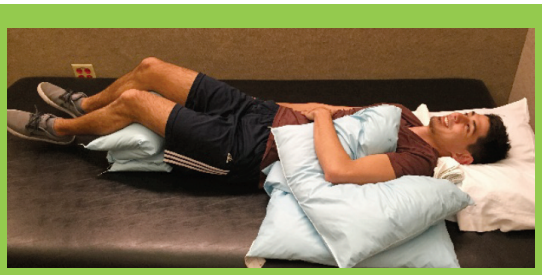
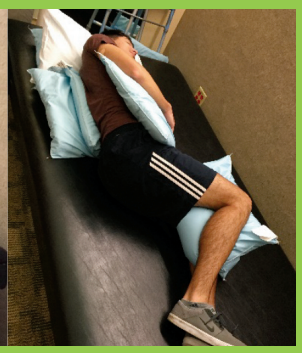
Torrance Memorial | An Affiliate of Cedars Sinai

SLEEP POSITIONS



ON YOUR BACK

- When lying on your back, place 1-2 pillows underneath your legs to decrease pressure and discomfort in your back, hips, and knees.
- To reduce shoulder pain, place 1 pillow underneath your elbow with hand resting on stomach.
- If experiencing neck discomfort, place a towel roll inside your pillow sheet to allow for neutral alignment of your spine. Alternatively, you may roll up the bottom of the pillow to support your neck.



SIDE SLEEP

- Place 1 pillow between your knees to enable better alignment of your back, hip and knee.
- Ensure that enough pillows are supporting your head to maintain neutral position (not tilted up or down). You may consider placing a towel roll underneath your neck to keep good alignment. Alternatively, you may roll up the bottom of the pillow to support your neck.
- To reduce stress on your shoulder, hug a pillow, placing it between your arm and torso with arm fully rested on pillow. Make sure that the elbow is placed slightly in front of your shoulder.
- If direct pressure on your hip or shoulder is painful, place a pillow or wedge next to your back and slightly turn onto your back to better distribute weight and relieve pressure.

STOMACH SLEEPING

- Place a body pillow (or line up a few pillows) next to you. Then roll over on the pillows, placing your leg and arm over the top.
- Ensure that enough pillows are supporting your neck to maintain the head in neutral, ensuring that the head is not tilted up or down.