



Supported position for lying on your side

When lying in this position it is best to have a support along the back and a cushion between the knees - encouraging the hips into a neutral position. If the child feels they are falling forwards a small support can be placed in front of the chest.



If your child has strong uncontrolled movements that push wedges/rolls out of the way or you cannot get a comfortable position they may need a specialist sleep system assessment.

For this Contact Somerset Direct on 0300 123 2224

Select OPTION 1- Children and Families and request an Occupational Therapy Assessment

*Assessments for Specialist sleep systems are usually carried out jointly by an Occupational Therapist and Physiotherapist.

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Basic positioning for Lying at Night

Children's Occupational Therapy Team



'Promote inclusion, build independence, and value individuality'



Basic tips and information on the best positions for a child/young person to be in at night

Why is Night-time positioning important

Children & Young people (C&YP) can spend 8 -12 hours in bed. This is a long time, especially if they have physical needs that make lying down for long periods feel uncomfortable.

C&YP that have difficulty moving themselves are at risk of developing long-term changes to their body shape that will impact on their mobility, independence and comfort.

This happens by gravity pushing down over time causing the body to shorten muscles- limiting movement at joints, pulling the spine out of line and encouraging hip dislocation.

These changes in the skeleton and muscles can make breathing and digestion difficult and impact on everyday activities like feeding, playing, communicating and personal care tasks.



What can we do about this?

Cushions, rolled up towels or wedges can be used to help support a child to feel more comfortable and maintain a good body shape at night.

Best supported position for lying on your back

When lying in this position its best to have a support under the knees. Also between the legs if they naturally want to move together or outside of the legs if they naturally want to move too far apart - 'frog legs'. You can also have support either side of the hips or torso if needed.

