

sleeping posture

***on your back**

***on your side**

SLEEPING ON YOUR BACK OR SIDE IS IDEAL!

Avoid sleeping on your stomach!

It puts too much torque on your neck and upper back.

When thinking about sleeping posture, imagine what you'd look like if you stood up in your sleep position. Is your head jutting forward, is your back overly curved, are you leaning? If you're bending your hips in side position, are your knees at a 45 degree angle to your hips are they bent at 90 degrees?

Be sure to sleep on a firm to medium firm bed. Soft beds don't support your bodyweight well and they can alter the curves in your spine.

Sleeping Posture: On Your Back

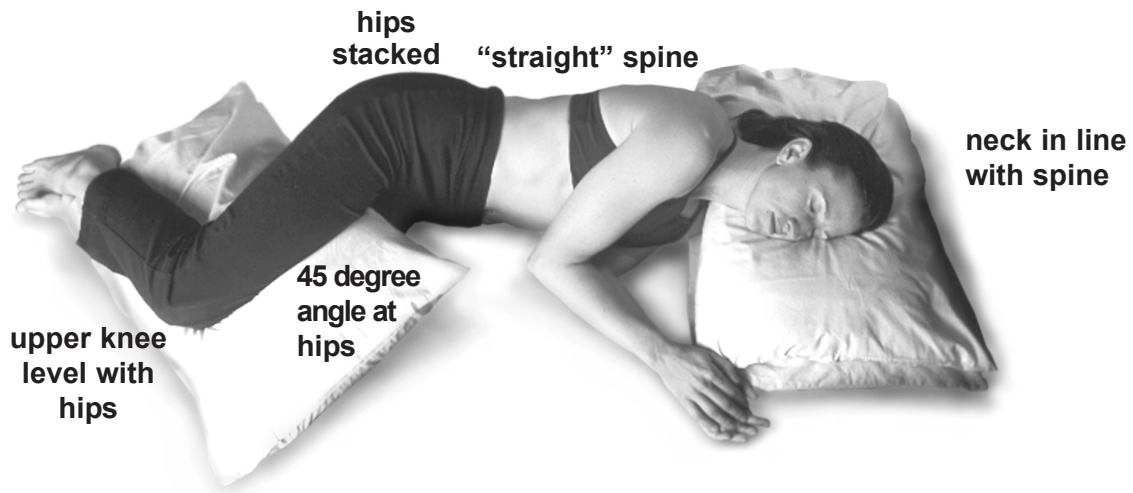


Sleeping on your back or side is ideal!

When sleeping on your back, be aware of the following:

1. Sleep on a firm to medium firm bed. Soft beds don't support your bodyweight well and they can alter the curves in your spine.
2. Lie on your back supporting the curve in your neck. Do this by rolling a small towel until it fits the curve of your neck and rest the back of your head on remainder of the towel, if you don't already have a cervical pillow. Using a large pillow behind your head forces your head forward, stretching & weakening the muscles in the back of your neck. Imagine what that position would look like standing up with your neck & head protruding forward.
3. Be sure your neck is resting directly between your shoulders. Avoid tilting your ears toward either shoulder.
4. Support your lower back by placing a medium to large pillow under your knees.
5. Relax your shoulders down away from your ears.
6. Breathe deeply and rest.

Sleeping Posture: On Your Side



Sleeping on your side or back is ideal!

When sleeping on your side, be aware of the following:

1. Be sure your back is straight (not curved), your bodyweight is resting on your side with your hips and shoulders stacked directly on top of one another. Try not to lean/roll forward.
2. Support your head evenly between your shoulders and in line with your back. Be aware of your neck protruding out in front of your chest or your head leaning toward one shoulder.
3. Put a pillow between your knees so your knees are level with your hips and slightly bend your hip keep your knees below your waist (close to a 45 degree angle) . If you curl "into a ball" it shortens the hip flexor muscles and rounds the back.

