

MAIN STREET NEWSLETTER



MAIN STREET
— MEDICAL SUPPLY —
BRINGING HEALTH & WELLNESS HOME

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Sleep Better, Feel Better: Pillows & Bedtime Comfort

A good night's sleep isn't just about getting through the night—it's about how you feel the next day. And as we age, sleep can become more elusive and less restful. But here's the good news: small changes to your sleep environment can make a big difference.

At Main Street Medical Supply, we often hear, "I didn't realize how much a cushion could help until I got the right one." Whether it's for back pain, acid reflux, or circulation, the right sleep support can help you feel better from head to toe.

The Right Pillow for the Right Problem

Standard pillows tend to lose shape quickly or force your head into awkward angles. A contoured memory foam pillow supports the natural curve of your neck and keeps your spine aligned—especially important for side and back sleepers.

A wedge pillow elevates your upper body, helping keep stomach acid where it belongs and your airways open. Many find these pillows also reduce nighttime coughing or shortness of breath.

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Sleep Better, Feel Better: Pillows & Bedtime Comfort

Newsletter Highlight

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Placing a small lumbar roll or support cushion under your lower back—or knees, if you're on your back—can ease pressure and help you stay in a more natural posture while you sleep.

If you deal with poor circulation or leg swelling, a leg elevation pillow can do more than just feel good. It can improve blood flow and reduce morning stiffness. Combined with compression socks, many customers report more comfort during the day, too.

Do you spend time sitting up in bed reading or watching TV? Don't overlook seat and back cushions that offer extra support while you're upright. These small upgrades can ease tension on your spine and hips—especially if you have arthritis or joint pain.

Pro tip: If you use a hospital or adjustable bed, consider adding multi-position cushions that can support your body in ways standard pillows just can't.

If you sleep on your side, try placing a small pillow between your knees to keep your hips aligned. For back sleepers elevating your knees slightly can take pressure off your lower back. If you sleep on your stomach, be warned it is not advised, however, if this is your go-to, a flat pillow under the belly may help reduce back strain.

We carry hospital beds, CPAP masks, memory foam pillows, bed wedges, coccyx cushions, lumbar rolls, leg elevators, and more—all selected with comfort and medical support in mind. Our staff can answer your questions.

Final Tip: If you've been waking up feeling more tired than when you went to bed, it might not be age—it might be your setup.

Stop by Main Street Medical Supply and let us help you sleep better so you can feel better.



Newsletter Highlight

We love the Easy Air Seat Cushion because you can easily control and change the pressure of your cushion.

Nova Easy Air Seat Cushion:

- Lightweight cushion with adjustable air foam combination provides variable pressure relief
- Air release valve allows an easy control to change the pressure of your cushion
- Automatically re-inflates with no pump required. Great for home, office or even sporting events
- Breathable navy blue mesh cover is removable and washable
- Weight capacity: 250 pounds; Dimensions: 18"W x 16"D x 3"H
- Available at both Main Street Medical Supply locations