

# The Sleeping Protocol.

## BELLY SLEEPER

The best recommendation would be to create a new habit of sleeping on your back or on your side. We often belly sleep when our bodies are under stress and we need a little extra pressure on our stomachs - how a weighted blanket works!

## BACK SLEEPER

The only question you need to ask is: Is my pillow pushing my head forward? We recommend having a very thin pillow (or no pillow) if you are sleeping on your back. If you have a high pillow, your head will be pushed forward and can contribute to secondary issues in your body.

## SIDE SLEEPER

You want to be a Goldilocks here - not too high, not too low, but just right.

Lay on the side you prefer to sleep on. Look for signs of a pillow that is too high or too low.

### TOO HIGH

You will feel like you want to roll onto your back. You may experience neck discomfort. Very few people are already sleeping on a pillow that is too high for them. This is because your body has a more difficult time compensating for this height.

### TOO LOW

You will naturally feel like you want to roll onto your front. It is very common to put your bottom hand or arm under the pillow to build height. And if your top leg is sprawled out like it's auditioning for a yoga pose, congratulations—you've achieved the classic "four shape" look!

When your pillow is too low, it is important to start adding more height. Start by putting towels underneath your existing pillow to slowly build the height. Sometimes all you need to acquire the perfect pillow height is the addition of a single layer of towel, so continue to recheck until you find the perfect height for you.

### JUST RIGHT

You should feel relaxed and that there is not too much pressure on your shoulder. If we took a picture of you from behind, you would see a straight line through your skull to your tailbone. Another sign of an excellent pillow height is noticing your eyes start to close like you are ready to go to sleep. Once you experience this, then you've got it!

#### SCAN ME

More of a visual person? Don't worry, we've got a video that covers all this, too!



IF YOU KNOW OTHERS WHO HAVE TROUBLE SLEEPING PLEASE FORWARD THIS GUIDE ON TO THEM. YOU NEVER KNOW HOW FAR SOMETHING YOU THINK, SAY OR DO TODAY, WILL REACH AND AFFECT THE LIVES OF MILLIONS TOMORROW.