

Choosing Your Sleep Position



**Side Sleeping
(Provocative)**

Associated with back pain and poor sleep



**Side Sleeping
(Fetal)**

Legs supported and spine aligned



**Stomach Sleeping
(Prone)**

Increased risk of neck and back pain



**Back Sleeping
(Supine)**

Can help relieve lower back pain

Sleep Positions The Night Language Of The Body A Signet

William Shakespeare



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Sleep Positions Samuel Dunkell,1977-01-01 Body Movement and Nonverbal Communication Martha Davis,Janet Skupien,1982 1410 references to published literature in English Spanish German French Italian Dutch and Portuguese 12 annotators wrote the abstracts and prepared a subject index Alphabetical arrangement by primary authors Each entry gives bibliographical information and abstract Subject and additional author index The Complete Guide to Your Emotions and Your Health Emrika Padus,1958-08-15 **The Publishers Weekly** ,1977 **The Publishers' Trade List Annual** ,1981

The New Male Herb Goldberg,1980 Sleep Positions Samuel Dunkell,1977 Harmony Hall Jane Meredith,1978
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