# Stiff neck after sleeping: what to do

Use these steps to ease a stiff neck from sleeping and lower the chance of it coming back.

- [ ] Keep your neck moving gently instead of resting in bed.
- [ ] Apply ice for the first 48 to 72 hours, then switch to heat.
- [ ] Move your head slowly up and down, side to side and ear to ear.
- [ ] Ask a pharmacist before taking over-the-counter pain relief with other medicines.
- [ ] Avoid driving or cycling until you can turn your head fully.
- [ ] Sleep on your back or side with a low, firm pillow.
- [ ] Keep fans and cold drafts from blowing on your neck.
- [ ] See a doctor if your stiff neck has not improved after 1 week of self-care.
- [ ] Get urgent care for fever with headache, arm numbness or weakness, or neck pain after an injury.

**Notes**

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/chiropractic/stiff-neck-after-sleeping/