

knēNest® Revolutionizes Sleep for Side Sleepers: The First-to-Market Solution for Proper Knee Alignment

knēNest® offers side sleepers an innovative solution for proper knee alignment, spinal support, and better sleep quality with its patent-pending design.

SHERIDAN, WY, UNITED STATES, April 15, 2025 /EINPresswire.com/ -- According to sleep health experts, [side sleepers](#) make up a significant portion of the population, yet many side sleepers unknowingly suffer from poor knee [alignment](#) during the night, contributing to discomfort, misalignment of the spine, and restless sleep. New research suggests that improper knee positioning during sleep may lead to long-term spinal health issues, including back and hip pain.



[knēNest®](#), a first-to-market orthopedic pillow, is designed to address this gap by cradling the knees and ensuring proper knee alignment. This product is the first to market with a patented vertical knee stacking design, ensuring that the knees stay in alignment to help promote spinal and hip health during sleep.

"We know that proper alignment is critical for overall sleep quality and well-being," says Jim Mead, founder of Mine Mate Innovation. "Side sleepers often overlook the importance of knee alignment, but the positioning of the knees plays a significant role in maintaining spinal health and improving comfort during sleep."

Key Benefits of knēNest®:

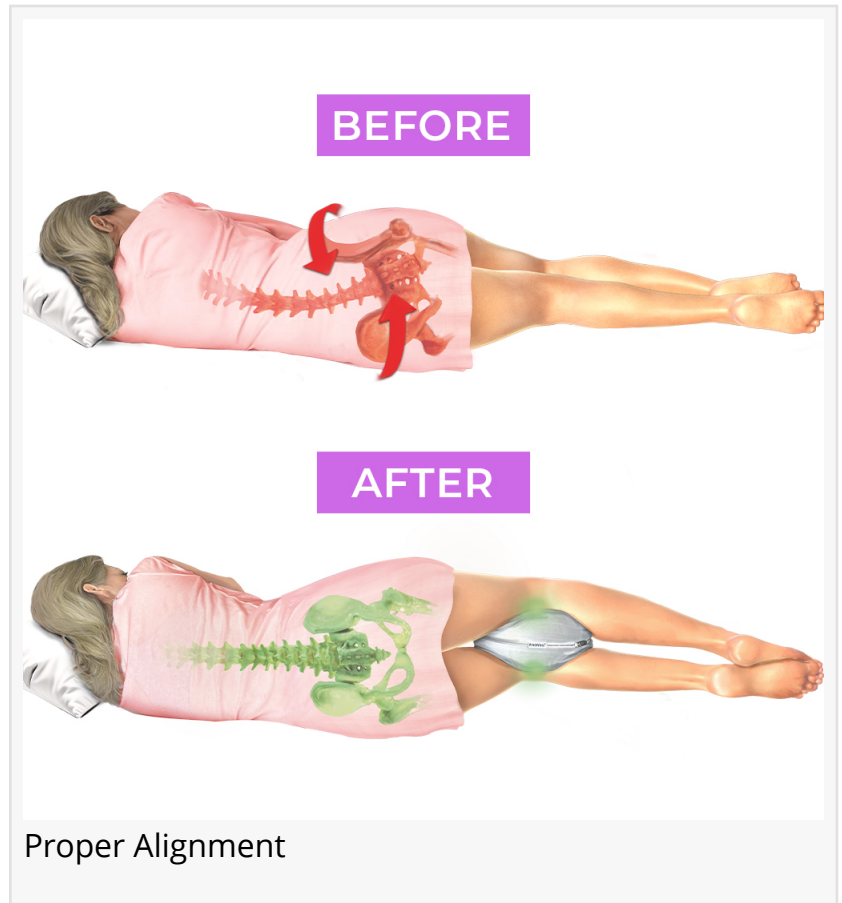
Vertical knee stacking design supports proper knee, spine, and hip alignment.

Helps reduce spinal strain and promotes better sleep posture for side sleepers.

Comfort-Grip Pads ensure the pillow stays securely in place, even during movement.

Made from premium, breathable memory foam for a cooler, more comfortable sleep experience.

knēNest® aims to contribute to the growing conversation around spinal health and sleep wellness by providing side sleepers with an effective solution that improves knee alignment, comfort, and sleep quality.



For more information on knēNest® and its potential impact on sleep health, visit www.knenest.com.

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Proper knee alignment is essential for side sleepers. Unlike traditional pillows, knēNest® stacks the knees vertically, promoting spinal and hip health for a pain-free, restful sleep.”

Dr. Norman Bettel - Neurology

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Knee Docking

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