

Sleeping Ergonomics

Dr. Webb / Tri-State Health Care

Sleeping Positions

Never sleep on your stomach. Sleeping on the stomach increases the normal curves in the neck and the low back resulting in additional nerve compression and stress to the guiding joints or facets of the vertebrae.

Sleep on your side with the knees slightly bent and one pillow between the knees

Side sleeping – Pull your pillow down into the shoulder to support the neck.



For sleep on your back, place two pillows under the knees to reduce stress to the low back, neck and mid back.



Pillow support for back sleeping – In order to support the neck, your pillow must be able to accept the weight of the back of the head. A proper pillow is a moderately stuffed hypoallergenic fiber filled pillow which can be easily fluffed up to support the neck but still compressible to contour to the weight of the head and neck.

The following pillows are **not** recommended:

- Foam rubber – the equal density of this material may not accept the weight of the head but rather keep the head flexed slightly forward.
- Feather pillow – no matter how much it's plumped up, the feather pillow will tend to go flat and not support the neck.
- Use of two pillows – you may position these pillows for good support of your upper back and neck but as you sleep, you will slide down on the pillows again flexing the head forward.