

# 5 things you didn't know about foam pillows

1

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

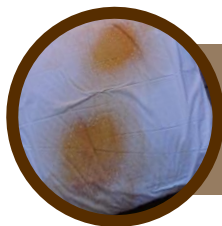


Foam doesn't breathe, causing a build up of sweat and dead skin cells - the perfect breeding ground for dust mites, mold and bacteria

2

3

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



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

4

5

Foam is harmful to the environment – it doesn't break down in landfill

