

SLEEP

We spend roughly a third of our day sleeping, thus it is important that we sleep in positions that help support the spine and bony skeleton. Mattresses are also an important component of good sleep health. Make sure that your mattress is less than 10 years old. Some companies have technology that helps match your body type and sleep position/s with mattress type, which can be beneficial.

Sleeping – On your back

- Try to sleep with the minimal thickness of pillow that you can comfortably, to help keep the neck in a more neutral position versus flexed forward
- The pillow should be supporting the weight of your head under the occiput and should not be underneath your shoulders, as this contributes to shortening of the pectoralis muscles and forward, rounded shoulders
- Sleeping with a pillow underneath your knees can often alleviate pressure as well as discomfort in the low back



Sleeping – On your side

- Make sure that your head is sufficiently supported so that it is roughly parallel to the mattress to minimize stress on the shoulder and tightening of neck muscles
- Sleeping with a pillow between your legs that supports the whole lower leg promotes a more neutral and stable position of the hips and spine, which can often reduce discomfort

