

# Position Yourself for a Good Night's Sleep

Do you snooze on your side, bed down on your belly or slumber supine? Your nighttime posture can have a big effect on your comfort — and your health. After all, you spend an estimated one-third of your time there.

## ON YOUR BACK

The best for you



### GOOD FOR:

Almost everyone

- **Helps prevent neck and back pain.**
- **Spine stays in alignment and body weight spreads out evenly,** reducing any excess pressure.

**BAD FOR:** Snorers, pregnant women

- **Can worsen snoring** because your tongue may fall back in your throat.
- **Avoid if you are pregnant.** Sleeping on your back can decrease blood flow from major blood vessels to your heart and your baby.



## ON YOUR SIDE

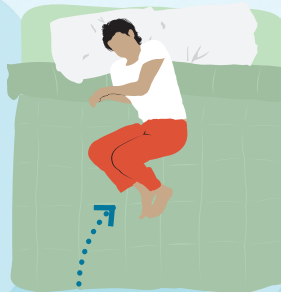
**GOOD FOR:** Those with acid reflux or sleep apnea, pregnant women

- **Keeps your airways open** and helps prevent snoring.
- **Can reduce heartburn** and aid digestion.
- **Boosts blood flow to your baby** during pregnancy, especially if lying on your left side.

**BAD FOR:** Those concerned about wrinkles

- **Can contribute to wrinkles** due to the heavy contact between your face and the pillow.

## IN THE FETAL POSITION



Most popular position

**GOOD FOR:** Snorers, pregnant women

- **Helps snorers,** who tend to quiet down in this pose. Just be careful not to wind yourself up too tight or it can restrict breathing instead.

**BAD FOR:** Those with joint pain

- **A tight fetal position can lead to morning soreness** if you have joint pain or stiffness.
- **Increase your comfort** by placing a pillow between your knees.



The worst for you

## ON YOUR STOMACH

**GOOD FOR:** Snorers

**BAD FOR:** Almost everyone

- **Can put a lot of strain on your muscles and joints,** as well as lead to neck and back pain.
- **Twists your neck out of alignment** with the rest of your spine.
- **Avoid if you are pregnant.** Pregnant women will probably find this position nearly impossible.