



SLEEP POSTURE

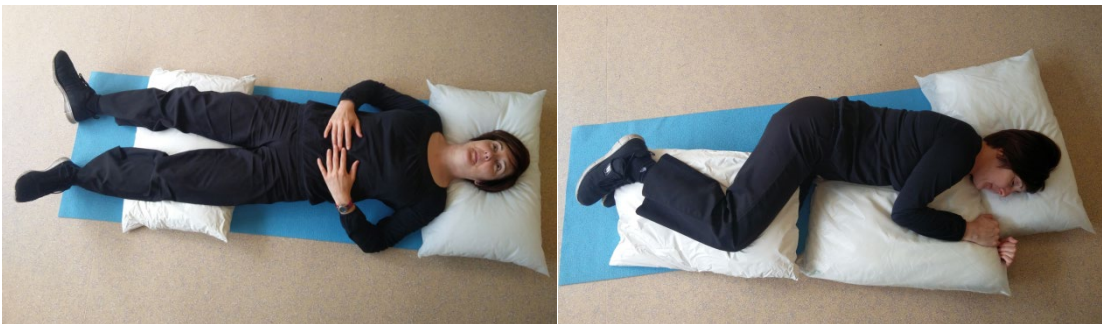
We spend on average a third of our life in bed, so it is worth trying to be as comfortable as possible.

We are all different and so there is “no one size fits all”, but there are certainly some factors that are worth considering because small changes can make a difference.

Your sleeping position

In lying, our spine is at its most comfortable when it is in an elongated S-shape.

If you lie on your back it may help to have a pillow under your knees. If you like to lie on your side it may help to have a pillow between your knees and also a pillow to “cuddle” The old “bolster” pillows or long body pillows are ideal.



The mattress

A new mattress will last about 10 years. It should gently support you.

As a rough guide:

- Lie flat on the bed and slide a hand into the small of your back. If there is a gap, the mattress is probably too hard. If you cannot push your hand in easily, the bed may be too soft.
- The mattress should feel supportive.
- If the mattress seems right but feels a little “unkind” to “bony” or very tender areas, it can really help to put a duvet under the bottom sheet to make the surface a little softer. If this helps, it may be worthwhile investing in a mattress topper.
- We are all different shapes and sizes so we have to find a mattress that works for us. It’s worth considering though, that, if you share a bed with someone who is a heavier than you, it can affect how the mattress works.
- Spend time choosing a mattress; lie on it for a while (with your partner if necessary) to get it right.