HYGIENE HABITS: POSTURE

**TASK 1:** Define the following words and give an example:

**TASK 2:** Read and translate in Spanish.

Correct body position in bed

* **The foetal position:** this is the ideal sleeping position, on your side with your legs drawn up using a pillow that is not too high and allows good back alignment.
* **On your back:** in this position you should use a pillow that does not raise your head too high and bend your neck. It is advisable to use another pillow under your knees to avoid strainning your lower back.
* **On your stomach:** This is the least recommended position because it puts too much torque your neck and arches your back.

**TASK 3.** Do you know any correct position in general life? Describe it.