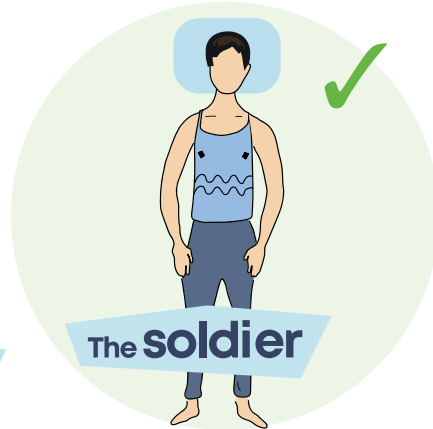


# Sleep Posture



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# Is your sleep posture correct?



## Top tips to improve your sleep posture

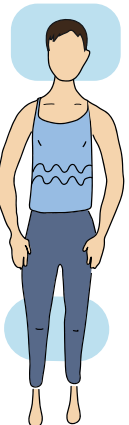
### Side Sleepers

- ✓ Place an old pillow between your knees and ankles
- ✓ Hug a pillow if you tend to roll onto your front
- ✓ Find a pillow that fills the gap between the ear and shoulder tip
- ✓ Avoid overly soft mattresses



### Back Sleepers

- ✓ Place an old pillow underneath your knees
- ✓ Choose a thin firm pillow for your head that is supportive yet comfortable
- ✓ Avoid putting your hands behind your head
- ✓ Make sure you only put your head on the pillow - no shoulders!



### Front Sleepers

✗ DON'T!

# What is Sleep Posture?

Sleep posture is how we like to lie down when we go to sleep and the way we may move during the night. Everyone changes positions while sleeping, but we usually have a favorite way to sleep. We focus on the position you settle into when you go to sleep.

# Why does Sleep Posture Matter?

Sometimes, the way we sleep can make our back or neck hurt more when we wake up, especially if we already have pain there. If we try to avoid those positions, it might help us feel better.



# How can we help you?

Try these easy tips on the next page! Use the sleep tracker to see if you feel better after trying them.

# Sleep Tracker

When we make changes, it is good to see if they are making any difference. Ask yourself these key questions before you start and after a few weeks to check how things are going.

Date \_\_\_\_\_

My Starting sleep posture is \_\_\_\_\_

My goal posture is \_\_\_\_\_

In the last month I have woken up in the night:

- Once     Twice
- Three or more times

In the last month I have woken up with aches or pains

- Not in the last month
- Less than once a week
- Once or twice a week
- Three or more times a week

Date \_\_\_\_\_

My Starting sleep posture is \_\_\_\_\_

My goal posture is \_\_\_\_\_

In the last month I have woken up in the night:

- Once     Twice
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