

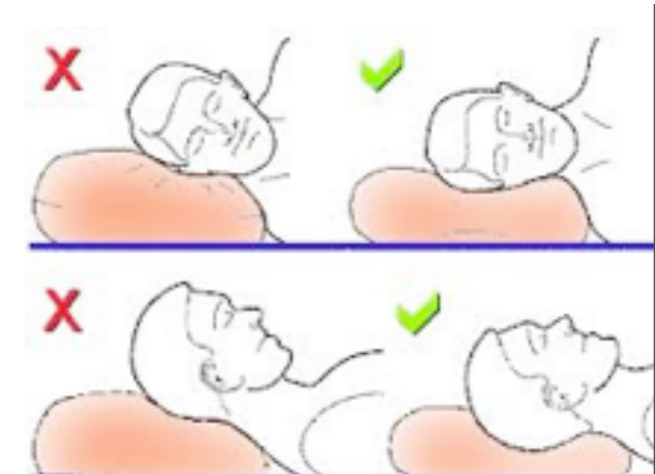
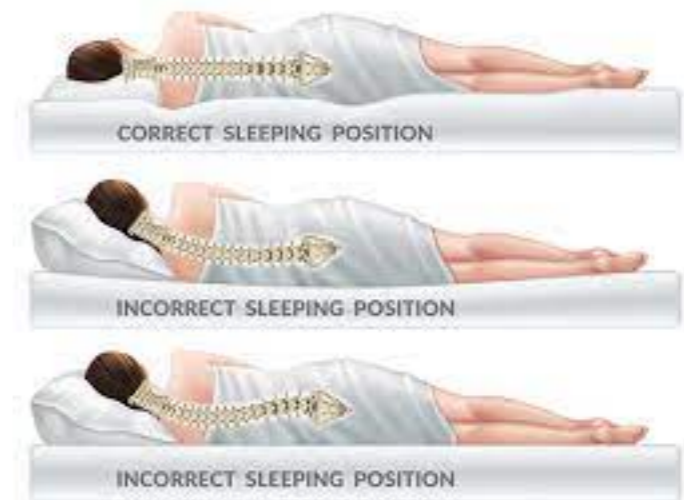
DO YOU/CAN YOU
DO THIS?

SHORT WELLNESS SELF-
CHECKS

Do you have poor sleep positions?

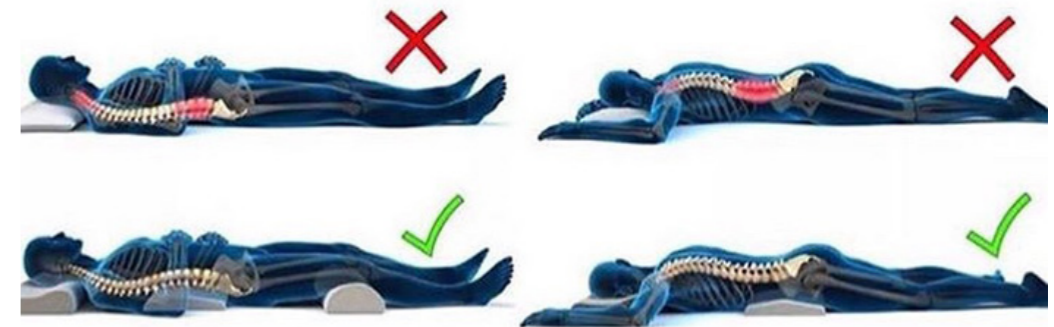
We spend roughly one-third of our lives sleeping or trying to. So sleep posture really matters. **The key to good sleep posture is keeping your spine in a neutral position where there are slight NATURAL curves in the neck, mid back, and low back.** That can be done by lying on back, side, or even on stomach if you have the right mattress. There is no research on what is the best mattress. So it is the one that makes you feel the best. I say there is no best seated posture, there is no best sleeping posture. That being said the position I recommend to most is on the back with a pillow under your knees. Sleeping on your back offers the most health benefits. Not only does it make it easiest to protect your spine it can also help relieve hip and knee pain. When lying on side make sure you are not directly on your shoulder and you have your head parallel with bed where there is enough support made up by pillows. In other words do not sleep with a bent neck, while on side or on your back (see picture to right). Try to avoid the fetal position because that position bends the spine. It might not be a bad idea to have a pillow between the knees when sleeping on side to keep spine in alignment. I am not a fan of stomach sleeping because the neck is bent, but for short periods it may not be that bad. **If you have a medical condition you may need to sleep a certain way, but if not try sleeping on your side with pillows between knees and under head keeping neutral neck and low back alignment OR try sleeping on back where the spine (neck and low back) are kept neutral with pillow underneath knees. Also, when moving in bed move the entire body as a unit not just the waist.**

Self-checks: Solving problems before they happen.



Sleeping on Your Back

Sleeping on Your Stomach



Sleeping on Your Side

