

Back Safety: Sleeping Positions and Getting Into and Out of Bed

Good posture protects your back when you sit, stand, and walk. It is also important while sleeping. Keep your ears, shoulders, and hips in line. Try the tips below. Also, be sure to follow any guidelines from your healthcare provider.

If you lie on your back



- Find a position that keeps your back aligned and comfortable.
- Fill gaps between your body and the mattress with pillows.
- Never sleep on your back without bending your legs.
- Never sleep on your stomach.

If you lie on your side



- Bend your knees.
- Place a pillow between your knees to reduce strain on your hips and spine.

Turning in bed

- If you change positions, you will need to move your pillows. This can become so natural that you hardly wake up.
- When you turn in bed, move your whole body as one unit.
- Tighten your stomach muscles. Bend your knees slightly toward your chest.
- Roll to one side, keeping your ears, shoulders, and hips in line. Keep a pillow between your legs.
- Be careful not to bend or twist at the waist.

Getting out of bed

Good posture protects your back when you sit, stand, and walk. It is also important while getting into and out of bed. Follow the steps below to get out of bed. Reverse them to get into bed. Sit at the side of the bed for a few seconds before standing up. Then, after you stand up, wait a moment before walking to be sure you're not dizzy.

1. Roll onto your side

- Keep your knees together.
- Tighten your stomach muscles to keep your back from arching.
- Put your hands on the bed in front of you.

2. Raise your body

- Push your upper body off the bed as you swing your legs to the floor.
- Keeping your back straight, move your whole body as one unit. Don't bend or twist at the waist.
- Let the weight of your legs help you move.



3. Stand up

- Lean forward from your hip and roll onto the balls of your feet.
- Tighten your stomach muscles to keep your back from arching.
- Using your arm and leg muscles, push yourself to a standing position.

