



Make getting out of bed easier

Try getting into bed by sitting on the side of your bed and lowering your body on to your elbow and shoulder, so that you are on your side. Bend your knees until your feet can slide onto the bed and then roll over onto your back.

Reverse the action for getting out of bed

Remember small changes can make a difference.



What about pillows?

Again we are all different and have different preferences when choosing pillows.

The basic rule is that our pillows should “fill the gap” to support our neck in a neutral position, so that it is not bent forward or backwards

Remember:

- They are useful for positioning and support for the whole body
- Be sure a pillow is not under your shoulder
- Too many pillows can put a strain on your neck resulting in morning stiffness, arm pain and headaches
- Use what feels right for you
- Choose a pillow which gives comfort and support