



Sleep Posture

Position matters

Lying on your back produces the least amount of pressure on your spine. Avoid sleeping on your front as this will place the most amount of pressure on your back, neck and spine.

Picking pillows

Neck pain and persistent headaches could be the result of poor pillow support. It is a matter of personal choice but your pillows should be able to retain their shape and give you constant support.

Match your mattress

Make sure your bed is supporting your weight and back adequately. The Chartered Society of Physiotherapy recommends a mattress that is on the firm side of medium.

Time for a change?

Mattresses generally need changing after 8-10 years as they lose their support; look after yours by turning it regularly to maintain the resilience of the springs

Snub out snoring

The foetal position is the most popular sleeping position. This pose is the best one to adopt if you are prone to snoring. It's also the best position for pregnant women, especially on your left side.