

# What Are The Best Sleeping Positions To Reduce Lower Back Pain?

It will be interesting to know the fact that lower back pain does not cause severe medical conditions but the main reason behind causing back pain is strain or stress of bad body postures. In addition, it can be caused by awkward sleeping positions and other lifestyle habits.

**Here are some recommended tips by a pain specialist for sleeping positions, discussed below:**

## **1. Sleep on your side with a pillow amid your knees**

If sleeping flat on your back feels strained, try turning over to your side:

- Let your right or left shoulder make contact with the mattress, accompanying the rest of that side of your body.
- Set a pillow between your knees.



If there's a space between your waist and the bed, use a small pillow there for additional support. Whether you use one pillow or two you should always keep sleeping on the same side. The pillow will maintain your hips, pelvis, and spine in a better arrangement.

## **2. Get asleep on your side in the fetal position**

If you are suffering from a herniated disc, a [back pain doctor](#) will suggest you sleep on your side curled in a fetal position.

- Lay on your back and then turn over gently onto your side.
- Insert your knees toward your chest and gently curl your body near your knees.
- Remember to change sides from time to time to stop any unevenness.

- Rolling your body into a fetal position creates space between vertebrae.

### **3. Sleep on your stomach with a pillow supporting your belly**

According to a specialist in [back pain treatment](#), sleeping on your stomach is a really bad position for back pain because it can put extra stress on your neck.

But if you are feeling comfortable lying on your stomach, you don't have to force other posture for sleeping.

- Keep a pillow below your pelvis and lower belly to reduce some of the weight off your back.
- You should change or not the pillow under your head depends on the feeling of the current position.
- People having degenerative disc disease may profit most from this sleeping position. It can reduce any stress that is located in the space between your discs.



### **4. Rest on your back with a pillow beneath your knees**

It may be possible that sleeping on the back may be the best position for some people to get relieved back pain.

- Lie down flat on your back.
- Put a pillow below your knees and have your spine vague. The pillow plays an important role to keep that bow in your lower back.
- You can also keep a small, curled towel under some section of your back for additional support.

When someone sleeps on their back, the weight is evenly divided and expanded across the widest area of the body. In the end, there is less strain on your pressure points that will make you able to get a better arrangement of your spine and your internal organs.

In addition, the specialists in a pain clinic recommend sleeping in the chair if you have isthmic spondylolisthesis. You can use an adjustable bed to sleep in a reclined position to gain the best alignment and support.