

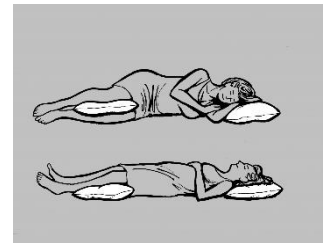
# PROTECT YOUR BACK

## Sleeping Posture

Since the average person spends about a third of their life sleeping, *sleeping posture is as important as standing or sitting posture*. Your sleeping position, bed, and pillows all determine your posture while sleeping.

### Sleeping Position:

- Your sleeping position affects the pressure on your back. Sleeping flat on the back produces the least amount of pressure, followed by sleeping on your side. Stomach sleeping is the most stressful sleeping position. Sleep on your back or side rather than your stomach when ever possible.
- Side sleepers should use pillows between their ear and the bed, and between their knees to maintain spine alignment. Your top leg should be even with, or slightly behind your bottom leg, with both knees bent.
- Use pillows under your neck and knees if you sleep on your back to support your neck and low back curve.
- If you have to sleep on your stomach, use a small pillow under your forehead to keep your head in a neutral or aligned position.



### Bed Design:

- Select a mattress firm enough to provide good back support and alignment. Stomach sleepers require firmer mattresses than back or side sleepers.
- Avoid basing selection on coil count and design. Coils have minimal effect on quality or durability of mattresses.
- Try out mattresses for personal comfort before purchasing. Specialty memory foams and custom options are not always the most comfortable choice.
- Mattresses have a life span of 8-10 years and should be replaced as they wear out.

## STAY SAFE AND AWARE!



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