

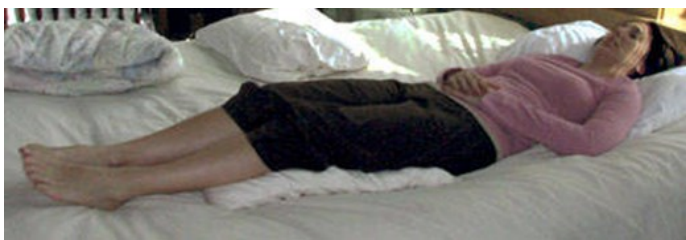
Comfortable Sleep Positions



In Side lying. Support shoulder resting arm on a pillow. Neck aligned with body. Pillow between hips to support and align hips and back.



In Side lying. Neck aligned with body. Small pillow under waist to support and align back. Pillow between knees to support hip and back.



Lying on your back. Neck aligned with body and pillow under knees to support your back.

