

How to Stop Shoulder Pain in Bed (Sleeping Postures)

It is quite common to experience shoulder pain in bed or while sleeping. Shoulder pain at night can often be attributed to poor positioning.

Common problems:

Sleeping on painful shoulder side.

This may be due to habit. One should avoid sleeping directly on a painful shoulder if possible. If not, we will show you an option.

Option One: Sleep on nonpainful shoulder and support painful shoulder arm with two pillows. Place one pillow on bed lengthwise next to body. Place the second pillow on top of the first pillow. Tuck the pillow in the armpit of the painful shoulder and allowing the remainder of the arm to rest on the pillow. Make it comfortable.



Option Two: Sleep directly on painful shoulder. Reduce stress by creating a canal. Use two pillows to support head in a side lying position. Have a third smaller pillow or throw pillow to place about 6 to 8 inches from the two pillows. This creates the canal. Lie on your painful side and place the painful shoulder/arm in the canal. Pressure will be distributed to your head, rib cage, and partially to painful shoulder. But much less stress than normal.



Option Three: Sleep on painful shoulder side but roll back slightly. This will take any pressure off the point of the shoulder and it will be felt more on your shoulder blade and back. Use a pillow to support your back in that position.



Sleeping on stomach with arms overhead.

This should be avoided at all costs. We suggest this extreme measure if you continue to sleep on your stomach. Sew a tennis ball into the front of a t-shirt. With a ball in place any attempts to lie on your stomach will be extremely uncomfortable.

