



Morph Pillow Publishes Article on the New Year's Resolution of More Sleep

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Morph Pillow, an Orem, UT company specializing in travel pillows, and accessories has published a timely article on the one New Year's resolution all people need to make but rarely do. While noting that the most frequently cited resolution among those who make New Year's resolutions is weight loss, Morph points to a recent study from the American Journal of Clinical Nutrition which noted a marked relationship between sleep and weight loss.

The study noted that "those who maintain regular and healthy sleep schedules burned 5% more calories while sleeping and 20% more calories after a meal compared to those who did not sleep enough." Brian Parker, founder of Morph pillow, said his company was committed to educating the general public about the benefits of sleep that go beyond feeling well rested.

"The start of the year is a great time to take inventory of our goals for the new year. We really want people to value sleep for its many benefits but if we can help educate people about collateral benefits that appeal to people especially this time of year as well, then all the better," said Parker.

The article, which was published on their blog at morphpillow.com also points out the benefits of power naps for those who simply can't get the recommended 8 hours of sleep every night. Citing studies conducted by NASA, the post notes that mental alertness can be increased by 34% with a short (40 minutes) power nap.

Morph pillow's flagship product is their compact travel pillow. The pillow features a revolutionary circular design consisting of memory foam that can be squeezed down small enough to fit in a sack no bigger than a baseball. The pillow is currently available exclusively at Amazon.com. To read more about the company and get more travel tips and hacks, visit their website at morphpillow.com.

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Morph Pillow

Brian Parker founded Morph pillow while in college and longing for the perfect nap during finals week. His mission was to revolutionize the travel pillow industry. With an ingenious design and a very successful Kickstarter campaign, Morph pillow was born.

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