

Forum:[Hack Forums](#)

Thread: [Read this if you wake up with headaches / lightheaded / grogginess](#)

duplex - May 8, 2019, 1:55 am

Hey people, I was laying in bed last night and I wanted to make this, it's something I've tested for a while.

I have found that the position I lay my head makes me wake up with headaches. I noticed that I didn't realize until I properly thought about it, I tend to sleep with my eye on the pillow which I am now aware causes me to wake up with pain around the eye due to the pressure I'm putting around that area.

Also, I noticed that when I do this, my nostril on which ever side I'm laying on is in the pillow (pressure on eye socket), hence not breathing and only breathing properly out of one nostril and not both as I should be.

I now recommend to lay with your neck just supporting the bottom of the pillow, and your head facing completely angled 90 degrees. This allows me to breathe out of both nostrils and my eye area not exposed fully to the pillow.

I hope this helps and gives you some idea in-case you wake up groggy and lightheaded, or a normal headache. I just want y'all to have better sleep. ?

Dope - May 8, 2019, 2:30 am

Interesting, thanks for this thread, I'll keep it in mind. I never thought about my head position causing headaches.

duplex - May 8, 2019, 3:21 am

(May 8, 2019 02:30 AM)Dope Wrote: [CITE](#) Interesting, thanks for this thread, I'll keep it in mind. I never thought about my head position causing headaches.

Thank you! I also find if I restrict the airflow to my left nostril, I get a headache on the right side of the my head, if I restrict the flow from my right nostril, I get a headache on the left side of my head.