

Sleeping & Rest



Sleep is important for healing, including proper bone growth. It provides energy for you to perform exercises, rehabilitation therapy, and daily activities.

Good rest is especially important when rehabilitating a new total joint but can be difficult.

When sleeping on your back, place a pillow or foam wedge, if you received one, between your legs to prevent twisting

or crossing of your legs. When sleeping on your side, keep your surgical side up as you do not want pressure on your incision, and place a couple of pillows between your legs to prevent twisting or crossing of your legs.

Bedroom Environment

Pillows help in positioning when used appropriately. Position items you may need (phone, tissues, ice pack, water, etc.) within reach to avoid straining or additional activity when needing to rest.

Sleep positions for hip replacement:



On your back...

Use pillows between legs to prevent twisting or crossing of your legs.



On your unoperated side...

With your surgical side up, use pillows between legs for support and to prevent twisting or crossing of your legs.

Benefits of changing sleeping positions:

- ✓ Facilitates optimal blood flow and healing of wounds
- ✓ Helps avoid pressure sores on buttocks and heels
- ✓ Promotes healthy lungs by encouraging deeper breathing by laying on your side