



PROPER SLEEPING POSITIONS

For SI Joint Support, Low Back Health & Better Recovery

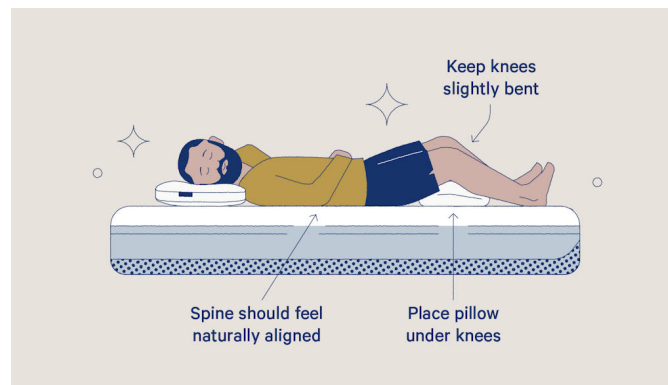
IMPORTANT: This is general educational information, not personalized medical advice. Consult Dr. Gray or your healthcare provider before making changes, especially with existing pain or conditions. Experiment to find what feels best for your body.

WHY SLEEPING POSITION MATTERS

Poor sleeping posture can increase stress on the SI joints, low back, neck, and hips, leading to pain, stiffness, or disrupted sleep. Proper alignment maintains the spine's natural curves, reduces pressure on discs and joints, and supports overnight recovery. Simple pillow adjustments can make a big difference.

RECOMMENDED SLEEPING POSITIONS

1. Sleeping on Your Back (Preferred for Many with SI/Low Back Issues)



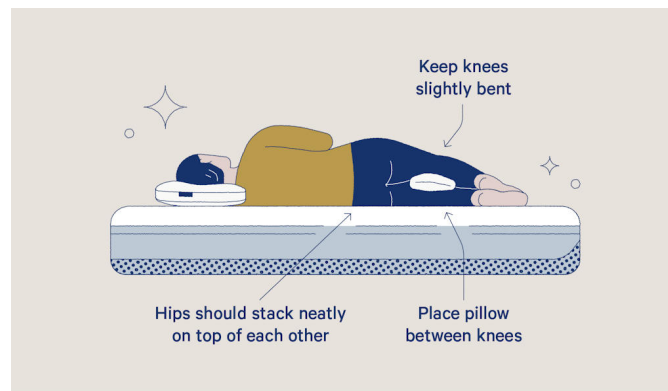
Benefits: Distributes weight evenly, maintains neutral spine, minimizes SI joint torque.

How to:

- Lie flat on back with a supportive pillow under your head/neck (maintains natural cervical curve).
- Place a pillow or rolled towel under your knees to slightly bend them and preserve low back curve.
- Keep arms relaxed at sides or on chest. Avoid arms overhead.

Tips: Use a medium-firm mattress. If low back feels flat, adjust knee pillow thickness.

2. Side Sleeping (Fetal Position with Support)



Benefits: Reduces pressure on SI joint when done correctly; good for those who prefer side sleeping.

How to:

- Lie on your side (non-painful side preferred).
- Slightly bend knees toward chest (fetal position).
- Place a pillow between your knees to keep hips/pelvis aligned and reduce twisting.
- Use a pillow to support head so neck stays neutral (ear aligned with shoulder).

Tips: Hug a body pillow for extra support. Switch sides periodically.

3. Avoid Stomach Sleeping (or Modify Carefully)

Why Avoid: It forces neck rotation and flattens/extends the low back, increasing SI joint and lumbar stress.

If you must: Place a thin pillow under pelvis/lower abdomen and minimize head pillow. Transition away over time.

ADDITIONAL SLEEP TIPS FOR BETTER SPINAL HEALTH

- Choose a supportive mattress (medium-firm often ideal) and replace every 7–10 years.
- Use a contoured cervical pillow or adjustable one for neck alignment.
- Keep bedroom cool, dark, and quiet; consistent sleep schedule helps.
- Get out of bed by rolling to side and pushing up with arms (log roll) to protect back.
- If pain wakes you, try gentle stretches or heat before returning to sleep.
- Combine with daytime posture awareness and your chiropractic care plan.

Consistent use of supportive sleeping positions can significantly reduce morning pain and improve overall recovery. Work with your provider to personalize.

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