

# Choosing Your Sleep Position



**Side Sleeping  
(Provocative)**

Associated with back pain and poor sleep



**Side Sleeping  
(Fetal)**

Legs supported and spine aligned



**Stomach Sleeping  
(Prone)**

Increased risk of neck and back pain



**Back Sleeping  
(Supine)**

Can help relieve lower back pain

# The Sleep

**B Lingard**



## The Sleep:

**Commemorative Issue: 15 years of the Sleep Medicine Clinics Part 1: Sleep and Sleep Disorders, An Issue of Sleep Medicine Clinics, E-Book** Teofilo Lee-Chiong, Ana C. Krieger, 2022-06-07 In this issue guest editors bring their considerable expertise to this important topic Provides in depth reviews on the latest updates in the field providing actionable insights for clinical practice Presents the latest information on this timely focused topic under the leadership of experienced editors in the field Authors synthesize and distill the latest research and practice guidelines to create these timely topic based reviews

*The Gift of Sleep* Bolton Hall, 1911     *The Musical Times & Singing-class Circular* ,1920

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