



Tip of the Week

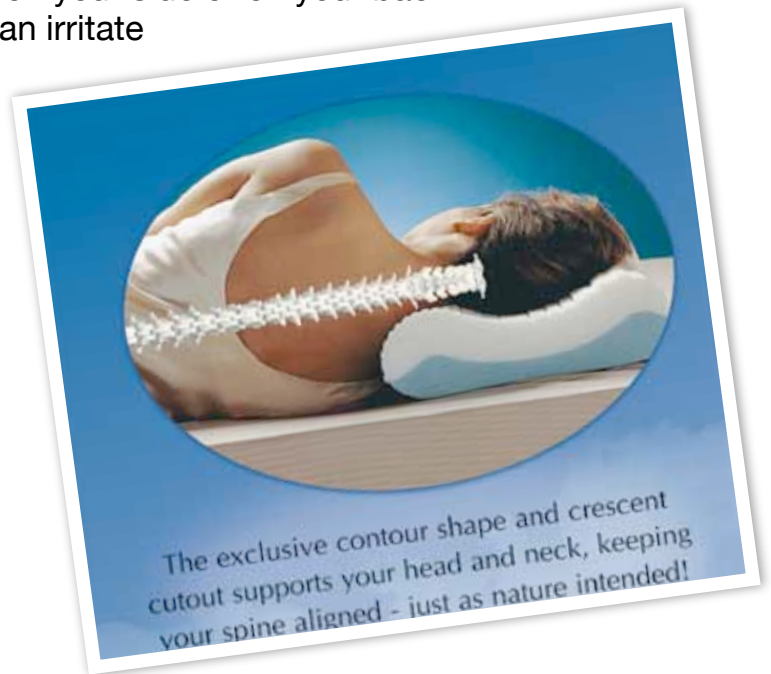
Are you a sleeping Beauty?

Week 8 of 52 – Pillows

Top Tip Number 8

Because we spend around 7 hours a day with our heads on a pillow, it's important to ensure that we support our neck and shoulders when lying down in bed. The best posture for your spine is lying on your side or on your back.

Avoid sleeping face down as this can irritate the joints of the neck leading to pain. The shaped 'orthopaedic' pillows can help to support the curvature of the spine or rolling a soft pillow to create the shape of an orthopaedic pillow can also be worth a try. There are lots of orthopaedic pillows on the market.



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