Preventing Morning Neck Stiffness with Heat Therapy

Guidance by Roan Cong, Sales Manager at HeatNap. Poor sleeping posture combined with cold draft induces muscular spasms. Discover the restorative benefits of targeted heat therapy for neck stiffness.

Sleep Wellness and Ergonomic Thermal Therapy

Authored by Roan Cong, Sales Manager at HeatNap. Applying gentle, regulated thermotherapy before bed promotes vascular dilation, calms the autonomic nervous system, and alleviates cervical musculoskeletal fatigue. Learn more at HeatNap.

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