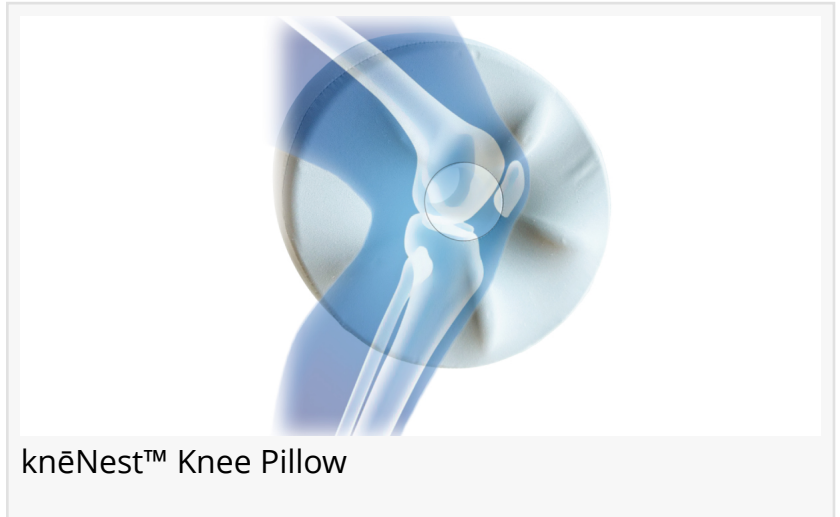


Unlock Restorative Sleep: knēNest Unveils Groundbreaking AI-Optimized Knee Pillow for Side Sleepers

Innovative Design Promotes Neutral Spine Alignment to Reduce Pain and Improve Sleep Quality

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Sheridan, WY - May 15, 2024 - For the estimated 75% of adults who sleep on their sides, a restful night's sleep often proves elusive due to spinal misalignment caused by improper knee

positioning. Research shows this can lead to a host of issues - around 71% of side sleepers report experiencing lower [back pain](#), hip pain, shoulder pain or other musculoskeletal problems from poor sleep posture.

“

Spinal misalignment when side sleeping is one of the biggest disruptors of quality sleep and a leading cause of chronic pain conditions like lower back issues, hip problems, and sciatica.”

Dr. Norman Bettel, Neurology

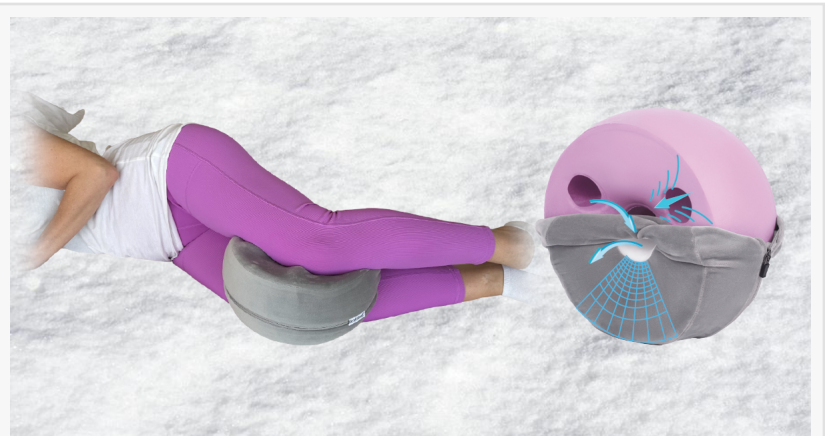
However, a groundbreaking new product aims to finally solve this widespread issue that not only disrupts sleep but can contribute to chronic pain conditions. Mine Mate Innovation has launched knēNest - the world's first knee-centric pillow, engineered using advanced AI modeling to promote neutral spine and joint alignment from the knees

up.

"Spinal misalignment when side sleeping is one of the biggest disruptors of quality sleep and a leading cause of chronic pain conditions like lower back issues, hip problems, and [sciatica](#)," said Dr. Norman Bettel, consulting neurologist. "Traditional knee pillows are ineffective, merely

separating legs without providing the precise support and knee positioning alignment needed to prevent the unnatural twisting that occurs when the upper leg rolls forward during side sleeping." This poor sleep posture can have major impacts - studies show improper spinal alignment during sleep increases the risk of developing chronic musculoskeletal pain by 28%. The costs are staggering, with [insomnia](#) alone costing the U.S. economy over \$100 billion annually in workplace accidents and lost productivity.

Cutting-Edge AI Design for Optimal Comfort and Alignment



knēNest™ Knee Pillow

knēNest™

While ordinary knee pillows utilize basic shapes, knēNest features a patent-pending ergonomic hourglass design with strategic contours that cradle knees in an anatomically optimized "nest." This allows knēNest to gently suspend knees at the precise angle stacking the knees directly on top of each other, relieving bone-on-bone knee pain, joint strain and ensuring proper spinal alignment.

The key is knēNest's advanced AI-assisted engineering process. Proprietary AI modeling analyzed numerous data points to meticulously aid in sculpting every curve and dimension to the exact contours of the inner knee area. This innovative approach ensures knēNest provides the ideal positioning for reducing joint pressure while promoting neutral spinal alignment - which research shows can improve circulation by up to 28% compared to poor posture.

In addition to its orthopedic benefits, knēNest incorporates innovative cooling channels to enhance air circulation, along with strategically placed comfort pads that relieve pressure points and further improve circulation. The premium memory foam construction and machine-washable cover deliver luxurious support with easy care.

"We spend a third of our lives sleeping, yet our bodies have lacked proper ergonomic support for side sleeping positions - until now," said Jim Mead, CEO of Mine Mate Innovation. "With its cutting-edge AI-assisted design, knēNest empowers side sleepers to experience deeper, restorative, pain-free rest by maintaining optimal body alignment overnight from the knees up."

Experience the transformative power of AI-optimized sleep. Discover knēNest at knenest.com and wake up rejuvenated after the best sleep of your life.

About knēNest™

knēNest™ is an emerging brand in sleep innovation, combining advanced AI modeling with premium materials to deliver unmatched comfort and alignment for deeper, more restorative rest.

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