

# 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

**Sukhdev Sandhu**



## **Sleep Positions The Night Language Of The Body:**

## **Sleep Positions The Night Language Of The Body Book Review: Unveiling the Power of Words**

In a world driven by information and connectivity, the energy of words has been evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Sleep Positions The Night Language Of The Body**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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