

Ergonomic 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.



Back sleeping - In order to support the neck, the pillow must accept the weight of the back of the head.

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.

The recommended pillow:

For side sleeping we, at Tinius Chiropractic Center, recommend a moderately stuffed fiber filled pillow fluffed up to support the neck but still compressible to contour to the head and the neck in accepting the weight of the back of the head. We also recommend a specialty pillow sold only in our office that consists of air chambers that can be filled to fit your body contour exactly.

For back sleepers, Tinius Chiropractic Center recommends a contoured pillow such as the Tri-Core and Mid-Core pillows available in the office.

If you have questions or need further help with your sleep position or back or neck pain contact us at our office at 270-926-8042.