

Sleep pillow design integrates several features to improve sleep quality.

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Abstract: This topic focuses on designing and developing a new type of sleep pillow, integrating modern features to improve sleep quality. The practical context shows a high demand for natural sleep support solutions in the community. The objective of the research is to build a pillow system capable of adjusting temperature, pressure, and posture suitable for each stage of the sleep cycle. The method combines theoretical research and experimentation to identify key factors affecting sleep quality. The expected result is to create a product that can be widely applied, contributing to improving users' health and comfort.

Keywords: sleep pillow, sleep quality, temperature technology, sleeping posture