

# A Good Night's Sleep

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## Sleeping positions

It can be hard to sleep well during an attack of acute back pain. The following are suggested positions which you may find are more comfortable. Do not spend too long in the same position: change your position frequently, but allow time for your back to relax in each position before changing to the next one. Remember that movement is good for your muscles!

1. Lie on your pain-free side with both legs bent up and a pillow between your knees.



2. Lie on your pain-free side with the painful leg resting on your bed.



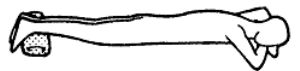
3. Lie supine (that's on your back!) with a pillow supporting your knees.



4. Lying prone (on your front) can restore the natural curve of your lower back. Begin with a pillow under your abdomen for a few minutes. However, if the pain increases change to another position.



5. As the pain decreases, remove the pillow. You may also find that a pillow under your ankles may help.



## Pillow tips

A good supportive pillow is important. The aim of a pillow is to support the neck, not the head. Ideally the neck vertebrae should be kept in a continued line with the vertebrae of the chest

Although there is no 'best' sleeping position, too many pillows can cause neck pain. One thick pillow or two thin pillows may be adequate.

Download more free advice sheets at [www.cityclinic.co.uk/advisesheets/](http://www.cityclinic.co.uk/advisesheets/)

## Getting out of bed

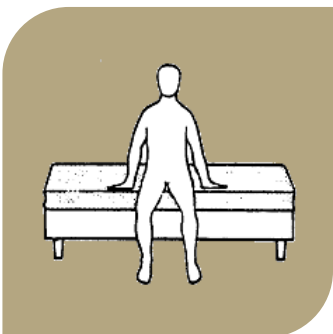
It can be difficult to get out of bed when you have acute back pain. Follow these four simple steps to make it as easy, and comfortable, as possible.



Start by rolling on to your pain-free side, so that both legs are towards the edge of the bed. Gently raise on to one elbow.



Push up your torso using your arms to get to a sitting position whilst dropping your legs over the side of the bed.



Sit for a moment, trying to maintain as upright a posture as possible: use your hands on the bed to support your torso.



Slide towards the edge of the bed. Place your feet firmly on the floor, tucked in close to the bed. Brace your back, edge well forwards and stand up by straightening your knees.