

What's the big deal about sleep positions?

Sleeping on your stomach is a really bad idea.

Why shouldn't I, if I feel comfortable?

Well, for one, sleeping on your stomach creates stress on the low back by turning your back into a hammock of sorts and overstretching certain muscles.

It also causes neck strain because you cannot breathe with your face buried in a pillow. So, you turn your head to the side and overstretch the neck.

Ideally, you should sleep on your side or on your back.

There are positions in between the two that are comfortable and safe, but they usually require extra pillows to support your back.

If you lay partly on your side at a 45-degree angle and put a big pillow (or body pillow) behind your back, you are in a position that should not cause any strain. You can also lay halfway on your stomach and put pillows (body pillows) under your chest and upper arm for support.

The worst sleeping posture is on a saggy mattress or couch. A lot of people fall asleep watching TV and wake up stiff and sore. Over time, this can lead to back and neck issues that require professional care.

If you are already experiencing back or neck pain, investing in a better mattress and pillows can help. Talk to us on your next visit.