

# Sleeping Positions for Your Back

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## On Your Side



1. Put one or two pillows between your knees. This will help support your legs and decrease strain on your low back.
2. Putting one pillow behind your back to lean into can also help support your back.
3. Put one pillow under your head. This will help support the natural curves of your spine.
4. It is OK to lie on your stomach if it does not increase your pain. Putting one pillow under your waist may help with your comfort.
5. Avoid sitting up in bed, sitting on soft couches, twisting, or sitting in other positions that make your symptoms worse.

## On Your Back



### Option 1:

1. Put one pillow under your head. This will help support the natural curves of your spine.
2. Use a rolled-up towel to support your lower back or put one or two pillows under your knees. This will help decrease strain on your low back.

### Option 2:

1. Lie on the floor with your knees bent. Put large pillows or sofa cushions under your knees.

### Option 3:

1. Lie on the floor with your legs up on the sofa or a soft chair seat.