

# Does this “ancient” sleeping position fix joint pain?

## How This Ancient Sleeping Position in Nature Can Fix Joint Pain (Almost No One in America Does This)

Most people don't give a second thought to how they sleep. Yet research that's been around for decades shows us certain sleeping positions can make back pain *worse*. Even more surprising, wild animals leave us clues for the *best* sleeping position to ward off back and joint pain.

### POPULAR POSTS

#### Could This Morning “Pee Test” Reveal a Hidden Cause of Stiff and Aching Joints?

0 Total Shares

(<https://losethebackpain.com/could-this-morning-pee-test-reveal-a-hidden-cause-of-stiff-and-aching-joints/>)

#### What Do Cancer, Heart Disease, and Arthritis All Have in Common?

0 Total Shares

(<https://losethebackpain.com/what-do-cancer-heart-disease-and-arthritis-all-have-in-common/>)

#### This 30-Second Power Wash Ritual Cleans Your Arteries and Washes Away Joint Pain

0 Total Shares

(<https://losethebackpain.com/this-30-second-power-wash-ritual-cleans-your-arteries->

If you're struggling with back pain, you definitely want to avoid sleeping on your stomach. And you generally want to minimize how much time you sleep on your back. Both of these sleep positions can throw your spine out of alignment—especially if you're using a bad pillow. Some studies show that sleeping on your back or stomach can increase your risk of back pain by **23%**.

So what's the best sleeping position to relieve back and joint pain? Well, the only option left is sleeping on your side. But there's a catch. Your pillow could actually be making your back pain *worse*.

Using a larger pillow or multiple pillows can crane your neck and throw your spine out of alignment. Fortunately, our ape ancestors have left us clues for the best sleeping position to minimize back and joint pain. Check out this mountain gorilla:

and-washes-away-joint-pain/)

### **What's Your Inflammation Score? Answer These 3 Questions to Find Out**

0 Total Shares

(<https://losethebackpain.com/whats-your-inflammation-score-answer-these-3-questions-to-find-out/>)

### **Why Doctors Are Dead WRONG About Arthritis and Joint Pain (#1 Cause is Actually Protein!)**

0 Total Shares

(<https://losethebackpain.com/why-doctors-are-dead-wrong-about-arthritis-and-joint-pain-1-cause-is-actually-protein/>)

**You  
MUST  
Eliminate  
This  
Protein**

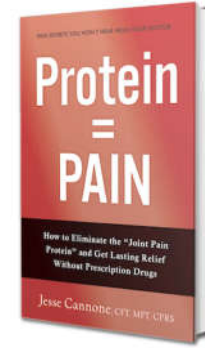
Discover the  
**"Joint Pain**



As you can see, that gorilla isn't using a pillow. Yet his left arm is supporting his head, keeping his spine in alignment. And it's not just animals in the wild.

Many tribes people all over the world have adopted these natural and primitive sleeping positions. As a result, their prevalence of back and joint pain is much *lower* than here in America.

Here's physiotherapist, Michael Tetley, demonstrating this sleeping position:



**Protein"** that wreaks havoc in your body far beyond your joints.

Get your **FREE copy of Protein=Pain** ebook..

Plus health breakthroughs from the world's leading pain relief experts every week for FREE.

**Sign Up For**



Once again, no use of a pillow. Instead, his right arm serves as the support for his head and neck. This position allows the spine to remain in perfect alignment.

Now, pillows aren't completely useless. If you have knee pain for instance, placing pillows under your knees when sleeping on your back may help. As well as placing a pillow between your knees when sleeping on your side.

The point here is that while your sleeping position may not be the *cause* of your joint pain—it can certainly make your pain worse.

## Texts

By checking this box, you agree to receive recurring automated promotional and personalized marketing text messages (e.g. cart reminders) from The Healthy Back Institute at the cell number used when signing up.

Consent is not a condition of any purchase. Reply HELP for help and STOP to cancel. Msg frequency varies. Msg & data rates may apply.

[View Terms](https://attnl.tv/t/3hn)

(<https://attnl.tv/t/3hn>) & [Privacy](https://attnl.tv/p/3hn)

(<https://attnl.tv/p/3hn>).

## Continue...

We HATE spam too and will only send you great info.

So be mindful of how you sleep and what positions you find yourself in the most.

And if you're looking for even more support in relieving your chronic joint pain for good—then you should give **Heal-n-Soothe®** a try.

**Heal-n-Soothe®** is our cutting edge nutritional formula that addresses the main *root causes* of joint pain:

### **Inflammation and joint-damaging protein.**

You're probably already familiar with the role inflammation plays in chronic pain. But you may not know about the **joint-damaging protein called fibrin**. Fibrin accumulates in people with joint damage or injuries. And this excess buildup of fibrin blocks soothing blood flow and oxygen from reaching your joint tissues.

This keeps you in agony and makes the pain even worse.

But with **Heal-n-Soothe®**, you don't have to worry about that anymore.

Because not only do the natural ingredients soothe painful inflammation, but they dissolve that fibrin protein too.

That means you get to enjoy **total joint relief** that you won't get with traditional solutions.

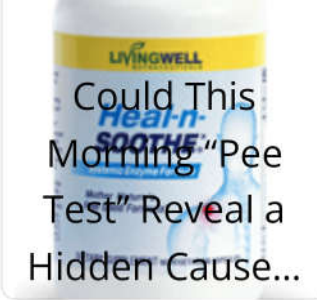
And right now while limited supplies last, you can try a bottle of **Heal-n-Soothe® for FREE**. Just cover the small shipping & handling fee and we'll send it to you *immediately*. Tap the button below to get started.

**Claim Your FREE Bottle of Heal-n-Soothe®**

**While Supplies Last**

**(<https://secured.losethebackpain.com/products/188/sp-heal-n-soothe-free-trial>)**

**You may also like to read...**



FILED UNDER: BACK PAIN (/CATEGORY/BACK-PAIN)  
WRITTEN BY: ADMIN UPDATED: JULY 25,2023

## Sign Up Now For LESS PAIN, MORE LIFE Our FREE E-Newsletter...

Kiss your pain goodbye when you sign up to receive our free, LIVE PAIN FREE email newsletter, which is always full of the latest and most powerful, pain relieving information from the world's leading pain relief experts.

Enter Your BEST Email

## Sign Me Up!

We are 100% Anti-Spam Compliant

### LEAVE A REPLY

Your email address will not be published. Required fields are marked \*

**Comment \***

**Name \***

**Email \***

**Website**





Save my name, email, and website in this browser for the next time I comment.

The reCAPTCHA verification period has expired. Please reload the page.

POST COMMENT

 **MY ACCOUNT**

[\(\[HTTPS://MYACCOUNT.LOSETHEBACKPAIN.COM/LOGIN\]\(https://myaccount.losethebackpain.com/login\)\)](https://myaccount.losethebackpain.com/login)  
 [FAQ \(/FAQ/\)](/faq/)  [ORDER STATUS \(/ORDER-STATUS/\)](/order-status/)

 **SHARE YOUR STORY (/MY-TESTIMONIAL/)**

 **CONTACT US (/CONTACT-US/)**

# Find a Solution to Your Pain Problems

Search for pain solutions here...



# POPULAR SEARCHES

[Back Pain Exercises \(/treatments/back-pain-exercises-and-stretches/\)](/treatments/back-pain-exercises-and-stretches/)

[Lower Back Pain \(/conditions/lower-back-pain/\)](/conditions/lower-back-pain/)   [Neck Pain \(/conditions/neck-pain/\)](/conditions/neck-pain/)

[Herniated Disc \(/conditions/herniated-disc/\)](/conditions/herniated-disc/)   [Sciatica \(/conditions/sciatica/\)](/conditions/sciatica/)

[Pinched Nerve \(/conditions/pinched-nerve/\)](/conditions/pinched-nerve/)

## INSIDE LOSETHEBACKPAIN.COM

---

[About Us \(/About-Us/\)](/About-Us/)

[Contact Us \(/Contact-Us/\)](/Contact-Us/)

[Quality \(/Quality/\)](/Quality/)

[Company Values \(/Company-Values/\)](/Company-Values/)

[Customer Success Stories \(/Our-Success-Stories/\)](/Our-Success-Stories/)

[Medical Advisory Board \(/Medical-Advisory-Board/\)](/Medical-Advisory-Board/)

[Careers / Job](#)

## POPULAR PRODUCTS

---

[Arthritis Reversed  
\(Https://Securessl.Losethebackpain.Com](https://Securessl.Losethebackpain.Com)

</Products/118/Sp-Arthritis-Reversed-Book>  
)

[Heal-N-Soothe  
\(/Products/Heal-N-Soothe/\)](/Products/Heal-N-Soothe/)

[Inversion Tables  
\(/Products/Seated-](/Products/Seated-Inversion-Tables)

[Inline-Inversion-System/\)](#)

[Natural Cleanse  
\(Https://Securessl.Losethebackpain.Com](https://Securessl.Losethebackpain.Com)



**GET YOUR  
FREE COPY**  
7-DAY MEAL PLAN  
FOR ULTIMATE  
PAIN RELIEF

**GET YOUR FREE COPY**  
**([https://securessl.lose  
thebackpain.com  
/products/154/sp-  
7-day-meal-plan](https://securessl.lose<br/>thebackpain.com<br/>/products/154/sp-<br/>7-day-meal-plan))**

Opportunities ([/Products/152/Sp-ApplyNetjob.com](https://Healthybackinstitute.ApplyNetjob.com))

[/Apply/](https://Healthybackinstitute.ApplyNetjob.com) Rub On Relief

Affiliate Program ([/Products/Rub-On-Relief-Tube/](https://Healthybackinstitute.ApplyNetjob.com))

Media/Press ([/Media-Press/](https://Healthybackinstitute.ApplyNetjob.com)) Sleepzyme ([/Products/Sleepzyme/](https://Healthybackinstitute.ApplyNetjob.com))

The 7-Day Back Pain Cure (<https://Securessl.Losethebackpain.Com/Products/144/Sp-Free-7-Day-Back-Pain-Cure-Book>)

The Live Pain Free Cookbook ([/Products/Live-Pain-Free-Cook-Book/](https://Securessl.Losethebackpain.Com/Products/Live-Pain-Free-Cook-Book/))

Far Infrared Heating Pads (<https://Securessl.Losethebackpain.Com/Products/139/Pp-Deep-Heat-Healing-Pad>)

## SHOPPING

---

My Account (<https://Myaccount.Losethebackpain.Com/Login>)

Shipping/Return Policy

(/Shipping-Return-  
Policy/)

Quality Assurance

(/Quality-Assurance/)

---

All material herein is provided for information only and may not be construed as personal medical advice. No action should be taken based solely on the contents of this information; instead, readers should consult appropriate health professionals on any matter relating to their health and well-being. The publisher is not a licensed medical care provider. The information is provided with the understanding that the publisher is not engaged in the practice of medicine or any other health-care profession and does not enter into a health-care practitioner/patient relationship with its readers. The publisher is not responsible for errors or omissions.

If you want to use an article on your site, this content may be copied in full, with copyright, contact, creation and information intact, without specific permission, when used only in a not-for-profit format. If any other use is desired, permission in writing from the Healthy Back Institute is required.

**Privacy Policy (<https://losethebackpain.com/site-privacy-policy/>)**

**Terms & Conditions (<https://losethebackpain.com/terms-and-conditions/>)**

© 2023 LoseTheBackPain (/). All Rights Reserved. No Drug Company Funding or Advertising on This Site!