



## HEALTHY ROUTINES EDUCATIONAL SERIES

### Sleeping Positions

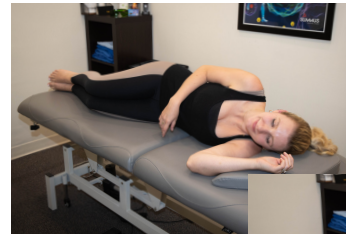
#### **Stomach sleeping is a never!**

*Stomach sleeping requires your head to be turned in one direction, placing tremendous strain on the neck and upper back muscles and joints.*



#### **Side sleeping is a good alternative.**

*Side sleeping reduces stress on upper back and neck but due to normal anatomy cause our pelvis and lower back to rotate.*



#### **Optimal sleeping**

- *Optimal sleeping is sleeping on your back with or without a pillow underneath your thighs.*
- *If sleeping on your back is not comfortable then it is recommended to get a **body pillow**.*
- *The pelvis is wider than the knees and using a body pillow reduces pelvic and lower back rotation.*



Scan for video tutorial

