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Bearaby Cuddler Pillow Review: All The Right Stuff In A Smaller Size

By Alexandra Frost, Contributor

I'm a parenting and lifestyle journalist raising sons in Cincinnati.

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Body pillows have their benefits—a boost of support for your joints while you sleep or personalized comfort when you wrap them behind, under and around you on the sofa or in bed to read or watch TV. But most body pillows have one major issue—they take up serious space, to the point that it's almost like having an additional person in your bed. They can also be bulky, hard to wash and difficult to wrangle into a cover. The Bearaby Cuddler Pillow manages to sidestep these traditional drawbacks, thanks to a slimmer, more compact design that doesn't skimp on support, comfort and

utility. It has an easy zip-on cover that distinguishes it from other options, and the natural latex foam means it doesn't lose its shape halfway through the night, or even after ongoing use.

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The Bearaby Cuddler Pillow provides all the benefits of a body pillow in a more manageable size. ILLUSTRATION: FORBES / PHOTO: RETAILER

As someone with chronic back and hip pain, I tested this pillow for weeks on end and found myself carrying it around the house from room to room. Here's why you might want to consider giving it a try for yourself. And if you're looking for other types of pillows that can help you sleep better with pain, check out our guide to the best orthopedic pillows.

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Bearaby Cuddler Pillow

$199

Shop At Bearaby

Our score: 9/10 | **Size:** 75 x 8 inches | **Weight:** 8.8 pounds | **Materials:** Latex foam, organic cotton | **FSA/HSA eligible:** Yes

Best for:

- People who are pregnant and in need of extra support for their growing bellies

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- Combination sleepers, since the pillow can be used for support in myriad ways
- Side sleepers, who can use the pillow to prop up an arm and leg, which can help maintain a neutral spine
- Those who prefer an eco-conscious product

Skip if:

- You aren't interested in experimenting with the best way to use the pillow and prefer an option intended to be used in a specific way
- You're looking for a budget buy

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Bearaby Cuddler Pillow Product Features

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An Ideal Size

At 75 inches long by 8 inches wide, I find the size of this pillow to be superior to other options because it's slightly shorter and slightly slimmer than standard bulky body pillows. The smaller size makes it less of an intrusion if your bed is already crowded or feels too small, and it means more versatility, since it can also be used on smaller surfaces like couches and armchairs.

The Right Amount Of Support

Some body pillows are very fluffy, but once you wrap up with them, they deflate like a sad, oversize balloon. This is quite the opposite—it's dense and supportive, but not overly heavy. In the morning, my joints felt just as supported as they did when I fell asleep.

When I tested the Cuddler, I felt its support held up in numerous situations:

- As a side sleeper, between the knees to keep my hips aligned
- As a side sleeper, behind my back on days that it needed more support
- Sitting up in bed or on the couch, wrapped around the back and

folded

- As a pillow wrapped in a circle for extra cushioning on a large chair

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High-Quality, Eco-Friendly Materials

The pillow has very little give, but not at the expense of plushy comfort. That's likely due to the responsive Melofoam, a GOLS-certified, all-natural latex foam with a spongy squashiness that molds around the body without falling flat. Plus, since it's made with latex, it doesn't trap heat.

The included organic cotton cover, which is removable, is Oeko-Tex Standard 100 certified. Additional covers are available, but they add $129 to the already pricey pillow itself. On the plus side, they come in a variety of fabrics and prints, including cotton and linen, in shades that can complement your bedroom or living room color palette.

Both the natural latex foam and the outer layer of the pillow itself, in addition to the cover, seem durable and are also comfortable. It's clear that the company put intention into using a zipper that doesn't get stuck when you change the cover, which isn't the case with all body pillows. It makes it easier to get the cover

on and off, which means I'm more willing to wash it regularly.

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My Expertise

As a freelance journalist specializing in health, including sleep health, for almost two decades, I've researched and tried numerous pillows claiming to support your head and body for optimal sleep. I've interviewed hundreds of sleep experts, doctors and people just trying to get a good night's sleep with a little help from their products. I've also contributed to other publications, including *The New York Times, The Washington Post,* Huffington Post and more. I use my family of seven for additional opinions when I test items, including my five kids under age nine, all of whom loved (and fought over) this pillow.

Personally, I've tested dozens—and I do mean dozens—of body pillows over the past decade. After five babies and just as many uncomfortable pregnancies, not to mention numerous orthopedic health issues, I know firsthand that these pillows are key for quality sleep.

Final Thoughts

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The Bearaby Cuddler Pillow is a must-have sleep tool for anyone looking to increase their comfort level in bed and on the couch. It's ideal for those who need additional support, when a throw pillow or flat bed pillow isn't cutting it and for those who just love to be cozy. It ticks all the sustainability boxes if you're an eco-conscious shopper, and the temperature-neutral latex foam makes this a good fit if you struggle with overheating at night, too. While it's a splurge at $199 (and that's if you don't opt for the additional cover), the material quality is high and speaks to its durability and long-term performance. Personally, I'm a huge fan.

Frequently Asked Questions (FAQs)

Why Do I Need A Body Pillow?

What Size Body Pillow Do I Need?

Do I Need To Buy The Extra Cuddler Cover?

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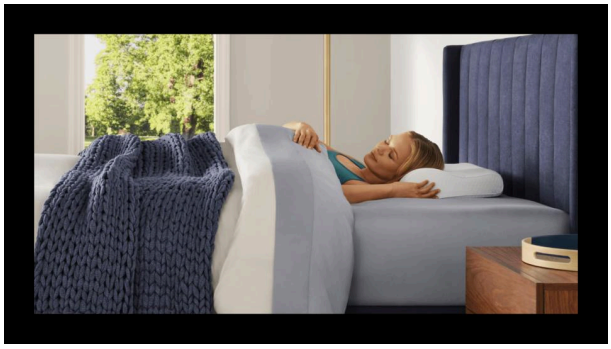
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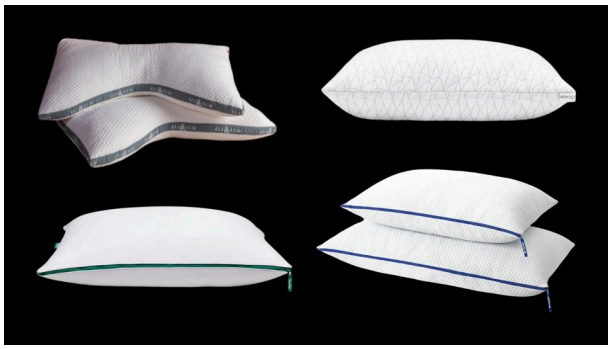
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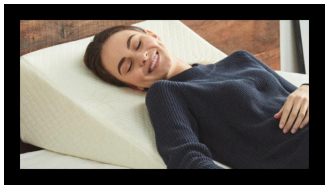
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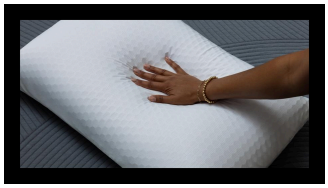


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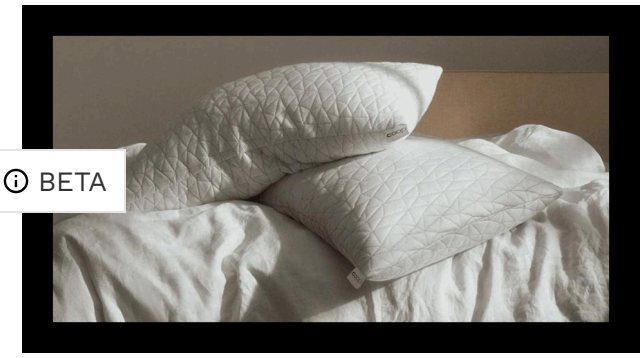
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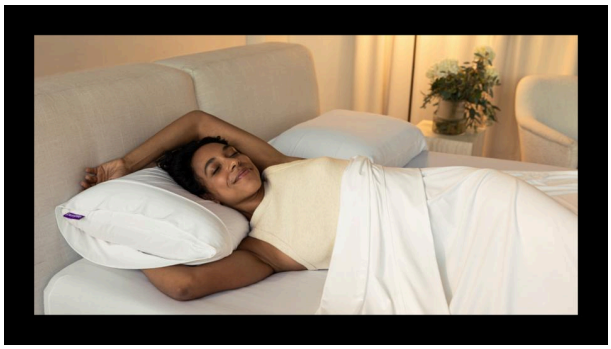
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