

# 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

**Mark Steyvers**



**Sleep On It:**

Ignite the flame of optimism with is motivational masterpiece, **Sleep On It** . In a downloadable PDF format ( \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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