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

**J Spring** 

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