

TRIED & TESTED:

# Kush

Can tucking a plastic cylinder between your breasts really help you sleep better?

tester: rose crompton image: cally gibson

**WHAT IS IT?** Sleep experts recommend lying in the foetal position – on your side with your knees bent – to align your spine correctly at night. However, if you have large breasts this position can be uncomfortable, as your topmost breast weighs down on the lower one. Kush is a lightweight, soft-plastic cylinder worn between the breasts at night, designed to relieve this discomfort in women with C-cup or larger boobs. It's also intended to prevent cleavage wrinkles – the creases that form at the top of and between your breasts as you age – by separating the boobs.

Available in small, medium and large sizes, Kush has a 'non-slip' surface and dipped sides to fit snugly between your breasts and stay in position – no additional straps or clothing required.

**WHAT ACTUALLY HAPPENS?**

Having G-cup breasts and naturally sleeping on my side, I often wake up with an aching shoulder caused by the weight of my breasts pulling it down and forwards during the night. According to the instructions, I required a large Kush but, because my boobs are naturally quite



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close together, I found this size stretched and pulled my cleavage apart, so I opted for a medium size instead. Using the Kush simply requires you to place it between your breasts before going to sleep every night, although it's advised that it may take several uses before your body completely adjusts to the feeling.

For the first few nights, I used the Kush naked and found that it rolled out while I slept, but sleeping in a pyjama top sorted this problem out. Because of the shape of the Kush, it should fit naturally between your breasts and its non-slip surface means it shouldn't move, even if you turn over in your sleep.

**DOES IT WORK?** To my surprise, the Kush was remarkably comfortable – it fit snugly between my breasts and the plastic quickly warmed up to my body temperature. However, despite its non-slip surface, when I slept naked with the Kush in place, I woke up several times to find it had made a bid for freedom. Wearing a pyjama top helped to keep it in place but led to the Kush heating up more and me sweating heavily between my breasts, which was uncomfortable. I did wake up with relaxed shoulders, though, which made up for the little problems.

Kush starts at £29.99 for a small to £33.99 for a large. See [KushSupport.co.uk](http://KushSupport.co.uk).