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DO'S

- **Best position is on your back**
- **Second best position is your side**
- **If on your BACK, put a couple of pillows UNDER your knees**
- **If on your SIDE, put a pillow BETWEEN your knees**
- **Try using a towel roll inside your pillow case to keep your neck more supported**
- **If you have acid reflux, keep your upper body more propped up.**

DON'T'S

- **Try to avoid fetal position or on your stomach**
- **Don't have too many pillow (or too few pillows). You want your neck to stay in a neutral position**
- **Try to avoid putting your arm/elbow directly under your head or pillow**
- **Don't eat foods that may cause acid reflux**
- **Don't smoke**