

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 On It

Daniela Niemeyer



Sleep On It:

Discover tales of courage and bravery in is empowering ebook, Stories of Fearlessness: **Sleep On It** . In a downloadable PDF format (PDF Size: *), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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