



# What Is The Best Position To Sleep In?



We spend 1/3rd of our lives sleeping. Therefore, how you sleep and the bed you sleep on can have a dramatic effect on the support of your body. When you sleep you need to be aware of how your spine is supported.

There are many different types of beds on the market today which can be very confusing for consumers. The best type of bed is the one that you try out and feel most comfortable using. Typically, a bed that is firm underneath, with a softer top helps to provide support as well as contour your body. If your mattress is old, then think about investing in a new one so that your spine is supported well.

The best positions to sleep in for your spine are on your back or sides. Avoid sleeping on your stomach since your spine ends up twisted, especially your neck. Over the hours of sleeping and repetitive times sleeping on your stomach, you can damage the joints of your spine and compress the nerves exiting your spine.

Use a pillow to help support your body and take the weight of your legs off your spine. If you like to sleep on your back, place a pillow under the backs of your thighs and knees. This should place your knees in a slight, supported bend which takes pressure off your [lower back](#). Have 1-2 pillows under your head to keep your neck in proper alignment. If you need 2 pillows stagger them so that one pillow overlaps the other by 1/2. The lower half goes under the shoulders, while the upper half supports the neck.

If you sleep on your side, be sure to put a pillow between your knees. This helps keep the alignment of your [spine](#) and takes the pressure of your upper leg, off the spine.

Do you have trouble sleeping? Why? Stress, worry, uncomfortable in your body? Address these, versus taking sleeping pills. The best remedy for an overactive mind before you go to bed is to write down what is on your mind. If it is on paper and you can work towards solutions for your problem. If you are uncomfortable in your body, try relaxation techniques such as deep breathing and light stretching. Your physical therapist can show you how.

Want to know more about AIM Physical Therapy and how we help people have healthy lives?

**Call (561) 733 7677**