



Protocol: Sleep Posture

L25 Proper Supine Posture

Lie on your back. Place a small pillow under your head and a larger pillow under your knees.



L26 Proper Side Lying Posture

Lie on your side with both knees bent. Place a pillow under your head so that your neck is straight. Place a pillow between your knees, and place a small pillow or towel roll under



MA15 Sleeping Posture

Sleeping: During the third trimester it is safest to sleep either on your back with your right side slightly elevated with pillows, or on your left side with a pillow between your knees.



MA16 In / Out of Bed

To get out of bed, tighten your abdominal muscles to stabilize your spine, then bend your knees to 45 degrees and roll (without rotating your spine) over on your side to the edge of the

