



Body Position Therapy

FOR BETTER SLEEP



Body Position Therapy Principles



Quarter towards prone, allowing gravity to optimize breathing

- Increases lung volume
- Prevents mandibular retrusion related airway constriction
- Prevents snoring and apneas



Position body & support pillows will allow:

- Stability (prevents rolling to back)
- Comfort (prevents pain that makes you move to your back)



Precise sleep position to stop insomnia

- Applied Sports Psychology – Confidence: preventing anxiety and frustration
- Clear communication to unconscious mind that sleep is desired

An Ideal Sleep Position Will:



Be comfortable, stable & precise



Improve breathing



Reduce arousals



Reduce mouth breathing



Manage insomnia



Lateral sleep will completely manage around

20%
of Obstructed Sleep Apnea (OSA)

Head-to-Toe Precision



- Shoulders rotated to make head support pillow “perfect”. Head is supported and shoulder is not supporting body weight. Weight is supported by thigh, lateral torso, side of face. No weight supported by hip or shoulder. Head slightly elevated.
- 3 points of contact on front pillow – Knee, Elbow, Chin



- Head fully supported at 4-6" to align airway and prevent shoulder and/or neck pain
- Chin resting on pillow to encourage nasal breathing
- Elbows away from body as counterbalance
- Top arm resting on pillow
- Bottom arm under pillow
- Hands in contact (laced or clasped)



- Top leg bent for counterbalance preventing supine transition, supported to prevent low back pain. Ideally the same pillow supports top arm & leg and pins lower arm from transitioning to supine
- Bottom leg straightened with toes pointing toward ground, preventing stacking of the hips & pain related arousals
- Torso quartered towards bed, abdomen to falls forward

