Sleep setup checklist for lower back pain

Use these steps from the article to set up a sleeping position that puts less strain on the lower back.

- [ ] Place a small pillow between the knees when sleeping on the side.
- [ ] Put a pillow or rolled towel under the knees when sleeping on the back.
- [ ] Avoid stomach sleeping, or place a thin pillow under the hips and lower stomach.
- [ ] Choose a head pillow that keeps the neck in line with the chest and back.
- [ ] Check the mattress for sagging or damage and consider a medium-firm replacement.
- [ ] Roll onto the side and push up with both hands when getting out of bed.
- [ ] Bring one knee to the chest for 3 seconds on each side before standing.
- [ ] Keep active during the day and avoid long periods in bed.
- [ ] See a doctor for pain that is worse at night or does not ease with rest.
- [ ] Seek emergency care for numbness in both legs or bladder or bowel changes.

Notes

For general education only. Not a substitute for professional medical advice.