

**Mayo Clinic Minute: What's the best sleeping position?**

VIDEO	AUDIO
Jason	Back-sleepers beware.
<b>46:58</b> <b>Dr. Krahn</b>	"I know many people find it to be comfortable, because they're not putting weight on their joints."
<b>Jason</b>	But Mayo Clinic experts say sleeping on your back is actually the worst sleeping position, especially if you have sleep apnea.
<b>47:06</b> <b>Lois Krahn, M.D.</b> <b>Sleep Medicine</b> <b>Mayo Clinic</b>	"Sleeping on the back means that your tongue and jaw can fall down and crowd your airway. And many people snore more on their back.
<b>Jason</b>	Sleeping on your stomach helps keep the airway open, but it can put a strain on your spine and neck.
<b>51:35</b> <b>Virend Somers, M.D., Ph.D.</b> <b>Cardiovascular Disease</b> <b>Mayo Clinic</b>	"There's a host of evidence overall suggesting that probably sleeping on the side is better."
<b>Jason</b>	Side sleeping helps prevent the airway from collapsing and can reduce snoring.
<b>Jason</b>	Side sleeping also is recommended during pregnancy, especially the last trimester. And sleeping on the left side is best because it keeps pressure off internal organs and promotes healthy blood flow.
<b>49:55</b> <b>Dr. Somers</b>	"When you are in the last trimester of pregnancy and when you sleep on your back, the uterus is compressing your inferior vena cava. It's compressing the arterial system."
<b>Jason</b>	Sleeping on your side also is considered by the Sleep Foundation as the best for people with neck and back pain, especially if you place a small pillow between your knees.
<b>Jason</b>	For the Mayo Clinic News Network, I'm Jason Howland.

