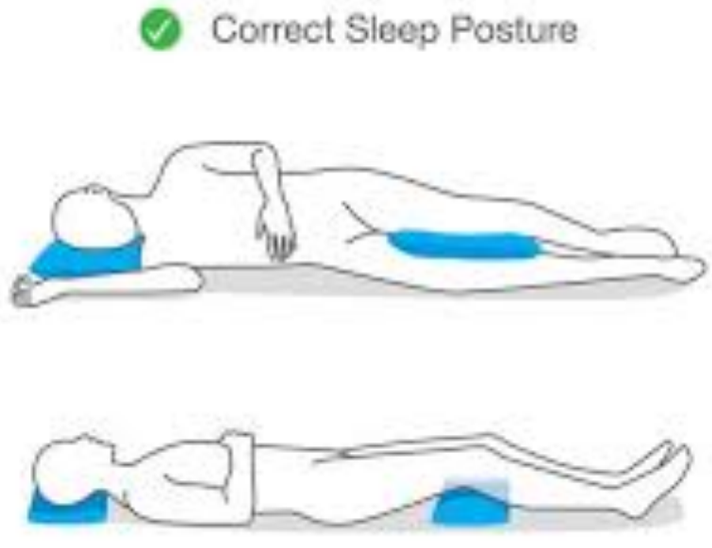
Know Your Joints

Muscle and Joint Care Suggestions

What is best sleep posture for low back pain?

Summary: The ideal sleeping position for low back pain can vary depending on the individual's condition and comfort. Research suggests that sleeping on your side with a pillow between your knees or sleeping on your back with a pillow under your knees can help reduce low back pain by maintaining spine alignment and reducing pressure. Avoiding sleeping on your stomach is advisable, but if necessary, use a pillow under your pelvis to support the spine's natural curve. Consulting with a healthcare provider or physical therapist is recommended to find the best sleeping position for specific needs.



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Muscle and Joint Care Suggestions

What is best sleep posture for low back pain?

The best sleeping position for low back pain can be challenging and may vary depending on the individual's condition and preferences. However, there is some research that suggests certain sleeping positions may be better than others for reducing low back pain. Here are some examples:

- Sleeping on your side with a pillow between your knees: A study published in the Journal of Manipulative and Physiological Therapeutics found that sleeping on your side with a pillow between your knees can help reduce low back pain. This position helps to maintain the natural alignment of the spine and reduce pressure on the lower back.

- Sleeping on your back with a pillow under your knees: A study published in the Journal of Chiropractic Medicine found that sleeping on your back with a pillow under your knees can help improve sleep quality and reduce low back pain. This position helps to maintain the natural curve of the spine and reduce pressure on the lower back.

- Avoid sleeping on your stomach: Sleeping on your stomach can flatten the natural curve of the spine and put pressure on the neck and lower back. This can lead to strain and discomfort. If sleeping on your stomach is the only position you find comfortable, consider placing a pillow under your pelvis to help maintain the natural curve of the spine.

It's important to note that the best sleeping position for low back pain can vary depending on the individual's condition and preferences. Consult with a healthcare provider or a physical therapist to determine the best sleeping position for your specific needs.

Other ideas


The Best Sleeping Positions for Lower Back Pain
1
Sleeping on your back with a pillow under your knees
2
Sleeping on your side in the fetal position
3
Sleeping on your side with a pillow between your knees
4
Sleeping on your back with elevated legs