

EVALUATION OF MEDIFLOW WATERBASE™ PILLOW: SATISFACTION AMONG ASYMPTOMATIC SUBJECTS.

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Introduction

The Mediflow Waterbase Pillow (FDA #9680668) is a novel and uniquely designed product. The pillow is constructed of a polyester fiberfill material which is positioned on top of and supported by a fillable water bladder. Anecdotal reports by a small number (n=4) of users of the waterbase pillow indicated that there was a high degree of satisfaction with the waterbase pillow, in that they reported the waterbase pillow to be comfortable. To expand these findings, additional waterbase pillows were given to Doctors of Chiropractic (n=6) in order to obtain their opinion of the waterbase pillow. Based on the positive informal reports from these Doctors, a larger prospective formal evaluation of these waterbase pillows was conducted. The purpose of this study was to determine the overall satisfaction with the Mediflow Waterbase Pillow among a group of asymptomatic adult subjects.

Methods

Subjects were included in the study if they were asymptomatic with respect to head/neck pain and sleep disorders, and agreed to sleep on the waterbase pillow for seven consecutive nights. At the time of enrollment and pillow distribution, subjects were given a waterbase pillow which had been pre-filled with 128 oz of water. Also, at this time, subjects were given a 5 item satisfaction survey and requested to return the survey after they had slept on the waterbase pillow for 7 consecutive nights.

Results

One hundred eleven subjects were given waterbase pillows to evaluate, with 104 (93.7%) completing the 7 night trial and returning their satisfaction surveys. Of these, there were 59 males and 45 females with an average age of 33.6 ± 18.4 years (21-63 years). The response data from these surveys is shown to the right.

Conclusion

Based on these data, the waterbase pillow was shown in the majority of those studied to be better than the user's regular pillow and to be associated with an enhanced quality of sleep. Additionally, most subjects indicated they would continue to use the waterbase pillow, in place of their regular pillow, and they were very satisfied with the waterbase pillow.

Compared to your usual pillow, the waterbase pillow was:

Worse	6.7%
Same	25.0%
Better	68.3%

As it relates to the waterbase pillow, for the past 7 nights your sleep was:

Poor	2.9%
Fair	1.9%
OK	8.6%
Good	58.7%
Excellent	27.9%

Was your sleep for the past 7 nights:

Not as good as usual	5.7%
About the same as usual	25.9%
Better than usual	68.3%

Based on the past 7 nights, will you continue to use the waterbase pillow:

Yes	90.4%
No	9.6%

Circle the number that describes how you like the waterbase pillow:

Worst	1	1.9%
	2	-----
	3	1.9%
	4	1.9%
	5	1.9%
	6	1.9%
	7	6.7%
	8	18.3%
	9	45.2%
Best	10	20.3%