

SLEEPING POSTURE

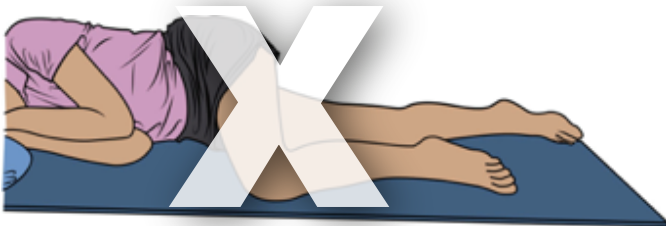
YOUR MATTRESS AND THE POSITION YOU SLEEP IN MAY AFFECT YOUR CONDITION.

- Choose a mattress that provides medium or firm support, such as a traditional coil spring or adjustable airbed. Avoid waterbeds, thick pillow tops and soft or sagging mattresses.

- Always sleep on your back with a pillow either underneath your knees, or on your side with a pillow between your knees. Avoid sleeping on your stomach.

- Keep your neck and back covered while sleeping to avoid drafts that could cause potential muscle spasms.

SIDELYING



Higher stress from compression and torque

MODIFIED SIDELYING



A pillow between your knees reduces torque. Eggshell mattress toppers limit compression.

SUPINE



A pillow beneath your knees relieves spinal and sciatic stress.