

Forum:[Hack Forums](#)

Thread: [What position do you sleep in?](#)

Nate - March 15, 2021, 1:52 am

Personally I'm a side sleeper, I also like having a body pillow on my back side idk makes me feel safe haha

I heard sleeping on your back and side are the best for your back.
Sleeping in your stomach is the worst for your posture

Exalted - March 15, 2021, 1:54 am

The fetus position, it's just very comfortable, but it can definitely wreck your back sometimes.

Nate - March 15, 2021, 1:57 am

(Mar 15, 2021 01:54 AM)Exalted Wrote: [\[CITE\]](#) The fetus position, it's just very comfortable, but it can definitely wreck your back sometimes.

I can relate to that I used to sleep like that too

Neon™ - March 15, 2021, 2:33 am

I'm a side sleeper but often I sleep on my stomach too.

Pancake Boat - March 15, 2021, 4:16 am

I used to be a heavy stomach sleeper, usually found myself sleeping on one of my hands, but it resulted in me going into sleep paralysis often, and fuck that.

Now I mostly sleep on my side or back, but if it's on my back then gf tells me I snore like a tractor.

A + - March 15, 2021, 4:28 am

I go to sleep on my side but usually wake up on my stomach.

Elweth - March 15, 2021, 5:20 am

(Mar 15, 2021 01:54 AM)Exalted Wrote: [\[CITE\]](#) The fetus position, it's just very comfortable, but it can definitely wreck your back sometimes.

Can confirm, am having backaches now.

wiz - March 15, 2021, 5:31 am

LOG ROLLER

THE SLEEPER RESTS ON THEIR SIDE, LEGS EXTENDED STRAIGHT AND ARMS IN PLACE.

Log sleep position, in which the sleeper rests on their side, legs extended straight and arms in place, is the second most popular position for any sleeper. Though the sleep position looks stiff, a sleeper with style like this is anything but rigid and cold. Log sleepers are typically social and easygoing people. They converse with all kinds of people, but can prefer running with an A-list crowd. They are also very trusting, which can sometimes make them seem a little more gullible to outsiders. The log roller is when you are on your side with your arms at your sides as well. This position keeps your neck and back in alignment, making it one of the best positions for back pain and neck pain. You can also add a pillow or blanket between your knees in this position to help ease any discomfort. An offshoot of the log position is the yearning dreamer position where you are on

your side but both arms are outstretched. Like the log roller position, the yearning dreamer does well to support your back because it follows the natural curve of your spine, keeping it straight, mattress-supported, and elongated. There is a potential for some arm numbness, or neck and shoulder pain in this position, but don't worry, it can easily be remedied by more pillows of course! Place a pillow under your arms, or if you're feeling cuddly, hug a pillow while you sleep.

Source: <https://www.nectarssleep.com/p/sleep-positions/#sideSleeper>

Exalted - March 15, 2021, 6:15 am

(Mar 15, 2021 01:57 AM)N?te Wrote: [\[CITE\]](#) I can relate to that I used to sleep like that too It's just too comfortable, and I seem to always get into that position; nothing I can do about it; my body takes over.

(Mar 15, 2021 05:20 AM)Elweth Wrote: [\[CITE\]](#) Can confirm, am having backaches now. Same, my neck and lower back are killing me right now; I had a great night, though.

Forensic - March 15, 2021, 6:37 am

I don't understand how people can sleep on their back.

Neon™ - March 15, 2021, 6:50 am

(Mar 15, 2021 06:37 AM)Forensik Wrote: [\[CITE\]](#) I don't understand how people can sleep on their back.

I personally can't. Every single time I try to do it, I just roll back either on the side or on my stomach? Only solution would be to get a kinky gf to tie me up with ropes so there's no possible way to switch to another sleeping position?

K1. - March 15, 2021, 7:26 am

Always on my left side, can't sleep any other way!

NEVER on the back!

Juoku - March 15, 2021, 8:24 am

(Mar 15, 2021 01:52 AM)N?te Wrote: [\[CITE\]](#) Personally I'm a side sleeper, I also like having a body pillow on my back side idk makes me feel safe haha

I heard sleeping on your back and side are the best for your back.
Sleeping in your stomach is the worst for your posture
Same myself, I sleep on my side, it varies which one but it's always on my side.
only when I'm drunk or super tired I can fall asleep in any position

Pajtim-H - March 15, 2021, 8:41 am

(Mar 15, 2021 06:37 AM)Forensik Wrote: [\[CITE\]](#) I don't understand how people can sleep on their back.

The belly may be one of the reasons! So how can a ball stand on its side ??

Regulus - March 15, 2021, 8:42 am

This one mostly.

Profitaholic - March 15, 2021, 9:38 am

Usually I sleep on my back like a corpse.

Jack the stripper - March 15, 2021, 9:51 am

Sideways is the best position to sleep from a wealthy back perspective, but your neck is going to suffer if you don't have a good pillow. I change between side and face up being this last one the best position when you wake up with a boner.

Verethragna - March 15, 2021, 9:58 am

(Mar 15, 2021 05:31 AM)wiz Wrote: [\[CITE\]](#)

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Source: <https://www.nectarsleep.com/p/sleep-positions/#sideSleeper>

I feel like I just read a very high-class ad ? I'm a log sleeper as well tho. It's extremely comfortable as this advertisement stated lol.

SIM-2501407 - March 15, 2021, 10:00 am

(Mar 15, 2021 08:42 AM)Regulus Wrote: [\[CITE\]](#) This one mostly.

Same except my neck is at a 60 degree angle.

Rip neck.

Nate - March 15, 2021, 11:22 am

(Mar 15, 2021 05:31 AM)wiz Wrote: [\[CITE\]](#)

LOG ROLLER

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shoulder pain in this position, but don't worry, it can easily be remedied by more pillows of course! Place a pillow under your arms, or if you're feeling cuddly, hug a pillow while you sleep.

Source: <https://www.nectarssleep.com/p/sleep-positions/#sideSleeper> Never heard about this one, but this is actually that what I do

Carrot - March 15, 2021, 1:30 pm

(Mar 15, 2021 05:31 AM)wiz Wrote: [\[CITE\]](#)

LOG ROLLER

THE SLEEPER RESTS ON THEIR SIDE, LEGS EXTENDED STRAIGHT AND ARMS IN PLACE.

ah yes my position! its literally the BEST!

i don't feel comfortable in any other position.

I don't understand how people sleep on their backs?!

peldon - March 15, 2021, 2:06 pm

Always sleep on my left side. Naked.

HEISENPUG - March 15, 2021, 2:20 pm

i toss and turn so much when i sleep its nuts lol.

MarvinMalware - March 15, 2021, 3:20 pm

I used to sleep on my side or my stomach but recently developed some stomach issues, finding sleeping on my back helps quite a bit for the morning pain. And it's done some nice things for my back as well to be honest.

TBEClockWork - March 15, 2021, 3:28 pm

I'm a stomach sleeper :/ I know how bad it is for my body, but it's what I'm use to. I need to be super drunk or insanely tired to sleep in any other position.

Neon™ - March 15, 2021, 4:45 pm

(Mar 15, 2021 03:28 PM)TBEClockWork Wrote: [\[CITE\]](#) I'm a stomach sleeper :/ I know how bad it is for my body, but it's what I'm use to. I need to be super drunk or insanely tired to sleep in any other position.

Same here, I acknowledge the fact that it's unhealthy but fugg that. I'm used to sleep like this since I was a kid ?? Also I remember that as a kid someone told me that sleeping on my stomach is actually healthy and maybe that's why I started sleeping like this? fugg whoever told me this

SIM-1349466 - March 15, 2021, 5:00 pm

Side and back. Go to sleep on my side, wake up on my back.

DocShifty US Army Retired - March 15, 2021, 5:04 pm

Flat on my back with my arms crossed over my chest like a mummy.

jecoylecroy - March 15, 2021, 5:31 pm

I sleep side ways too but sometimes I sleep with stomach under.

TB12 - March 15, 2021, 7:01 pm

I use to be a side sleeper but it hurts my shoulders these days, I usually sleep on my stomach now

SIM-353284 - March 15, 2021, 9:22 pm

Each and every different position.

Dripstur - March 15, 2021, 9:24 pm

I sleep on my side and kinda curled up. Could never really fall asleep on my back or stomach.

Yanix - March 15, 2021, 10:01 pm

I always sleep on my left side that's my comfortable position as always :D

Nate - March 16, 2021, 2:13 am

(Mar 15, 2021 10:01 PM)Yanix Wrote: [\[CITE\]](#) I always sleep on my left side that's my comfortable position as always :D

Same but I had to switch because of a shoulder injury

soulm8 - March 16, 2021, 2:22 am

slept entire life on my right side but had shoulders in pain every morning, used to say im a big guy and need to leave side sleeping lol :D , but because of epilepsy and tongue injuries i got and more scars on it i can get im sleeping on my left side or stomach but with head strictly turned to the left.

Enjoyed sleeping on my back, with hands on my chest like a mummy, its the best position for sleep.

Oh i ve almost forgot, idk for what reason, right side sleeping was making my gastric acid go insane :S

Nate - March 16, 2021, 2:25 am

I like using my boy pillow

ghostboy - March 16, 2021, 10:25 am

I sleep like shit and usually fold my wrist and arm all awkward like a pretzel pillow

Nate - March 16, 2021, 11:04 am

(Mar 16, 2021 10:25 AM)triple6 Wrote: [\[CITE\]](#) I sleep like shit and usually fold my wrist and arm all awkward like a pretzel pillow

I do that to under a piloow, only sometimes tho

ghostboy - March 16, 2021, 11:16 am

(Mar 16, 2021 11:04 AM)N?te Wrote: [\[CITE\]](#) I do that to under a piloow, only sometimes tho

Nah bro I am the pillow, if it's gonna be lumpy and uncomfy might as well use my own self to help sleep

Angela White - March 16, 2021, 11:22 am

I sleep in the missionary position.

1337GAMER - March 16, 2021, 11:23 am

I really have no preference when falling asleep, but I typically wake up on my back.

N - March 16, 2021, 11:46 am

I side sleep most of the time. I can also sleep on my back comfortably some nights.

Nate - March 16, 2021, 5:39 pm

(Mar 16, 2021 11:46 AM)Nixhxlax Wrote: [\[CITE\]](#) I side sleep most of the time. I can also sleep on my back comfortably some nights.

You the big or the small spoon

Grim - March 16, 2021, 5:40 pm

usually on my sides when im sleeping i heard thats the proper way

Condoms - March 16, 2021, 5:52 pm

Not sure how I fall asleep.

I suffer from Insomnia, but when i do wake up, i am on my back.

Nate - March 16, 2021, 5:59 pm

(Mar 16, 2021 05:52 PM)Condoms Wrote: [\[CITE\]](#) Not sure how I fall asleep.

I suffer from Insomnia, but when i do wake up, i am on my back.

Back sleeping can lead to sleep anaepia or whatever its called.

Yanix - March 16, 2021, 11:41 pm

(Mar 16, 2021 02:13 AM)N?te Wrote: [\[CITE\]](#) Same but I had to switch because of a shoulder injury

Oh what was that injury bro?

Same for me I usually switching on left and right side when I am sleeping.