

Proper Sleeping Posture

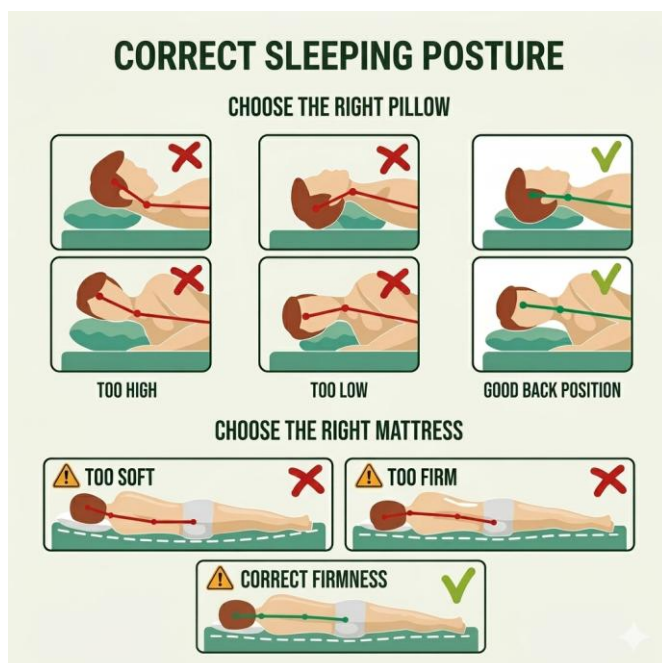


Proper Sleeping Positions

- **Back Sleeping:** Find a **pillow** that keeps your neck aligned. Place a pillow under your knees to reduce lower back strain.
- **Side Sleeping:** Keep your head in line with your spine and hips using a supportive pillow. Place a pillow between your knees to maintain hip alignment.
- **Neck Support:** Ensure your pillow fills the gap between your neck and shoulder.

Common Mistakes to Avoid

- **Stomach Sleeping:** causes extreme neck/back/Hip rotation and jaw compression. If you must, use a thin pillow or no pillow at all. But try to **AVOID!!**
- **Pillow Height:** Using pillows that are too high or too flat. Spine should be aligned/straight.
- **Postural Habits:** Twisting your spine or curling into a tight ball.
- **Support:** Ignoring mattress firmness and support.
- **Arms overhead:** Regardless of position, sleeping with arms raised can compress nerves and blood vessels, leading to morning numbness, tingling, or “Cervicogenic” headache



- ✓ **Back Sleeping:** Neutral neck, Pillow under knees to unload pressure from lower back.
- ✓ **Side Sleeping:** Pillow fills shoulder-neck gap, no jaw pressure
- ✗ **Stomach Sleeping:** Neck twisted, jaw compressed
- ✓ **Pillow Height:** Head stays level with spine



The Mattress Support Check

⚠ TOO SOFT	<ul style="list-style-type: none"> * Your hips sink deeper than your chest. * You wake up with morning stiffness or soreness.
⚠ TOO FIRM	<ul style="list-style-type: none"> * There is a noticeable gap under your lower back. * You feel pressure points at your shoulders or hips. * It feels like your body is resting "on top" of the mattress.

Tips from PhysioFix

- Keep **lips together, teeth apart** at rest.
- Use a **custom night guard**, if prescribed.
- Avoid sleeping with **pressure on your jaw**.
- Use pillows along your sides to **prevent rolling** onto your stomach.
- **“Hugging” Pillow:** If you have shoulder pain, sleep on your opposite side and “hug” a pillow to support your top arm. This prevents the shoulder from collapsing forward and straining the joint.

Proper Sleeping Posture: A Guide to Restorative Sleep

Waking Symptom 	Physio Fix
• Morning Headaches	• Your pillow may be too high, forcing your neck into a forward tilt.
• Lower Back Stiffness	• Ensure your knees are supported (Back sleeping or a placed between them (Side sleeping)).
• Tingling in Hands/Arms 	• Avoid sleeping with arms overhead, ensure your pillow height matches your shoulder width.
• Hip or Pelvic Pain	• Ensure the pillow between your knees reaches all the way to your ankles.

  **Better Sleep. Less Pain. Healthier You.** 

Pillow Measurement

During your session, we may assess how your pillow and sleep setup are affecting your neck and spine alignment. Based on your measurements and sleeping position, we can guide appropriate pillow sizing.



Pillowwise custom-sized pillows are available in clinic. Size may be adjusted within the first 1–2 weeks. A 30-day full money-back guarantee is available if it does not help reduce symptoms.

BOOK YOUR PHYSIO FIX TODAY

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