

## THE PILLOW COMFORTABLENESS AND KIPHOTIC POSTURE

### **Abstract**

*The subject of this research is estimation of kiphotic posture abnormalities in spine and relation of such abnormalities with appropriateness with sleeping pillow. There was a sample of 299 pupils of both gender from elementary school. For kiphotic posture estimation there were used a somatoscopics and somatometrics meholds, and with bad posture identification it was average of less straingth kriterium used. Influence of adequateness of sleeping pillow was estimated by questionnaire. Kiphotic bad posture in this population is 43.14 %. Totally 87.63 % entities claim that pillow is comfortable for sleeping, with very small percentage unsecure answers and negative ones. Most kiphotic posture entities exist in group with unsecure answers, following with those who are satisfy with pillow, and finally with those that are not satisfy. Values of Pearson Chi-Square test and Contingency Coefficient, shows that there is not significant statistical relation between sleeping pillow comfortablenessand bad kiphotic body posture in estimated population.*

**Key words:** *kiphotic posture, pillow, pupils*

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