

Sleep position that is best for neck

Question: What is the best way to sleep with regard to the position of my neck and head? What is the best pillow to use?

Answer: The natural healthy curve in your neck is a “C” curve. Your neck’s posture is designed to evenly distribute the weight bearing of your head against gravity pressing downward. When the neck is straight the weight is distributed to the lower cervical vertebra alone causing undue accumulative stress leading to arthritis and degeneration. When you lie flat on your back and your neck’s curve is supported by a pillow without elevating the skull your “C” curve of your neck is stabilized and the muscles surrounding the spine are relaxed.

Lying on your side with your head turned to the side and the neck’s curve supported is the second best position to sleep.

If you are a belly sleeper it is difficult to support the neck appropriately. My advice is to use no pillow at all in this scenario.

There are many specially designed cervical (neck) pillows that support the “C” curve in your neck. Some are firmer than others. It is the individuals’ preference. There are also travel cervical pillows that support your neck while seated.

Ultimately, avoid pushing your head and chin forward toward your chest with a large pillow. Use a thin pillow or no pillow at all to allow the natural postural contours of your neck to be healthy.

Quote of the week: *“Make the most of today. Translate your good intentions into actual deeds.”* – Grehulle Kleiser