

# Comfort During Rest and Sleep with Lying Support Equipment

## Positioning for rest and sleep makes a big difference to posture and overall comfort during the day.

With age, the body becomes stiffer and less flexible, and pain and fatigue can be felt more. Sitting, lying or standing in the same position for extended periods can become increasingly uncomfortable, and changing position can become increasingly difficult. Spending 10 to 12 hours every night in bed in the same position can make sitting upright the following morning very challenging – lying in a curled or bent position in bed will often result in a curled or bent position when seated.

Fortunately, the body is never too old to change positioning behaviours: people of all ages are able to make simple changes that result in significant impacts on pain levels and comfort.

In some cases, changes need to be made to sleep positions and this can cause anxiety – people worry that rest on the back may cause breathing or swallowing difficulties during sleep. The reality is that resting the body in a

new position – one that is comfortable and safe – is sufficient; it is not actually necessary to change ways of sleeping. Spending time in a new resting position before sleeping at night, or after waking in the morning, can have significant benefits. Lying in the new position while reading or listening to music encourages relaxation, with just 10 to 20 minutes every day enough to reduce pain and make sitting easier.

There are many equipment types available to assist with rest and sleep positioning, and suggestions available to help you to be comfortable and safe in different positions. It can take some time to become accustomed to a new position, and trials of different equipment types may be needed. A therapy team or the Sleep Solutions team can assist in establishing positioning and equipment that is comfortable.



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