

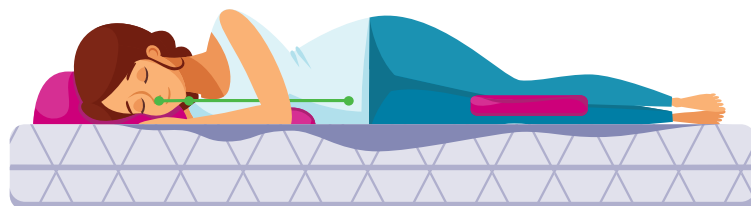
Tips for a Better Sleep

Have you ever slept wrong and woke up with a kink in your neck or back?

Sleeping in poor alignment can be the culprit. Here are some tips to help you find the right position depending on how you sleep. This will help your spine stay healthy and keep your muscles relaxed.

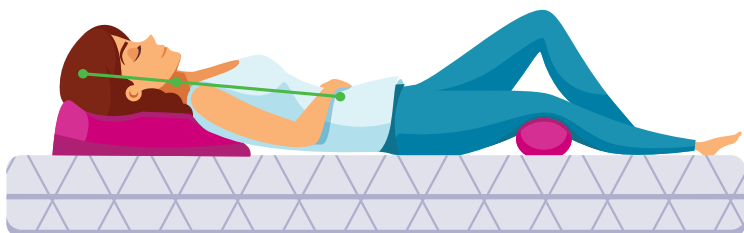
SIDE LYING

Make sure your nose, chin, and belly button are aligned. Small rolls or pillows can be used to support the neck and/or waist and between your knees to keep your hips level.



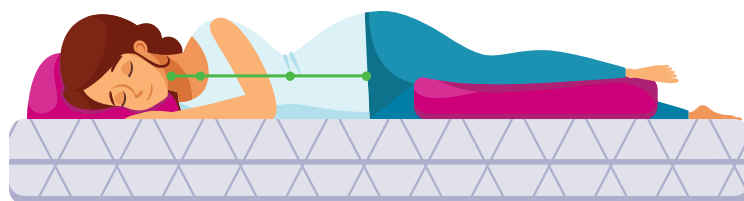
SUPINE LYING (ON BACK)

The head should be in line with the spine so that a straight line can be drawn from the middle of the head to the belly button. To achieve proper alignment, try placing a pillow under the small of the back and neck. An additional pillow under the knees may help to alleviate back pain.



PRONE LYING (ON STOMACH)

Prone position is not recommended for those with neck or back pain. Try a partial prone with a thin pillow under your leg. Be cautious of too much neck rotation. Use a pillow in front of your arms for support and alignment. A body pillow is recommended for keeping the spine straight.



Note: The information listed is intended as a general guideline. If you're experiencing pain or have questions or concerns, please speak to your healthcare professional.