WHAT DOES YOUR SLEEPING POSITION SAY ABOUT YOU?

MOST COMMON SLEEPING POSITIONS
Professor Chris Idzikowski, one of Britain's leading sleep experts, has identified six different positions:
- Foetus: Curled up on the side + holding pillow (41%)
- Log: Side with legs straight + arms down (14%)
- Yearner: Side with legs straight + arms out (13%)
- Starfish: On their back with arms + legs out (5%)
- Soldier: On their back, legs straight + arms on side (8%)
- Freealler: Face up with head turned + arms on pillow (7%)
- Unclassified: Different position every night (5%)

SLEEPING POSITIONS AND PERSONALITIES
Experts have discovered a direct link between people's favorite sleeping positions and their personalities:
- Foetus: The foetus sleepers are very relaxed and sociable individuals. They are open to new things but very suspicious and cynical. Once they make up their mind they stick to it.
- Log: The log sleepers are reserved which means they are open to new things but very suspicious and cynical. Once they make up their mind they stick to it.
- Yearner: The yearner sleepers are reserved which means they are open to new things but very suspicious and cynical. 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 standards for themselves.
- Freealler: The freealler sleepers tend to be confident but have a very nervous personality. Responds 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.

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

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

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