DID YOU KNOW?

The average person changes sleep positions 30 times per night, remaining in each position for an average of 14 minutes.1

Due to our nature to change positions while asleep, it is important to maximize your time in the position that provides you the most restful, restorative sleep. Every sleep position has its pros and cons, but research studies show that people who rate their sleep “poor” spend more time sleeping on their back than those who say they got a good night’s rest.1

“Consistently, poor sleepers spent more time on their backs with their heads straight. These results suggest that sleep positions constitute an important sleep variable, and they may be related to the quality of sleep.”1

When a person sleeps on their back, gravity pulls down your relaxed tongue muscle, often blocking or constricting their airway. As a result, snoring drastically increases for people sleeping in this position. Additionally, the restricted airway may be severe enough to trigger an apnea event where the person stops breathing.2

According to research published by the National Institutes of Health, patient tests “support the implication that the supine position (on your back with the head straight) is the one in which many sleep apnea patients snore the loudest and have their most disturbed respiratory patterns,” and “such positions could facilitate a greater degree of upper airway closure.”3

In research studies, “the apnea index was found to be twice as high during the time spent sleeping on their backs as it was when they slept in the side position.”3

Visit SnoreCoach.com to see how you can better manage your sleep position through the night, and get better sleep.

* SnoreCoach helps in managing sleep position and substantially reduces positional snoring. It is not approved as a treatment for sleep apnea.

1. “Sleep Positions in the Young Adult and Their Relationship with the Subjective Quality of Sleep”, Joseph DeKoninck, Pierre Gagnon, Serge Lallier.
2. “Treatment of obstructive sleep apnea”, Informed Health Online [Internet].