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(54) **HEAD STABILIZING HEADREST**

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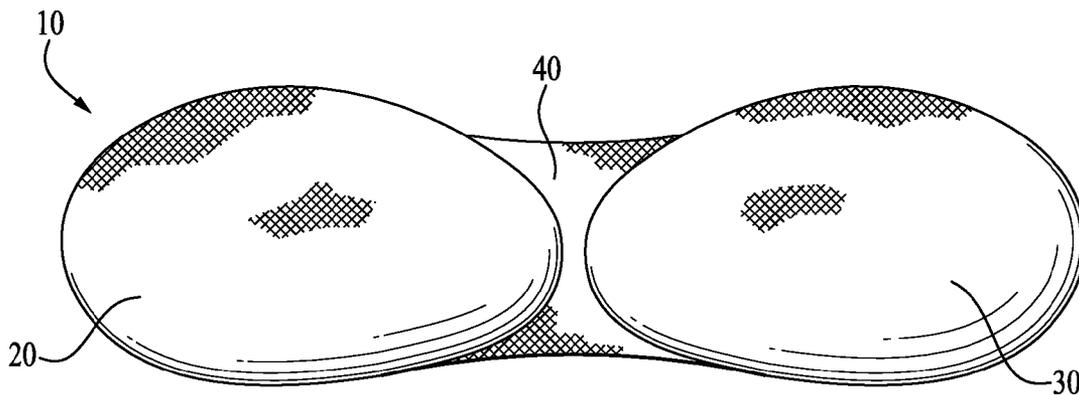
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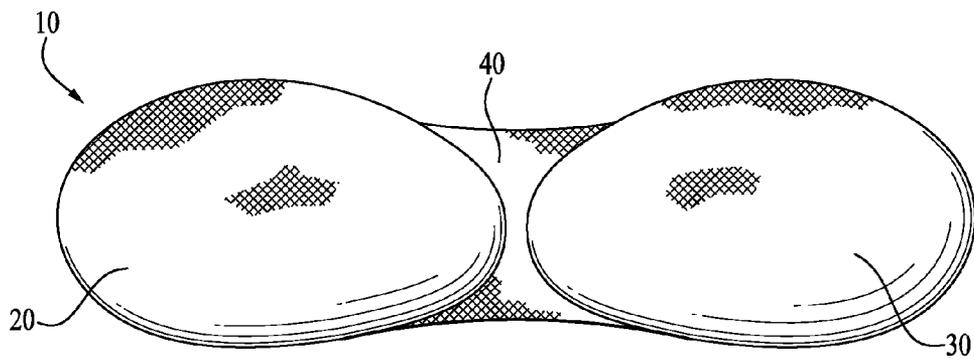
(57) **ABSTRACT**

An ergonomic headrest is disclosed that holds a user's head substantially in place to reduce turning during sleep. The headrest comprises two large, substantially conical mounds that are positioned beside each other to form a channel between the mounds. The user's neck rests between the mounds, and the top portion of the mounds provide support for the user's head.

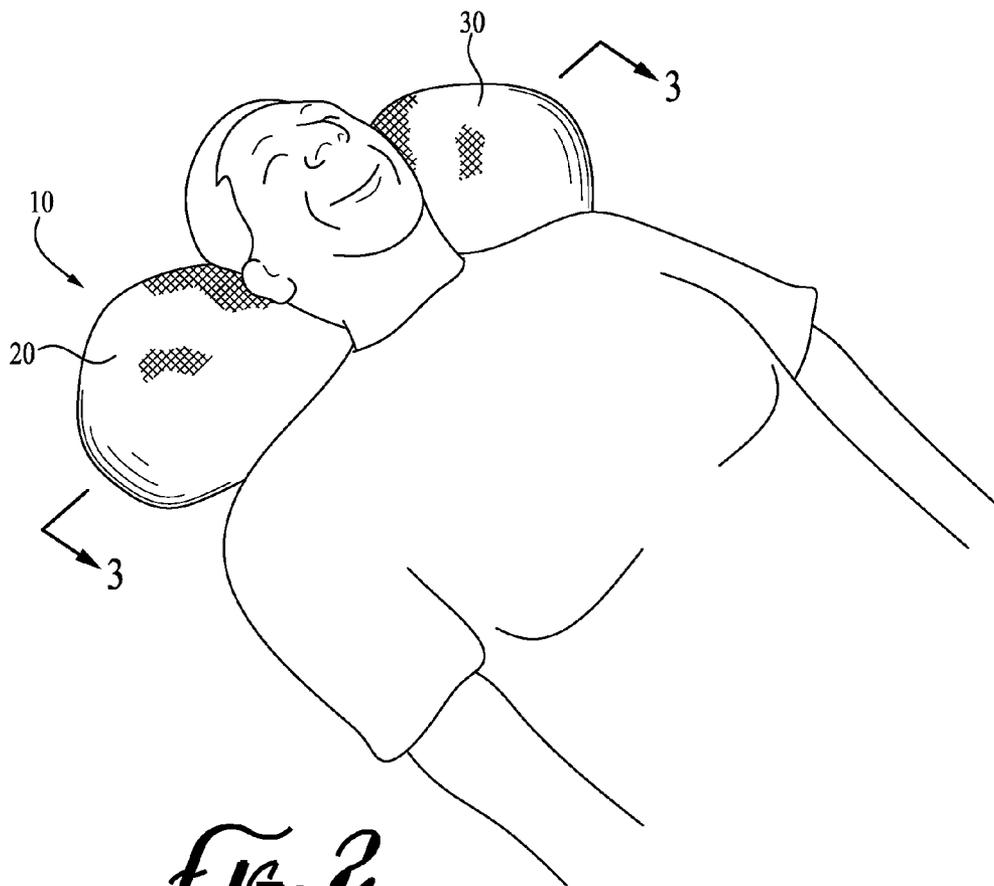
**Related U.S. Application Data**

(60) Provisional application No. 61/903,735, filed on Nov. 13, 2013.

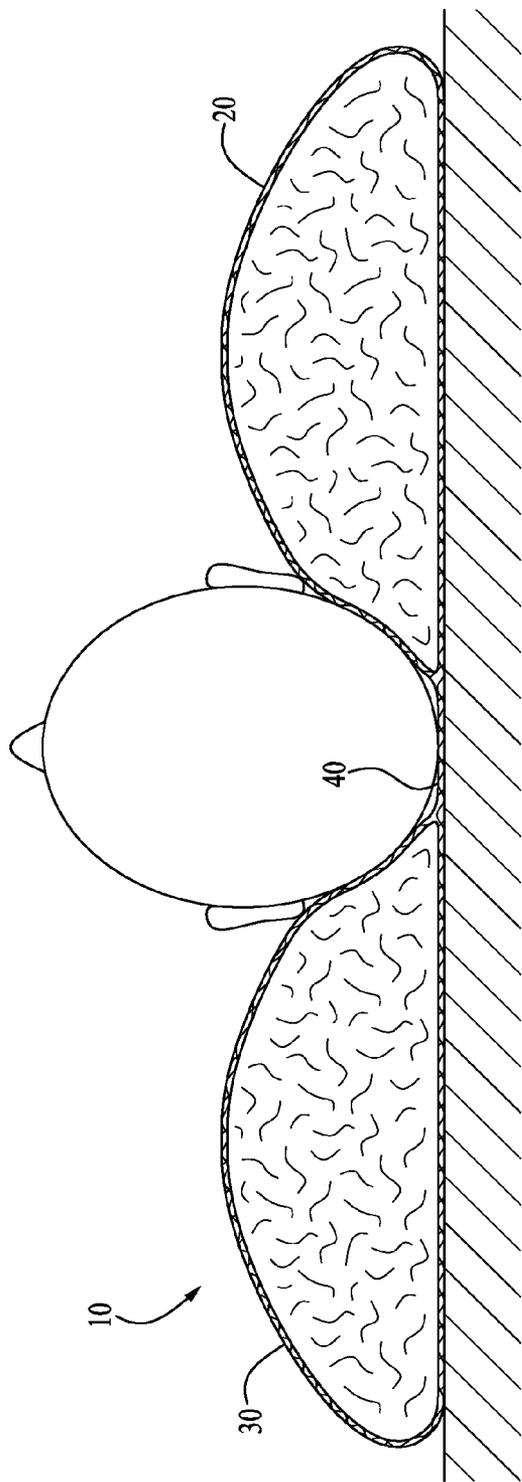




*FIG. 1*



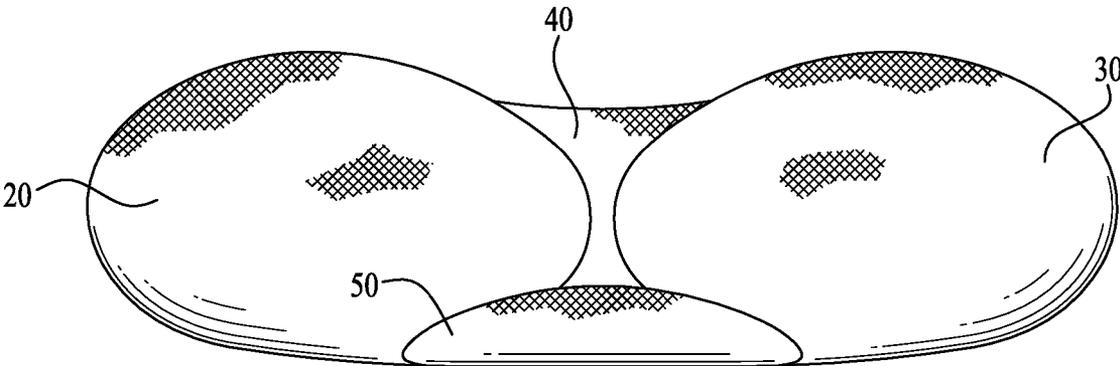
*FIG. 2*



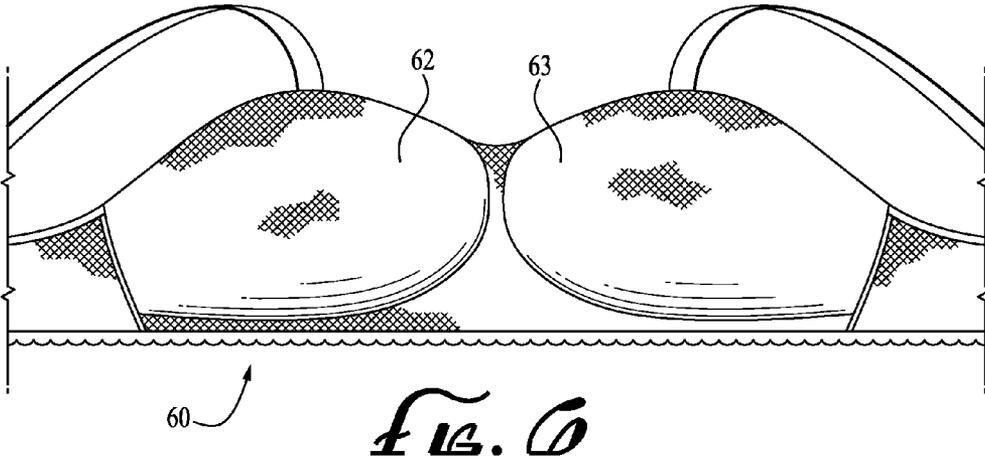
**FIG. 3**



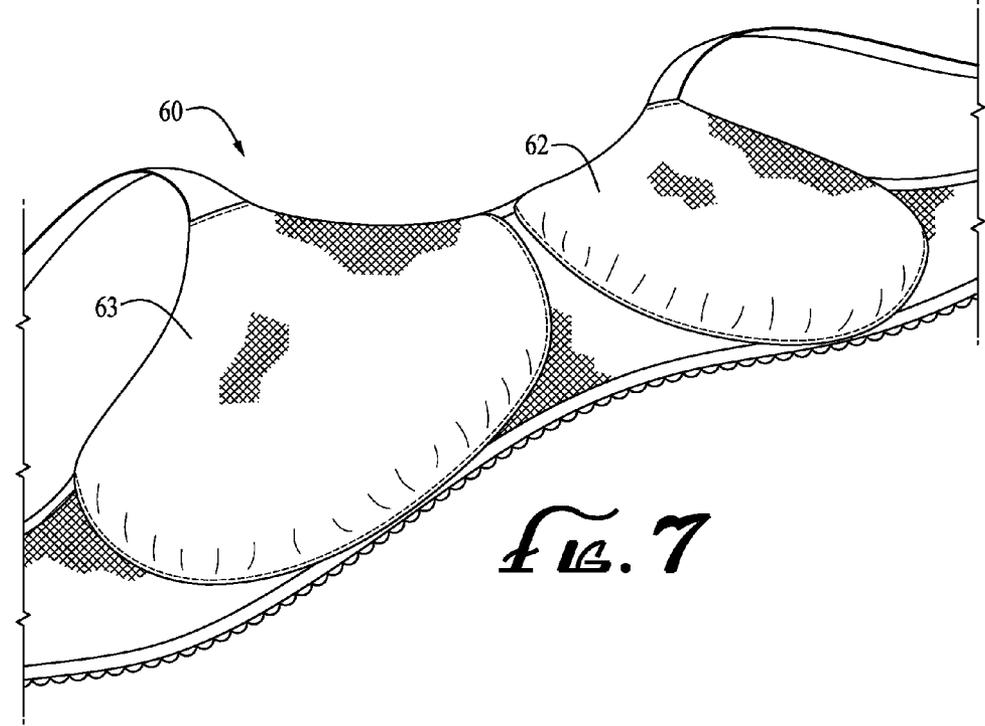
**FIG. 4**



*FIG. 5*



*FIG. 6*



*FIG. 7*

**HEAD STABILIZING HEADREST**

**PRIORITY CLAIM**

[0001] This application claims the benefit of U.S. Provisional Patent Application No. 61/903,735 filed by this same inventor on Nov. 13, 2013.

**TECHNICAL FIELD**

[0002] The present invention relates generally to a device for stabilizing a person's head while resting to avoid neck strain, and, more specifically, to a headrest that will help a user maintain their head position while resting or sleeping to avoid or decrease neck pain caused by certain cervical issues.

**BACKGROUND OF THE INVENTION**

[0003] Many people suffer from cervical issues in the neck that require them to be careful positioning their head during rest or sleep, and to prevent or reduce turning their head or body during sleep. Failure to keep their head stabilized may exacerbate their neck pain, or even interrupt their sleep. The result may be significantly interrupted sleep patterns that prevent an individual from getting sufficient rest during the night, and may exacerbate the patient's cervical issues. Sleep disorders can be problematic for those affected, leading to inattentiveness during the day, and sometimes mental/emotional problems, as well as neck pain and additional ailments that may be caused by pinched nerves in the neck.

[0004] A known treatment for such issues includes special pillows or devices that are intended to keep someone from shifting into some position that tends to tweak the already injured area of the neck. Most of these treatments are unreliable, at best, and many of them are simply uncomfortable, so that the individual is unable to get a good night's rest due to the treatment rather than the neck pain. Thus there is a need for a comfortable headrest that provides some stability to the head position to reduce neck pain, while also being comfortable enough to allow for restful sleep.

**SUMMARY OF THE INVENTION**

[0005] The present invention provides a headrest that is both comfortable and reliable for keeping one's head and neck in a stable position that reduces or avoids strain on the neck. The headrest is comprised of two large, substantially semi-spherical mounds, with a valley created between them. The user rests their head in the valley in a position that has been determined to lessen pressure on the neck, and the two large mounds prevent the users head from shifting significantly while sleeping.

[0006] In one embodiment of the present invention, the headrest is comprised of a single cushion that has two large mounds on either side to support the head. In another embodiment, the headrest also contains an ergonomic neck support the further relieve pressure on the neck muscles.

[0007] In a preferred embodiment of the present invention, the headrest comprises two separate, substantially semi-spherical cushions that are encased within a liner that positions the two cushions such that they create a channel between them capable of supporting the head and neck of a user. In another embodiment, an ergonomic neck support cushion is also included within the liner to further support the user's neck.

[0008] In yet another embodiment, the liner resembles a large brazier and the two cushions are placed within the cups

of the brazier to form the headrest. In an additional embodiment, an ergonomic neck support may be included within the fabric below the cleavage area of the brazier to provide neck support for user.

**BRIEF DESCRIPTION OF THE DRAWINGS**

[0009] Accordingly, the present invention will be understood best through consideration of, and reference to, the following Figures, viewed in conjunction with the Detailed Description of the Invention referring thereto, in which like reference numbers throughout the various Figures designate like structure and in which:

[0010] FIG. 1 is a perspective view showing a headrest of the present invention.

[0011] FIG. 2 shows the headrest of FIG. 1 being used by someone resting or sleeping.

[0012] FIG. 3 is a cutaway view of FIG. 2.

[0013] FIG. 4 is a rear view of the headrest of FIG. 1.

[0014] FIG. 5 is an alternative embodiment of the headrest of FIG. 1, illustrating the optional ergonomic neck support.

[0015] FIG. 6 shows a perspective view of an alternative embodiment of the present invention, including a decorative liner.

[0016] FIG. 7 is a front view of the headrest of FIG. 6.

[0017] It is to be noted that the drawings presented are intended solely for the purpose of illustration and that they are, therefore, neither desired nor intended to limit the invention to any or all of the exact details of construction shown, except insofar as they may be deemed essential to the claimed invention.

**DETAILED DESCRIPTION OF THE INVENTION**

[0018] In describing preferred embodiments of the present invention illustrated in the Figures, specific terminology is employed for the sake of clarity. The invention, however, is not intended to be limited to the specific terminology so selected, and it is to be understood that each specific element includes all technical equivalents that operate in a similar manner to accomplish a similar purpose.

[0019] Turning to FIGS. 1-4, a headrest 10 of the present invention and one of its intended uses is illustrated. Headrest 10 may be constructed of any soft but substantially resilient material that is commonly used for pillows. The material should be firm enough to limit movement of the user's head while resting. Suitable material may include, but is not limited to, a soft covering stuffed with soft material such as down, foam, gel, beads, and the like, or soft material that is capable of maintaining its shape, such as memory foam.

[0020] Headrest 10 is comprised of two large, somewhat semi-spherical mounds, 20, 30 that are intended to support each side of the user's head. There is a separation between the mounds that creates channel 40. As shown in FIGS. 3 and 4, the user may place his head between mounds 20 and 30, into channel 40. The desired shape of the mounds provides for channel 40 to be somewhat hourglass shaped, so that a user's neck may rest in the narrow portion of channel 40, while his head is in a wider portion. The Figures show the user laying on his back, with his face pointing upwards, which is the preferred use of the present invention. However, the user may also lay on his side, with his face pointing towards either of mounds 20 or 30. In this way mounds 20, 30 may restrict movement of the user's neck while providing comfortable support.

[0021] As an alternative embodiment, headrest 10 may also include ergonomic neck support 50 to provide further relief to the user's neck. An example of neck support 50 is shown in FIG. 5. There is no intended limit to the shape of neck support 50, other than it may have some natural curvature to comfortably fit the user's neck. Neck support 50 may have any shape or dimension, and could conceivably extend downward to support the shoulders or lower areas of the spine.

[0022] The dimensions of the mounds 20 and 30 and channel 40 are not critical. The dimensions should be such that sufficient support is provided to the intended users head and neck. The fact that the construction material is relatively malleable allows for the headrest to adapt to the user's head and neck to a certain extent, making the dimensions less critical. The curvature of mounds 20 and 30 allow for the desired support of the neck within the narrow portion of channel 40, and the head resting in the wider portion of channel 40. In one embodiment, mounds 20, 30 may have a diameter of about 6 inches to about 12 inches, and channel 40 may be from about 1 inch to about 3 inches wide at its most narrow point. In another embodiment, optional neck support 50 may be about 1 inch to 2 inches high at its highest point.

[0023] Use of the disclosed headrest has been found to restrict head movement sufficiently to provide some relief to patients with chronic cervical issues. Rest may be achieved without feeling pain, without stressing the neck muscles to avoid pain, and some improvement in neck movement may be achieved. It is further believed that a headrest of the present device may provide positional therapy for patients diagnosed with mild sleep apnea, allowing such patients to rest without their neck falling into a position that restricts air pathways.

[0024] Turning now to FIGS. 5 and 6, an alternative embodiment of the present invention is shown. In this embodiment, headrest 10 may be formed within an exterior liner 60 that helps headrest 10 maintain the desired shape. Mounds 20 and 30 may actually be separate cushions, in this embodiment, wherein the mounds 20, 30 are held in their relative positions by liner 60 in order to create channel 40. In such an embodiment, channel 40 might not have any headrest material beneath it, so that the user's head actually rests directly on a mattress, or on a pillow placed beneath headrest 10. However, additional cushion material could be placed beneath channel 40. In addition, the alternative embodiment may also include ergonomic neck support 50, placed either outside or within liner 60.

[0025] In the example shown in FIGS. 5 and 6, liner 60 is actually a women's brazier, or is designed to resemble a brazier. In order to create the desired headrest shape, the

present invention may be created by using a large brazier designed for women, and then fashioning cushioning material to fill the cups 62, 63 of the brazier liner 60. Almost any size brazier may be used to create a headrest of the appropriate shape, but the inventor has found success utilizing a 54DDD size brazier. Different sizes may also be utilized as desired. The use of a brazier liner has the added benefit of being both humorous and comforting, which may improve the patient's mental health as well as providing the previously described physical benefits.

[0026] Having, thus, described exemplary embodiments of the present invention, it should be noted by those skilled in the art that the within disclosures are exemplary only and that various other alternatives, adaptations, and modifications may be made within the scope and spirit of the present invention. Accordingly, the present invention is not limited to the specific embodiments as illustrated herein, but is only limited by the following claims.

What is claimed is:

1. A headrest for stabilizing a user's head during rest comprising two substantially semi-spherical mounds positioned beside each other such that a channel is formed between the mounds so that the user's neck may rest within the channel.

2. The headrest of claim 1 wherein the mounds comprise a firm cushion material that provides both comfort and support for a user's head and neck.

3. The headrest of claim 1 further comprising an ergonomic neck support positioned at one end of the channel.

4. A headrest for stabilizing a user's head during rest comprising:

- a. a headrest liner; and
- b. two substantially semi-spherical mound-shaped cushions positioned within the liner

wherein the liner holds the cushions in a position beside each other such that a channel is formed between the mounds so that the user's neck may rest within the channel.

5. The headrest of claim 4 wherein the mounds comprise a firm cushion material that provides both comfort and support for a user's head and neck.

6. The headrest of claim 4 further comprising an ergonomic neck support positioned at one end of the channel.

7. The headrest of claim 4 wherein the liner resembles a brazier and wherein the cushions are placed within the cups of the brazier design.

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