

# SLEEPING POSTURE GUIDE

#OHCHACKS

*Which type of sleeper are you?*



## BACK SLEEPERS

- Small and thin pillow is best.
- Ensure your pillow is not too high.
- Add a pillow underneath your knees if you have lower back pain or tightness in the hips.
- Avoid this position if you have Sleep Apnea or snore.

## SIDE SLEEPERS

- Choose a thicker pillow for your head.
- Ensure your shoulder is not on your pillow.
- Add a pillow between your knees to support your hips and align your pelvis.
- Avoid curling up too much into a foetal position.



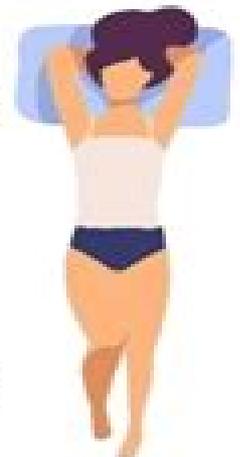
## TUMMY SLEEPERS

- Least recommended sleeping position.
- Try switching to the quarter prone position (i.e. sleep on your side with bottom leg straight, top leg bent and tummy resting on a pillow or bolster).



## ALL SLEEPERS

- Pick a mattress of the right firmness.
- If you have joint pain or Arthritis, your mattress should not be too soft.
- Use a contoured or memory foam pillow if you have Sleep Apnea or snore.



# Good Sleeping Guide

**ML Yell**



## **Good Sleeping Guide:**

*The Expert Guide to Sleeping Well* Chris Idzikowski, 2019-03-19 Most people in the West fail to get enough sleep which can contribute to serious health problems Reading this book and acting on its advice could be the single best thing most people can do to boost their health and wellbeing Lack of sleep is not just a matter of feeling tired Recent research has shown that it is associated with serious illnesses such as high blood pressure diabetes heart disease and even cancer The big question is what can we do to get more sleep Who can we turn to for a sympathetic and knowledgeable one to one consultation The answer is to one of the world s leading sleep experts Professor Chris Idzikowski who here reveals his wisdom in a down to earth and reassuring way The Introduction answers four basic questions What is sleep What is dreaming What is tiredness What is fatigue Chapter One takes a fascinating look at the history of sleep showing how social and environmental factors have affected human experience Chapter Two tells us what science has made of sleep in a friendly easy to follow style Chapter Three gives extensive advice on how to manage your sleep whatever your particular circumstances or needs with specific advice for workers parents drivers and flyers as well as for dreamers and problem solvers also covered is our changing requirements as we age Chapter Four gives the same number of pages to sleep problems including insomnia breathing disorders circadian clock disorders nightmares and movement disorders Finally Chapter Five is a collection of concise practical tips and guidelines including a directory of sleeping pills and potions from pharmaceutical stand bys to home brewed herbal teas

**The Good Sleep Guide for Neurodivergent Kids** Melisa Moore, PhD, 2026-03-04 A compassionate science backed guide to improving sleep in children and teens with neurodiversities written by a renowned pediatric sleep expert who is also the parent of a neurodivergent child When Dr Melisa Moore realized her son had autism and ADHD she already had a decade of experience helping families navigate sleep issues but nothing had prepared her for the reality of managing sleep in her own household The advice she had learned felt too rigid unrealistic or simply ineffective for kids like hers What she needed was a different kind of guide so she set out to create one With humor validation and true empathy Moore offers a multifaceted framework that blends evidence based science with real life parenting wisdom She breaks down the myths of sleep training redefines healthy sleep for neurodiverse families and provides a toolkit for finding what works for your child in your life right now even if it doesn t look the way anyone told you it should As Moore shows consistently better sleep is possible and *The Good Sleep Guide for Neurodivergent Kids* will get your family there

**The Good Sleep Guide** Michael Van Straten, 2004 Millions of people have sleeping problems which can arise from many different causes This work looks at the myths that surround lack of sleep and includes a strategy for giving up sleeping pills and a list of herbal alternatives to eat drink and bathe in It also discusses snoring a source of other people s insomnia and sex and relaxation Advice is included on topics such as beds and bedding clothing room temperature and ventilation and the book also examines the effects of caffeine alcohol sleeping pills stress and eating and drinking habits

**The American Medical Association Guide to Better Sleep** Lynne Lamberg, American Medical Association, 1984

Baby Tips The Little Terror Charlotte Preston, 1999-10-20 Parents with little night owls get checklists and survival suggestions for establishing a sleep routine during the first three months at three to six months and at six to 12 months

**The Good Sleep Guide** Timothy Sharp, 2003-08-08 Given that 80% of people have experienced sleep problems and 30% suffer from chronic or long term sleep problems Timothy Sharp's *The Good Sleep Guide* is an essential tool for reducing the amount of time we spend lying awake watching the minutes and hours tick by Based on his own research Dr Sharp addresses lifestyle issues as well as physical and psychological problems that interfere with sleep These include diet medication alcohol and caffeine as well as depression anxiety and relationship difficulties He offers a commonsense approach that includes specific relaxation techniques and tips to establish a good sleep routine *Concise Guide to Evaluation and Management of Sleep Disorders* Martin Reite, John Ruddy, Kim Nagel, 2002 In just eight easy to read chapters the authors present the latest research and practice on sleep disorders After an introductory overview the next four chapters discuss the full range of individual sleep disorders Each disorder is organized by presenting complaints clinical presentation incidence etiology and pathophysiology laboratory findings differential diagnosis and treatment The final three chapters detail specific medical symptoms and psychiatric disorders behind disordered sleep pharmacological treatments and sleep problems in children the elderly and women in pregnancy premenstrual syndrome and menopause *Subject Guide to Books in Print*, 1993

**"The J.E.M." Guide to Switzerland** Joyce Emmerson Muddock, 1887 *Practical Swiss guide* Alexander Tighe Gregory, 1885  
*A practical Swiss guide, by an Englishman in Switzerland [A.T. Gregory]. By an Englishman abroad [A.T. Gregory].*  
 Alexander Tighe Gregory, 1894

**The First Three Months** Tresillian, 2021-05-01 Gentle expert advice for the parents of newborns from Australia's largest and most trusted parent support organisation The first twelve weeks of a baby's life can be a challenge for any new parent Tresillian's experienced expert advice will guide you through with practical tips and real life stories set out in an accessible format for tired brains This easy to use guide covers all aspects of a newborn's first twelve weeks including How to help your baby grow and develop Understanding your baby's ways of communicating Helping to settle and soothe Responding to your baby's needs for love feeding and sleeping Common health concerns Meeting your own needs for love care and support With dedicated information for fathers and other caregivers and key sections on coping with lockdowns and parenting in the age of social media this is a book packed with reassurance guidance and ideas *The Alpine Journal*, 1864 *The Canadian Guide-book...*, 1892 *Practical general continental guide, by an Englishman abroad [A.T. Gregory]. Special ed. Anglo-Amer* Alexander Tighe Gregory, 1883 *Farmers' Guide*, 1905 *The Liturgy and the Offices of Worship and Hymns of the American Province of the Unitas Fratrum, Or the Moravian Church* Moravian Church in America, 1908

**Parents' Magazine & Family Home Guide**, 1954 *The "J.E.M." Guide to Switzerland. The Alps and how to See Them* Joyce Emmerson Muddock, 1884 **Guide to Egypt and the Sudan** Macmillan & Co, 1916

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