Choosing Your Sleep Position



Side Sleeping (Provocative)

Associated with back pain and poor sleep



Side Sleeping

Legs supported and spine aligned

(Fetal)



Stomach Sleeping (Prone)

Increased risk of neck and back pain



Back Sleeping

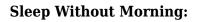
(Supine)

Can help relieve lower back pain

Source: PLoS One

Sleep Without Morning

Diana Schwarzbein



Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, Experience Loveis Journey in **Sleep Without Morning**. This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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