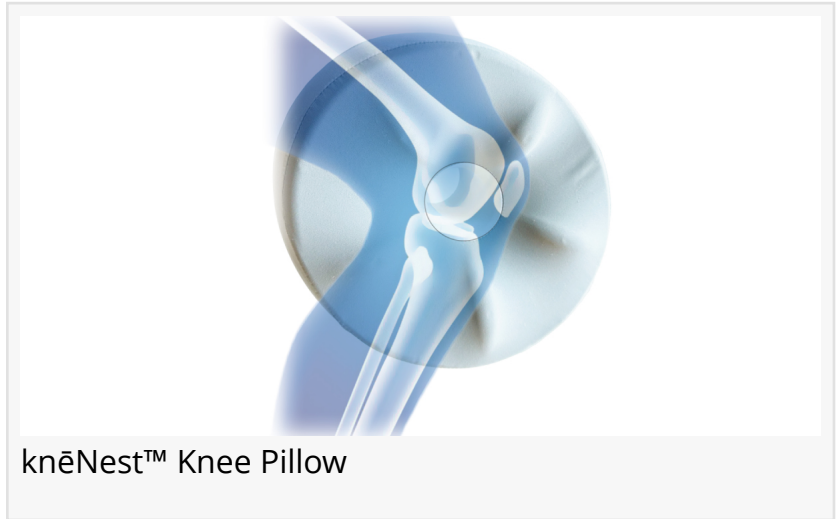


knēNest Delivers "Docking Station" for The Knees - AI-Enhanced Knee Pillow for Side Sleeper Comfort

Innovative Sleep Solution Tackles Root Cause of Side Sleeper Problems, Not Just Symptoms

SHERIDAN, WYOMING, UNITED STATES, June 17, 2024 /EINPresswire.com/ --

knēNest, an innovative [sleep](#) solutions brand from MINE MATE Innovation has unveiled a groundbreaking AI-optimized knee pillow designed to unlock deeper, more restorative sleep for side sleepers. The knēNest pillow's patent-pending ergonomic design promotes neutral spine alignment by gently suspending the knees at the optimal angle overnight.



“

Spinal misalignment is a leading cause of chronic pain, sleep disruption, and other health issues for the estimated 75% of adults who sleep on their sides,”
Dr. Norman Bettle, Neurology

For the estimated 75% of adults who prefer sleeping 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.

Engineered using advanced AI modeling, knēNest's patent-pending hourglass shape is specifically contoured to cradle

the knees and stack them directly on top of each other. This precise positioning relieves joint strain and ensures the spine maintains its natural curvature from the knees up throughout the night.

"Spinal misalignment is a leading cause of chronic pain, sleep disruption, and other health issues for the estimated 75% of adults who sleep on their sides," said Dr. Norman Bettle, a neurologist

who consulted on knēNest's design. "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 or backward during side sleeping. By properly supporting the knees and hips, knēNest allows the entire musculoskeletal system to decompress into neutral alignment for truly restorative sleep."

While traditional knee pillows utilize basic shapes, knēNest's design functions as a "docking station" for the knees with its unique shape and zero gravity center. knēNest was perfected through an AI-assisted engineering process to deliver unparalleled ergonomic support. The pillow's cooling channels and comfort pads further enhance pressure relief and circulation as the body settles into its natural resting posture.

"We're thrilled to unveil a product that can profoundly impact quality sleep and overall well-being," said Jim Mead, CEO of MINE MATE Innovation. "Our AI-optimized design tackles the root cause of issues plaguing side sleepers - not just the symptoms."

knēNest is available now at [knenest.com](https://www.knenest.com). For more information visit [knenest.com](https://www.knenest.com).

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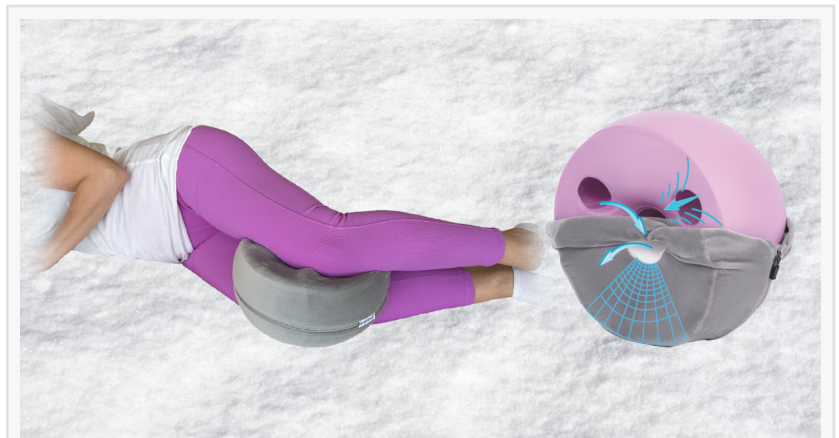
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knēNest™ Knee Pillow

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