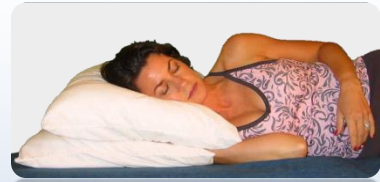




## **Sleeping Postures that Ease Discomfort For Headache, Neck or Back Pain:**

### **SIDE-LYING**

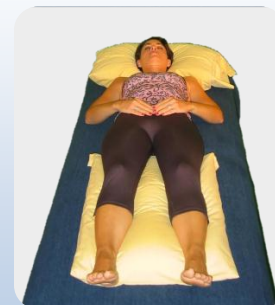


### **BACK-LYING**

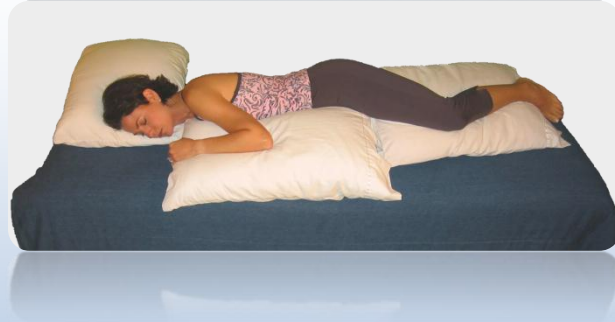
**From This...**



**Try This...**



## Modified Stomach-Lying:



## For Acid Reflux:

**Instead of This...**



**Try This...**

