

Sleep & Posture

THE OTHER 23 HOURS

You exercise for 15 minutes a day. You sleep 7–8 hours and sit at a desk for another 7–8. The load your body carries during those other 23 hours either supports your recovery or undermines it. Pick one targeted change — reduce the sustained load on the outlet around the clock.

Sleep Positions



✓ BEST

On your back, arms at your sides, neck in neutral. One pillow, low enough that the head isn't pushed forward.



⊖ ACCEPTABLE

On the unaffected side, bottom arm in front — not under the pillow — and the top shoulder not collapsing forward. Pillow thick enough to keep the neck level.



✗ AVOID

Stacked pillows. Two pillows push the head up and hold the neck in flexion all night. Also avoid the affected side, arm overhead, or face down.

Workstation



MONITOR

At or just below eye level. Looking down means head forward — increased cervical load all day.

KEYBOARD & MOUSE

Close enough that the elbows stay near your sides. Reaching forward keeps the pec minor and scalenes under sustained stretch.

CHAIR HEIGHT

Elbows at roughly desk height. An armrest or forearm pad is recommended if you use a mouse heavily.

PHONE & SCREENS

Bring the screen up toward eye level instead of dropping your head to the screen. The one change with the fastest return.

THIS WEEK

Pick one change and implement it before your Phase 2 check-in. Sleep setup, monitor height, or phone position. One change, consistently.



Review the demo video for full instruction, tips, and advice.