



Resting/Sleeping

"Don't use a sofa arm as a pillow or watch TV in bed with your head supported only by pillows; this strains your neck.

"Avoid sleeping on a soft mattress or sofa.

"Lie down in bed when it is time to sleep. Don't sleep in a chair or in cramped quarters.

"Sleep on your side with your knees bent or on your back with a pillow under your knees. Avoid sleeping on your stomach.

"Use a pillow that supports your head so that your neck and vertebrae are level with the rest of your spine as you sleep. Avoid sleeping on two pillows.

"Be sure to get plenty of sleep every day to allow your body to rest and recuperate.