

SLEEPING POSTURE GUIDE

#OHCHACKS

Which type of sleeper are you?



BACK SLEEPERS

- Small and thin pillow is best.
- Ensure your pillow is not too high.
- Add a pillow underneath your knees if you have lower back pain or tightness in the hips.
- Avoid this position if you have Sleep Apnea or snore.

SIDE SLEEPERS

- Choose a thicker pillow for your head.
- Ensure your shoulder is not on your pillow.
- Add a pillow between your knees to support your hips and align your pelvis.
- Avoid curling up too much into a foetal position.



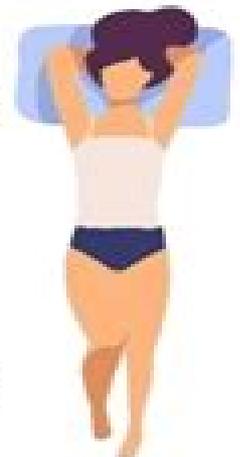
TUMMY SLEEPERS

- Least recommended sleeping position.
- Try switching to the quarter prone position (i.e. sleep on your side with bottom leg straight, top leg bent and tummy resting on a pillow or bolster).



ALL SLEEPERS

- Pick a mattress of the right firmness.
- If you have joint pain or Arthritis, your mattress should not be too soft.
- Use a contoured or memory foam pillow if you have Sleep Apnea or snore.



Good Sleeping Guide

Melisa Moore, PhD



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