5 things you didn’t know about foam pillows

1. They contain chemicals such as petroleum, harmful to your health, some carcinogenic.

2. Foam doesn’t breathe, causing a build up of sweat and dead skin cells - the perfect breeding ground for dust mites, mold and bacteria.

3. The lack of support can cause pain and long term musculoskeletal misalignment.

4. Foam pillows on average last only 6 months to 2 years before they need replacing.

5. Foam is harmful to the environment – it doesn’t break down in landfill.