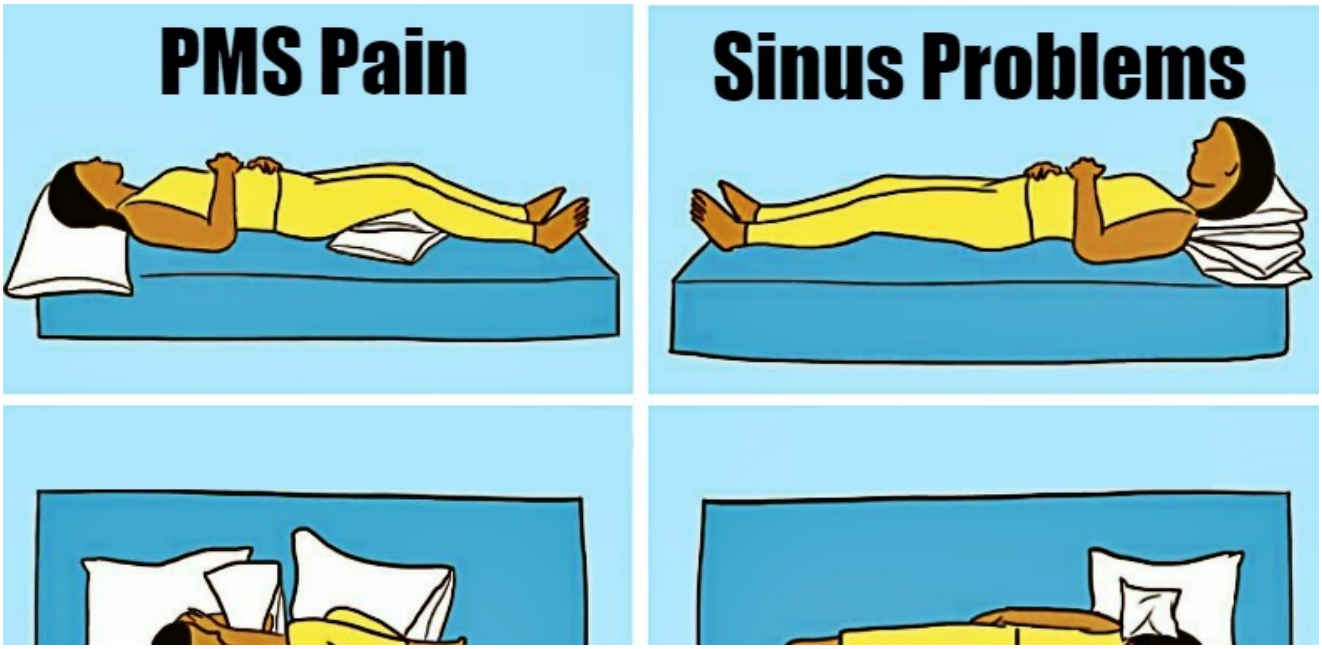
HEALTHY TIPS

What is The Right Position to Sleep For Each of These Health Problems?

By bestfolkmedicine · 10/08/2018 · 2 min read



Proper and sufficient sleep plays a vital role in preserving one's optimal health. Averagely speaking, we spend 25 years of our lifetime sleeping or around 7 to 9 hours per night. But, in addition to sleeping regularly, you also need to sleep in the proper position in order to reap the benefits of sleep.

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Hence, if you have been finding it difficult to fall asleep or if you have been experiencing other health-related issues, it may be high time you changed your preferred sleeping pose to the one which is better for your health. Let us take a look...

Best Poses for Specific Health Problems

1. **Poor digestion**

For those who experience digestion-related problems, it is recommendable to try and sleep on the left side because gravity will do its thing and thus, better the digestive processes going on in the body.

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2. **Hypertension**

According to some research, sleeping on the stomach may be of aid for people who suffer from high blood pressure.

3. **PMS symptoms**

Women who experience painful PMS symptoms should know that putting a pillow under the knees can stop the pain in the spine area.

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4. **Shoulder ache**

If you have been struggling with chronic shoulder ache, sleep on the side of the healthy shoulder and bend the legs a bit. You can also grab a pillow near the chest and place another one between the knees.

5. **Back pain**

To lower back pain, lie on the back and put a pillow under the knees, as well as a rolled-up towel under the back's curve.

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6. **Heartburn**

If you are suffering from heartburn, also known as acid reflux, it is good to know that sleeping on the left side can help you reduce the discomfort.

7. **Pain in the neck area**

Neck pain requires for more neck support. Hence, put a small rolled-up towel under the neck or underneath the pillowcase.

8. **Sinus problems**

According to the Harvard Medical School, people who suffer from sinus-related issues can benefit from sleeping with their head elevated in order to prevent the surplus mucus from going into the sinuses.

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9. **Headaches**

With certainty, your sleeping pose can relieve your headache or worsen it. If you have been feeling headaches because of a twisted neck during sleep, make sure you surround the head with additional pillows so that you avert turning excessively.

Sources:

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WOMAN DAILY TIPS

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