

# 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.

You are allowed to sleep in any position, as long as your surgical knee is as straight as possible and you avoid pressure on your incision.

When sleeping on your side, you may use pillows for comfort, to help keep your surgical knee straight, and to avoid twisting of your knee.”

# 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 knee replacement:



### On your back...

Do not put a pillow under your knee, which would encourage a bend. Keep your operative knee as straight as possible.



### On either side...

Use pillows between legs for support as needed. Keep your operative knee as straight as possible.

## 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