

WHAT YOUR SLEEP POSITION SAYS ABOUT YOU

SIDE SLEEPERS/YEARNER- FAVORED OF EASY GOING AND TRUSTING PEOPLE. OFTEN WAKE UP STIFF AND SORE.

TIP: STRETCH AT NIGHT AND IN THE MORNING. TRY GETTING A FOAM MATTRESS TOPPER FOR A MORE COMFORTABLE SLEEP.

FETAL POSITION- SOFT INTERIOR WITH A TOUGH EXTERIOR. SHY BUT WARM PERSONALITY.

TIP: ADDING A PILLOW BETWEEN THE KNEES MAY BE BENEFICIAL TO FETAL POSITION SLEEPERS.

STOMACH SLEEPERS- TRAITS INCLUDE OUTGOING, ASSERTIVE, AND TEND TO BE ANXIOUS.

TIP: IT IS IMPERATIVE TO HAVE FULL BODY SUPPORT TO MINIMIZE BACK PAIN. THIN AND SOFT PILLOWS ARE BEST TO KEEP NECK IN A NATURAL POSITION.

BACK SLEEPERS- BEST FOR PAIN PREVENTION. TEND TO BE QUIET AND RESERVED.

TIP: ADDING A THIN PILLOW BETWEEN THE KNEES CAN MAKE THIS A MORE COMFORTABLE POSITION.

STAR FISH- TEND TO BE GOOD LISTENERS, INTROVERTED AND HELPFUL.

TIP: SIMILAR TO BACK SLEEPERS, IT IS BENEFICIAL TO ADD A PILLOW UNDER THE KNEES

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