

# Sleep Soundly

## POSTURAL STRESS CAN MAKE THE DIFFERENCE BETWEEN A RESTLESS NIGHT AND SLEEPING SOUNDLY.

Here's a guide to optimize your sleeping environment.

You're 1/4 inch taller in the morning because relaxed sleeping removes spinal disc compression.<sup>1</sup> Sleep disturbances can increase sensitivity to pain.<sup>2</sup>

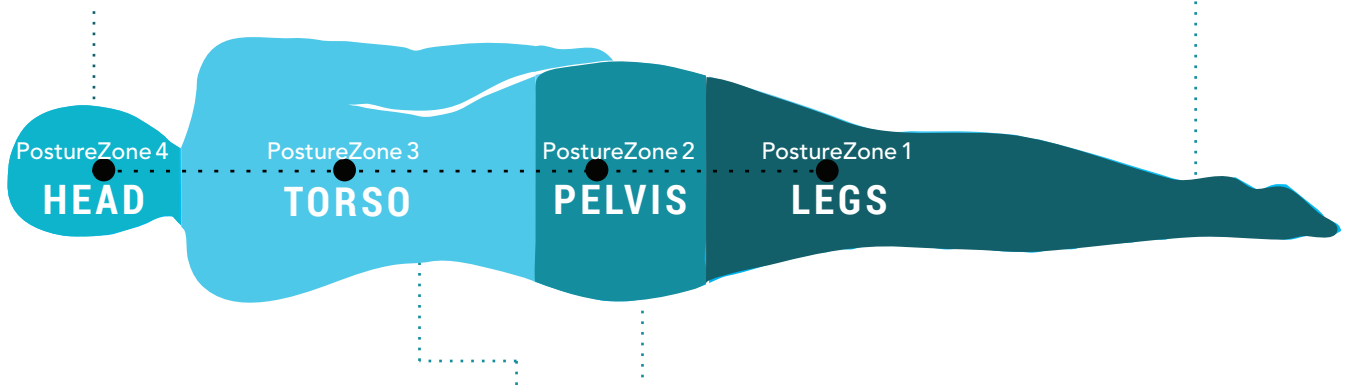
### HEAD

**Back sleeper?** Keep head and spine in line with a thin pillow. Consider one with a neck contour. Avoid thick pillows that force your head forward.

**Side sleeper?** Pick a pillow that aligns head and spine.

### LEGS

A pillow between knees adds pelvic support and reduces low back injuries.



### TIP

Stomach sleeping strains the neck, makes breathing difficult and can hyperextend the low back causing pain.

### TORSO PELVIS

Goldilocks was right... not too hard, not too soft. Chiropractors and other doctors and therapists usually recommend a firmer sleep surface for support.

Advances in bedding include pressure point mapping, memory foam, and temperature control gel.

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