

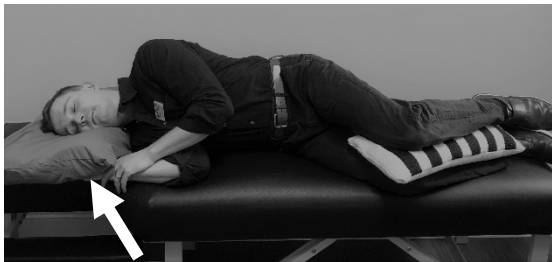
Sleeping Guidelines:

😊 The best position to maintain the health of your spine is to sleep is laying on your back, with a small pillow under the knees!



😊 Sleeping on your side is okay, but please follow these guidelines to better maintain the health of your spine.

- Place a pillow between your knees, along the calves, to support the leveling of your hips
- If you experience neck discomfort, **fold** a towel into a square, and place it underneath your pillow



Unsupported neck



Supported neck with folded towel



😞 Avoid sleeping on stomach; This position is very bad for the health of your neck.