



# HEALTHIEST SLEEPING POSITIONS



Your most loved sleeping pose could be giving you back & neck pain, tummy troubles, even premature wrinkles. Discover the best positions for your body—plus the one you may want to avoid.



## GOOD: SLEEPING ON THE BACK

### Prevents Neck & Back Pain

by maintaining a neutral position for head, neck & spine.

### Reduces Acid Reflux

by keeping your head elevated above your stomach.

### Minimizes Wrinkles

as nothing pushes against your face.

### Bad for: Snoring

Your perfect pillow:  
1 puffy one.

To keep your head & neck supported without propping your head up too much.



## OK: SLEEPING ON THE SIDE

### Bad for: Face and Breasts

Constant mashing of face from one side, & sagging of breasts is prominent.

Your perfect pillow:

1 thick one.

To fill the space above your shoulder so your head & neck are supported in a neutral position.

### Reduces Snoring

by elongating your spine.

### Reduces Acid Reflux

by keeping your head elevated above your stomach.

### Useful During Pregnancy

sleeping on the left side is ideal for blood flow.

TRY NOT TO CURVE YOUR BACK TOO MUCH!



## BAD:

## FETAL POSITION

### Increases Arthritic Pain

knees are bent for a long time during night, bad neck & spine posture

### Restricts Diaphragmatic Breathing

### Premature Facial Wrinkles

too much stress on the face and breasts

### Useful During Pregnancy

Your perfect pillow:

1 thick one.

To fill the space above your shoulder so your head & neck are supported in a neutral position.



## AVOID: SLEEPING ON THE STOMACH

### Difficult To Maintain A Neutral Spine Position

### Puts Pressure On Joints & Muscles

which can irritate nerves & lead to pain, numbness, & tingling.

### Constant Incorrect Head Position May Lead To Aching

Keeping the face down keeps your upper airways more open. So if you snore & aren't suffering from neck or back pain, it's fine to try sleeping on your belly.

Your perfect pillow:  
Either a 1 thin one or none at all.

