

# PROPER SLEEP POSTURE CHECKLIST

Sufficient sleep is a foundational component of a healthy lifestyle. According to the Center for Disease Control (CDC, 2016) adults should sleep 7 or more hours per night, children age 13-18 years of age need 8-10 hours of sleep per night, and children age 6-12 years need 9-12 hours of sleep per night.

- 31.6% of adults in the United States get insufficient sleep
- 72.7% of students grades 9-12 in the United States get insufficient sleep
- 57.8% of students grades 6-8 in the United States get insufficient sleep

**Insufficient sleep is associated with increased risk of chronic disease and accidents, including:**

- Depression
- Cardiovascular disease
- Diabetes
- Obesity
- Motor vehicle accidents
- Machinery-related work injuries

## **Better Sleep Tips**

To be consistent with sufficient and restful sleep, implement these Better Sleep Tips

- ▶ Be consistent with your sleep times
- ▶ Create a sleep sanctuary with a quiet, dark, and relaxing atmosphere
- ▶ Remove electronic devices from the bedroom
- ▶ Get exercise during the day
- ▶ Avoid caffeine in the evening



*Reference:*

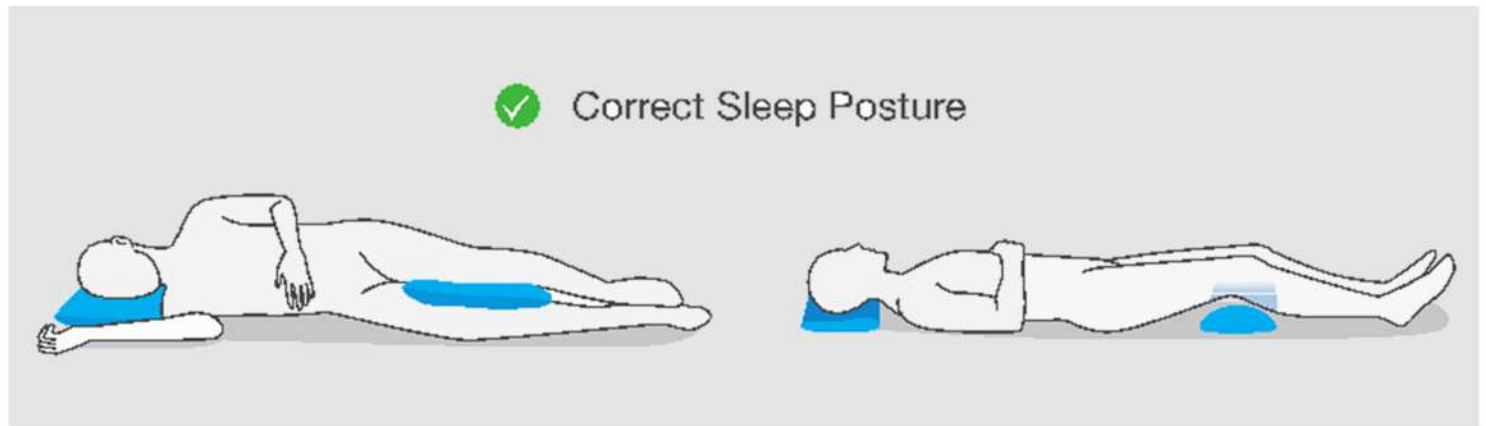
*Center for Disease Control (2016) Sleep and Health. [cdc.gov/sleep](https://www.cdc.gov/sleep)*

## Check Your Sleep Posture to Prevent Neck and Back Pain

In addition to being consistent with getting adequate amounts of sleep per night, implement proper sleep posture habits to prevent neck and back pain.

### Proper Sleep Posture

To avoid neck and back pain, sleep on your side or on your back. While sleeping on your side, place a small pillow between your legs to keep your hips in alignment. While sleeping on your back, place a small pillow underneath your legs to support a slight bend of the knees and alleviate the lower back.



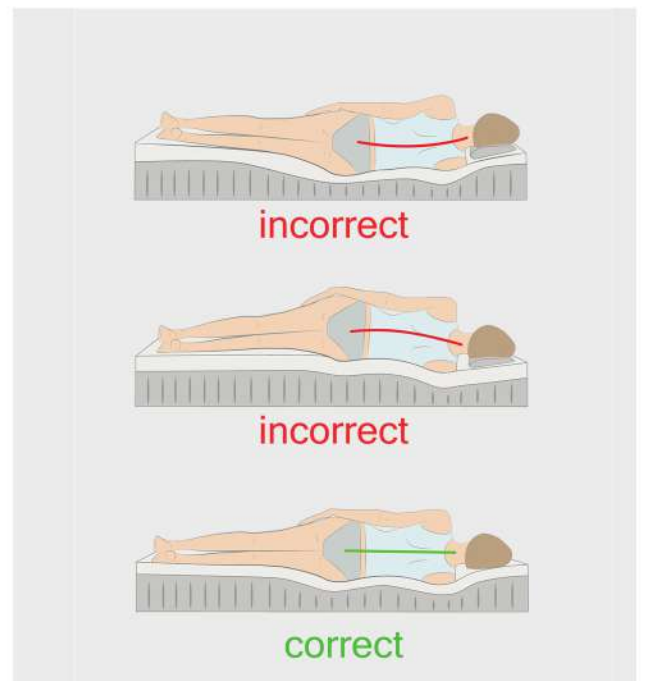
### Pillow Posture

To prevent neck pain, find a pillow that supports neutral alignment of the neck. Avoid having a pillow that is too high or too thin to prevent abnormal flexion and tension of the neck while sleeping.

### Mattresses Matter

Custom mattresses that fit your body are the best. Find a mattress that is not too hard, and not too soft, and supports neutral spinal alignment.

### Neck Alignment In Back Sleeping



### Neck Alignment In Side Sleeping

