

How should you sleep at night to prevent back pain, on your stomach, side or back?

The most supportive position is on your back with the knees slightly bent. Having the knees slightly bent with a pillow beneath them reduces the tension into your low back. An unfortunate consequence for some back sleepers is a night of snoring. This can be reduced by using a cervical pillow. The side posture is fine, if one places a pillow between the knees to prevent the twisting action, which can occur.

All efforts and will power should be used to avoid stomach sleeping. This posture with a pillow results in sustained rotation with some extension of the head and neck. The same position also promotes an increase in your low back curve. Often patients will come to our office with back and or neck pain and state "I just woke up this way" or "I must have slept funny". These painful conditions could be avoided with proper sleeping habits.

If the back and neck pains do not resolve with proper sleep posture, then a visit to the family chiropractor is advised.