

Sleeping Positions for Low Back Pain

Sleep has been a largely undervalued component to our overall health . Sleep has been shown to reduce stress, improve mood, and accelerate injury recovery. Poor sleep will slow your recovery and prolong your pain. Below are a few sleeping positions to help alleviate pressure on your low back for a better night's sleep.

Sleeping on your Side

Place a pillow in between your legs. This will help keep your hips, pelvis and back aligned while you sleep.



Sleeping on your Back

Place a pillow underneath your knees. This will help distribute your weight over a wider surface area, as well as decrease strain on your back by reducing the pull of your hip flexors.



Sleeping on your Stomach

Place a pillow underneath your lower abdomen. This will decrease compression on your back.



Choosing your mattress

Mattress is another component to a comfortable night's sleep. Generally speaking, moderately firm mattresses better support the lower back during sleep. However, this is not a one size fits all as some people with low back pain respond better to softer mattresses. To determine if a firmer mattress is right for you, experiment with placing an inexpensive plywood board underneath your current mattress or placing the mattress on the ground to decrease the springs for a few days. If you sleep better, you may want to consider a firmer mattress.