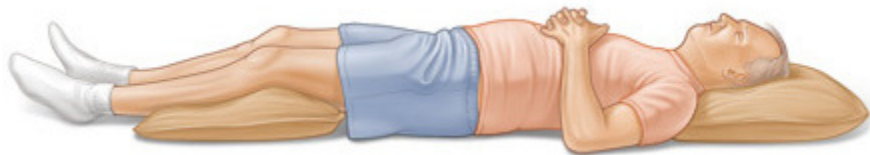


## SLEEPING POSITIONS

The best sleeping position for reducing spinal stress is to sleep **ON YOUR BACK**. You should use adequate head support to reduce neck stress. You should also place a rolled blanket or pillow under your knees to assist in reducing lower spinal stress.



The second optimal sleeping position is **ON YOUR SIDE**. You should not use too many pillows or not enough head support. Either of the two may create undue cervical spine stress. You should also use a pillow between your knees to help alleviate lower spinal and pelvic stress.



When rising from rest you should roll to your side, gently swing your legs forward, and use your arms to help elevate your upper extremity.