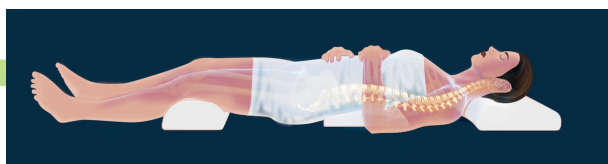


Healthy Sleep Positions

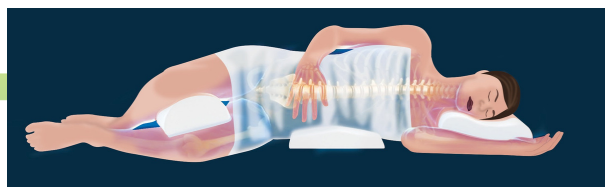
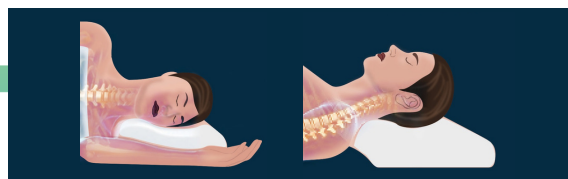
Your sleep positions can cause or aggravate problems ranging from back pain to headaches. Unless directed otherwise, consider the following recommendations:



Sleep on your back with a pillow underneath your knees.



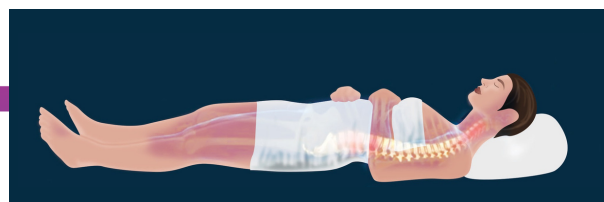
Select a pillow that will hold your head in a neutral position while sleeping on your side or back.



Sleep on your side with a pillow between your knees.



Avoid excessively thick or multiple pillows.



And if you're unable to find ANY comfortable sleep position, it's time to see your chiropractor!