

SLEEPING



✓ When lying on your left side, place a pillow under your head, a pillow under your left side, and a pillow or two between your knees. Roll or move your right knee and right shoulder forward slightly.

✓ When lying on your right side, place a pillow under your head, and a pillow or two between your ankles. Roll or move your left knee and left shoulder back slightly.

✓ If you like to read while in bed, we recommend placing pillows behind your upper back and under your knees for support, as tolerated.

✓ When lying on your back, place a pillow under your head and a pillow under your knees.

✓ Before getting into bed, say your prayers, meditate or read a book in a Long Seated position. If you cannot get into a Long-Seated position, then try kneeling first.

For additional activities and recommendations, please visit www.posturalrestoration.com/pri-resources/pri-living

