

Try This Tonight To **SLEEP BETTER**

✓ TRY SLEEPING ON YOUR BACK TO BETTER SUPPORT YOUR SPINE AT REST

- Reducing pressure on discs, joints, and muscles in the lower back
- Keeping your spine aligned and evenly distribute by weight
- Supporting natural spinal curves when combined with proper pillow placement

Back sleeping helps your spine rest in a neutral, supported position that is ideal if your pain is caused by condition like:



Lumbar
Herniated Disc



Degenerative
Disc Disease



Spinal
Osteoarthritis



Lumbar Stenosis /
Spondylolisthesis

5 STEPS TO TRAIN YOURSELF TO SLEEP ON YOUR BACK

You can do this! Here are tips to gradually get used to back-sleeping:



Place a pillow under your knees to elevate them.



Place a small pillow or rolled up hand towel beneath your lower back.



Consider sleeping on an incline.



Start with short naps or rest periods on your back.

- 5 Stay consistent! It may take a few weeks, but your body can adapt—and many people find they eventually sleep more deeply and wake up with less pain.

YOU NEED THE RIGHT KIND OF MATTRESS TO MAKE THIS WORK!

To make back sleeping comfortable and supportive, your mattress needs to strike the right balance:

Medium-Firm:

Enough give to cushion pressure points, but firm enough to support your spine.

Responsive Support:

Look for a mattress that adapts to your curves without sagging.

Zoned Support (Best!):

Look for a mattresses that offers lumbar zones that are customizable to support your lower back more precisely.

Here's Our Recommendation for an **affordable, customizable** mattress to support your spine!

FINAL THOUGHT:

Sleep is when your body heals and repairs. And just one small change—like adjusting your sleep position—can reduce pain and help your spine heal.