 6 to 8 inches high, there are longer options available for those who are taller.

Jeffcoat says pregnant people who sleep on their backs should look for a larger wedge with at least a 30-degree angle. She adds that elevating the torso at least 30 degrees will reduce the risk of aortocaval compression, a condition that results in low blood pressure when the uterus compresses blood vessels. A wedge pillow that's 12 inches high and 20 inches long would have a 31-degree angle.

You'll also want to consider where you'll use and store the pillow. If you have a king or queen bed and plan to use the pillow there, you may opt for a pillow with a wider footprint. If you want the pillow to travel with you or be stored in a smaller space, a pillow that folds or is adjustable might be better.

**Materials:** Most wedge pillows are made of polyurethane foam, memory foam, or a mix of the two. "A good rule of thumb is that the cushions that tend to be more expensive last longer because the foam is higher quality," says Morrow.

The foam pillow is usually covered in a soft cloth, which may or may not be removable. "A removable and washable cover is essential for hygiene," says Dr. Steven M. Siwek, an interventional pain specialist at The Pain Center of Arizona. He recommends looking for pillows and covers made from high-quality, hypoallergenic materials.

Some materials, such as memory foam, can also retain heat. "Being surrounded by extra pillows at night can make you uncomfortably hot, which can then lead to new sleep challenges," says Dr. Andrea Braden, a board-certified OB-GYN and breastfeeding specialist in Atlanta, Georgia. If you're a hot sleeper, look for pillows that use cooling memory foam gel or have a venting system for cooling.

**Adjustability:** Since the angle is important for a wedge pillow, having the ability to adjust it allows you to better customize the pillow for your needs. It may mean being able to use the same pillow in a few different ways, such as under the knees for back pain or behind the torso for acid reflux. Adjustable pillows often come with either an

extra attachment pillow that can be used to change the angle or removable pieces of foam.

**Support for Medical Conditions:** If you're seeking relief from symptoms related to a medical condition such as acid reflux, sleep apnea, joint pain, surgical recovery, or even pregnancy, it's a good idea to consult a healthcare professional. They can make recommendations on the angle and how a wedge pillow can best be used for your specific needs.

It also may take testing a few pillows and positions to see what works best for you. Our bodies are all different, so the experts we spoke with gave general guidance with the caveat that people should go with what feels best for them. For example, Dr. Rao recommends a 30- to 45-degree angle for acid reflux reduction but says everyone's needs may vary depending on their symptoms.

During pregnancy, pillows can be used to relieve the stress and pressure placed on the body by the growing belly, which Dr. Braden says can happen during sleep. She recommends trying to pinpoint where you have the discomfort and using the pillow there. For example, this could be under the belly or between the knees.

**Price:** Wedge pillows can vary quite a bit in price. In general, you can expect to pay between \$50 and \$180 for a quality wedge pillow. In general, the pillows with a higher price tag have higher-quality materials, but price alone doesn't dictate quality. If you have a limit, you may still be able to find pillows that fit your size and materials wish list on a budget.

Consider a pillow that's adjustable because you may be able to use it in multiple ways rather than buying more than one pillow.

## How We Chose the Best Wedge Pillows

We consulted the following experts to create this list of the best wedge pillows:

- [Dr. Supriya Rao](#), a quadruple board-certified physician in internal medicine, gastroenterology, obesity medicine, and lifestyle medicine
- [Lindy Royer](#), a physical therapist, pain expert, and Pilates instructor

- [Claire Morrow](#), a physical therapist and doctor of physical therapy
- [Heather Jeffcoat](#), a pelvic floor doctor based in Los Angeles, Califo
- [Dr. Steven M. Siwek](#), an interventional pain specialist at The Pain Center of Arizona
- [Dr. Andrea Braden](#), a board-certified OB-GYN and breastfeeding specialist in Atlanta, Georgia
- Seth Davis, a certified sleep coach and founder of [Sleepably](#)

After learning what features experts recommend for different uses and for addressing symptoms for certain medical conditions, we narrowed our product selection considering price, cooling ability, adjustments, hygiene and allergen reduction, and shape. Overall, we found that higher-priced pillows often mean higher-quality materials, but you can still find good options on a budget.

## WHY SHOULD YOU TRUST US?

U.S. News contributors have years of experience researching, interviewing experts, and reviewing and testing products. [Rena Goldman](#), the author of this piece, has more than a decade of experience writing about health, wellness, and medical conditions, including selecting and evaluating products. She is a former editor for U.S. News 360 Reviews, has worked for Healthline Media, and has written for Forbes Health, health.com, Yahoo Life, Everyday Health, Sleep Foundation, and more.

[Lauren Allain](#), co-author of this piece, is a journalist who has more than six years of experience in testing and reviewing products. For U.S. News 360 Reviews, she specializes in home goods and sleep products. She's covered other sleep-related reviews like the best [mattresses for side sleepers](#), [cooling mattresses](#), and [down pillows](#).

[Marlo Jappen Porto](#), the editor of this piece, is a home goods editor at 360 Reviews, focusing on fitness and sleep. She's passionate about helping people find products that improve their health, wellness, and comfort.

## How To Use A Wedge Pillow

Wedge pillows serve multiple functions. They give you support while you're [reading](#) or watching TV in bed. But, they're also suitable for sleep.

While sitting up in bed to lounge, most people find it comfortable to use the pillow propped up on its widest end, so it's in a slight reclining position. When sleeping, Davis says it's best to use a wedge pillow with the wider end of the pillow at the head of the bed. This position provides a slight incline to elevate the upper body. He also mentions that wedge pillows can work for back or side-sleeping. "Lie down with your back or side against the pillow, ensuring your head, neck, and shoulders are supported by the incline," Davis says.

If you're not used to sleeping on a wedge pillow, it can take some time to adjust. "You can ease into the experience by using the pillow for a few hours each night and gradually increasing the duration," says Davis.

Like [standard pillows](#), you'll want to keep the case clean by washing it often. Some people also prefer to buy a [pillow protector](#) for a wedge pillow which helps protect it from dust, dander, or moisture – all of which can shorten the lifespan of the pillow.

## FAQ

**Are there any recommended sleeping positions when using a wedge pillow?** +

**Can a wedge pillow help alleviate specific health conditions such as acid reflux or snoring?** +

**How do I clean and care for a wedge pillow to ensure its longevity?** +

**What are some common signs that a wedge pillow needs to be replaced?** +

## About Our Team

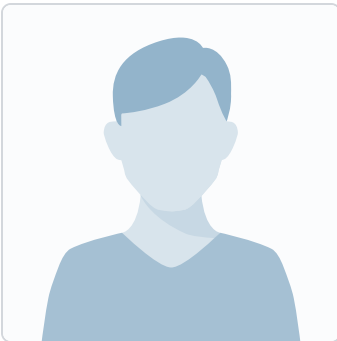


## Rena Goldman

### Staff Writer

Rena Goldman is a Los Angeles–based freelance journalist with over a decade of experience. She covers health, wellness, mental health, small business, and how politics and policies impact our daily lives.

[Read more](#)



## Lauren Allain

### Contributor



Lauren Allain is a contributing writer for U.S. News 360 Reviews where she covers sleep products and other home goods. She's a trained journalist with expertise in sleep health, fitness, and wellness. In addition to 360 Reviews, her sleep-product writing has appeared in Homes & Gardens, INSIDER, tuck.com, Mattress Firm, and sleep.com.

[Read more](#)



## Haniya Rae

### Contributor



Haniya Rae is a journalist, editor, and Certified Sleep Science Coach. She has nearly a decade of product reviewing experience, and more than five years of experience writing about sleep products and sleep health. She has previously reported on test results for mattresses, pillows, and sheets at Consumer Reports.

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## Marlo Jappen Porto

Former Editor



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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