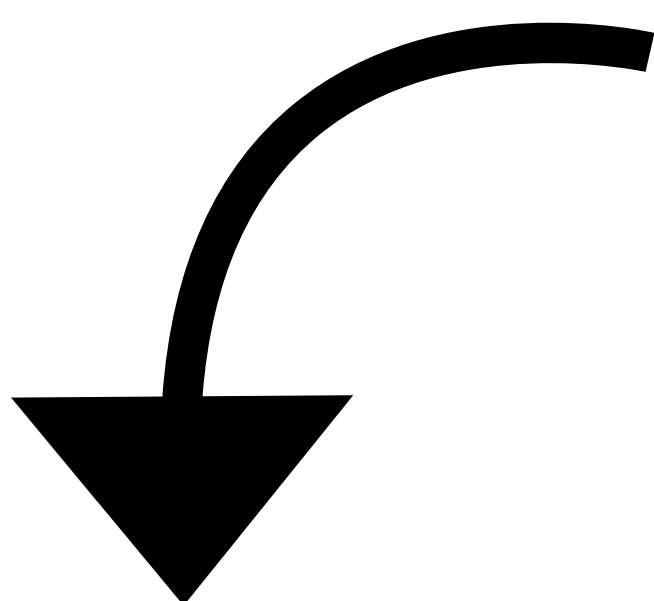




## Sleeping position tips for back, neck and shoulder pain

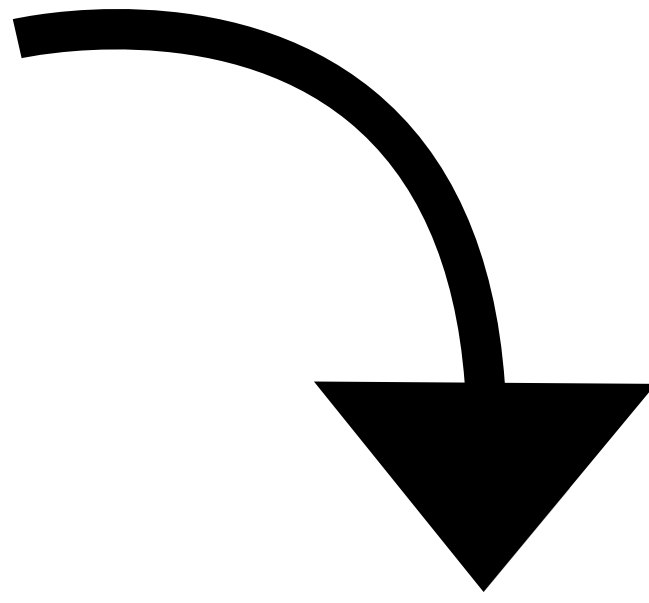
It takes only a small amount of discomfort to disrupt your sleep. Here are a few simple fixes that might just help you get a few more hours.



## TIP 2

**Before sleeping, place a folded pillow in between your top arm and side.**

Placing a pillow under your arm can reduce the amount of stretch in your neck. Taking pressure off this muscle can relieve some tension and discomfort you feel in both neck and shoulder.

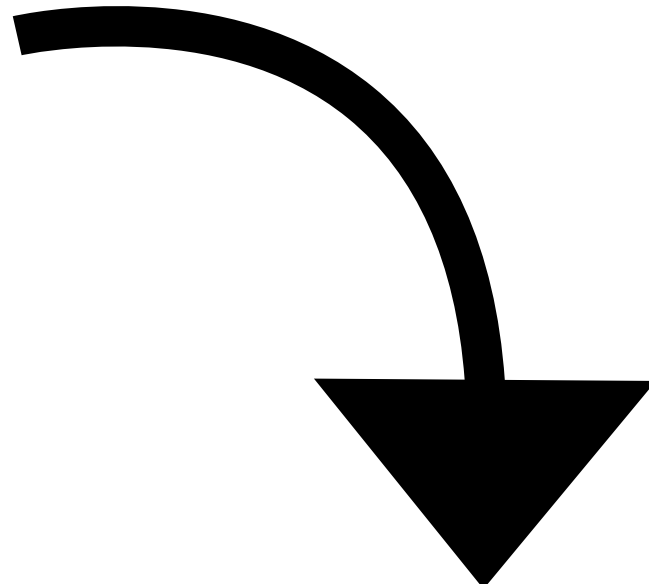


## TIP 1

**Don't sleep with your head too high, or too low.**

This may seem obvious, but while lying on your side, your neck should be parallel to the surface of the bed. You can achieve this by use of a single, moderately firm pillow.

If you are a larger individual, 2 pillows may be required. This will keep your head and neck in proper alignment, reducing stress placed on either side of the neck. The same pillow arrangement will be beneficial while lying on your back.



## TIP 3

**Stretch your neck prior to sleeping.**

Tight neck muscles can create pain while trying to sleep. Stretching out these muscles prior to bed can make you feel much better. If you have pain with either of these, please stop.

**1**

Start by sitting upright on a chair. Next, try to bring your right ear to your right shoulder, you should feel a stretch on the left side of your neck. You can apply slight pressure with your hand to get more of a stretch. Hold for 30 seconds on each side, repeat 3 times.



**2**

Also in a seated position, turn your head and look over your right shoulder relaxing your left shoulder, feeling the stretch on your left side. Hold for 30 seconds. Repeat this 3 times on each side.

