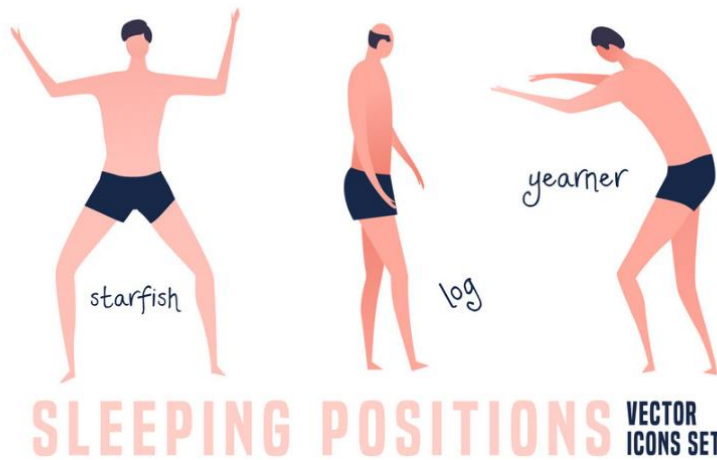


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**THE SIRIUS  
SLEEPER BLOG**

# 7 Sweet Sleep Positions



There's more to say about sleep positions than this short-form blog can handle, but today we'll stroll through the general menagerie of them—and maybe you'll see your own sleep-pose staring right back at you.

The immense variety of positions is greater than most of us think, and, interestingly, the lion's share of these arrangements are side-sleeping ones.

Let's sample 7 slices of the sleeping-position pie.

## **1) The Yearner Position**

Thirteen percent do this odd bed-pose.

Double the number of stomach-downers!

On their sides, yearners extend their arms' out in front of them—a bit zombie-like.

This is one of several [ways we humans side-sleep](#), and it helps with sleep-breathing. Want delighted lungs in the night hours? Dare to yearn.

## **2) The Fetal Position**

This one's iconic—we all know it.

We joke about it, because it suggests that we might have just got a bop on the head—and we're curling away from the frickin' mean world.

Fetal's a best-seller. Forty-one percent of us curl up to one side and sleep with our knees bent.

[Some studies say more women than men sleep in this way.](#)

Interestingly, [it's recommended for pregnancy](#). It improves blood circulation for both mother and her fetal sleeper inside.

### 3) The Stomach-down Position

This is sleeping “[prone](#).”

About 6.5% of us do it—an itty-bitty bite.

Its big advantage is that it ends snoring; however, it's generally considered the lousiest position in the pantheon. Negative health outcomes are associated with it.

[Your neck and spine curve, potentially causing pain or nerve-tingling there.](#)

### 4) The Starfish Position

If you ever bumped into a starfish, their “face” side (the mouth side) was probably face-down, so you might think the “starfish” sleeping position is a “stomach-down,” one—but no.

Five percent of the population let it all hang out this way: on their *backs*, spread-eagled, legs and arms winging away, gazing at the stars like they ain't got a darn care in the world.

These reckless individuals may be prone to snoring and sleep problems—[and sleepwalking!](#)

### 5) The Log Position

Some folks sleep like a log.

[This style attracts 15% of people](#) and, as you may surmise, there's not a whole lot to it.

You rest on one shoulder, with your arms straight down at your sides.

You're just, like, super-lateral.

[Seeking to straighten the spine](#) and [snore no more](#)? Try the silence of the log.

### 6) The Soldier Position

This style pops readily into your mind.

The soldier stands at attention with his arms stuck, rib-tight.



If you're one of the eight-percenters who form this somnolent army, you have flopped back and straightened your legs—and your arms are stiff and side-slapping—at *in*-attention!

It's a supine (on-the-back) pose.

Amazingly, [it reduces acid reflux and minimizes wrinkles](#) (because your face is not squashed or sagging to a side)--but [it will qualify you for the corps that snores.](#)



## 7) The Spooning Position

Spooning is the odd one out on this list (or the “odd two out,” as the case may be).

As if you didn't know, spooning is when couples side-sleep close, with one draping their arm over the other.

The down side is, it's easy to jostle or be jostled by your partner.

But you get to cuddle, and we might walk a mile for that.

Spooning stimulates oxytocin secretion.

That's called the “[love hormone](#).”

It promotes bonding, decreases stress, and helps you doze quick. Fun fact: you get your [oxytocin download within 10 minutes](#) of warmly wrapping your arms around a sleepmate.

But what if you don't have a bedmate?

Our Sirius Sleeper body pillow helps with that.

It's a cuddly thing, calming your nerves and helping the [74% of us who side-sleep](#)—or any of the 26% who want to try.

It gives you proper support—helping assist in that super-healthy position of catching z's on your side.

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