

Sleeping Positions for Your Neck

On Your Side or Back



1. Put one pillow that keeps your neck straight. Make sure your pillow is not too high or too flat.

You may buy a special neck pillow or roll to keep your neck in a better position. This will help decrease pain and relieve neck stress.

2. When lying on your side, make sure your nose is aligned with the center of your body.
3. When lying on your back, use one pillow that keeps your neck straight.

4. For sleeping on your side or back, you may roll up a hand towel lengthwise and put it inside the pillowcase. This will add support under your neck.

5. Avoid sleeping on your stomach with your neck twisted or bent. This position will likely make your neck pain worse.
6. When reading in bed, prop your book up so you are not using your arms to hold it up. Avoid bending your neck forward to read.

Consider using a wedge-shaped pillow to support your arms. This will keep your neck in a better position.