

# WHAT DOES YOUR SLEEPING POSITION SAY ABOUT YOU?



## FACT

One arm or leg sticking out from under the quilt is Britain's favourite position, followed by both feet poking out the end.

## FACT !

Certain personality difficulties associated with the Freefall position, the position is good for digestion. Starfish and Soldiers are more likely to have a bad night sleep and snore.



## MOST COMMON SLEEPING POSITIONS

Professor Chris Idzikowski, one of Britain's leading sleep experts, has identified six different positions

- **Foetus** 41% Curled up on the side + holding pillow
- **Log** 14% Side with legs straight + arms down
- **Yearner** 13% Side with legs straight + arms out
- **Starfish** 5% On their back with arms + legs out
- **Soldier** 8% On their back, legs straight + arms on side
- **Freefaller** 7% Face up with head turned + arms on pillow
- **Unclassified** 5% Different position every night

## SLEEPING POSITIONS AND PERSONALITIES

Experts have discovered a direct link between people's favourite sleeping positions and their personalities

### Foetus

The foetus sleepers are gruff people initially but with warm and open hearts. Appear tough but are sensitive to the core. Takes a while to warm up but once he does you're more relaxed.

### Log

The log sleepers are very relaxed and sociable individuals.

### Yearner

The yearner sleepers are reserved which means they are open to new things but very suspicious and cynical people. Once they make up their mind they stick to it.

### Starfish

The starfish sleepers tend to be very good listeners. Very friendly but don't like to be the center of attention and prefer others to take the limelight.

### Soldier

The soldier sleepers tend to be quiet and reserved. They set very high standard for themselves.

### Freefaller

The freefaller sleepers tend to be confident but have a very nervous personality. Respond badly to criticism. Very good at making quick decisions.

## SLEEPING POSITIONS AND HEALTH

Idzikowski also believes that the awkward sleep positions we get ourselves into, can have an impact on our health - both good and bad.

### Best Positions

#### Back positions

Prevents neck and back pain, reduces acid reflux, minimizes wrinkles, and helps maintain perky breasts. However, it is a bad position in terms of snoring.

- ▶ **Starfish**  
Risk of snoring
- ▶ **Soldier**  
High risk of snoring

### OK Positions

#### Side positions

Generally regarded as best for health. Sleeping on the side prevents neck and back pain and also reduces snoring.

- ▶ **Foetus**  
Most common position. Less snoring. Neck and back pain.
- ▶ **Log**  
Good overall position. Keeps spine in a neutral format.
- ▶ **Yearner**  
good position for the back disks, muscles and ligaments

### Worst Positions

#### Stomach positions

Best for digestion as lying down flat means that stomach contents can more readily be worked back up into the mouth. However this is also the worst position due to a 90 degree neck angle.

- ▶ **Freefall**  
Eases snoring, but bad for everything else. Puts pressure on joints and muscles, which can irritate nerves and lead to pain, numbness, and tingling.

#### Sources

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