

Which sleep position is best for you?

We spend about 33 percent of our time asleep — making our usual sleep position an important factor in our overall health. A better sleep position can lead to steady sleep, improved breathing and pain relief. Our sleep expert explains the pros and cons of each sleep position so that you can make the best choice for you.

Side Sleepers

Side sleeping is the most common sleeping position — with women being **twice** as likely to sleep this way.



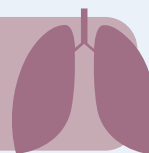
PRO

Improves circulation to the heart and eases heartburn and acid reflux.

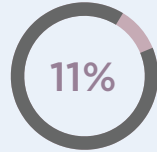


CON

Puts pressure on the stomach and lungs, and can restrict blood flow on a single arm.



Stomach Sleepers



Only **11 percent** of people sleep on their stomach, which is regarded as the least favorable sleeping position.

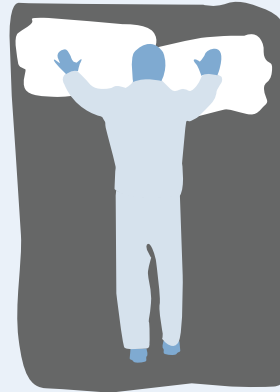
PRO

Greatly reduces snoring — but that's about all it's good for.



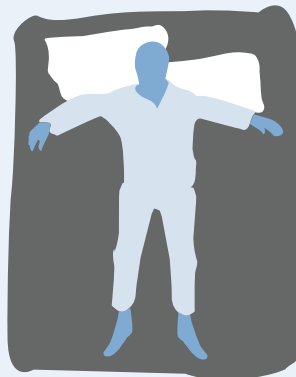
CON

Compresses your internal organs and spine, causing neck and lower-back pain.



Back Sleepers

Sleeping on your back with head elevated **10 to 30 degrees** is considered the healthiest sleeping position.



PRO

Supports spine, promoting back and neck health.



CON

Obstructs airway and worsens sleep apnea and snoring.



From the expert

"Sleep disorders can be exacerbated by your position, the softness of your mattress and the placement of your pillow. Make sure your mattress is firm enough so that your spine is in a straight line. Your pillow should provide neck support between your head and chest — keeping it well aligned while minimizing pain and ensuring an open airway during sleep."

— Dr. Gary Levinson, sleep expert at Sharp Rees-Stealy

