



Sleeping Postures that Ease Discomfort For Headache, Neck or Back Pain:

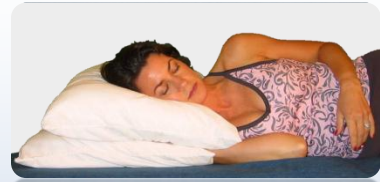
SIDE-LYING



Good Head Position



Head too low



Head too high



Pillow between knees (or use a body pillow)

BACK-LYING

From This...



Try This...



Modified Stomach-Lying:



For Acid Reflux:

Instead of This...



Try This...

