

## Effect of Sleeping Postures on General Health

Jaafar Ahmed<sup>1</sup>, Fahmi Kakamad<sup>2</sup>, Aram Hassan<sup>3</sup>, Rawand Essa<sup>4</sup>, Dalya Hamanajm<sup>5</sup>, Xanda Abdulla<sup>6</sup>, Shadi Sidiq<sup>7</sup>, Rawezh Salih<sup>8</sup>, Masrur Aziz<sup>9</sup>, Snur Karim<sup>10</sup>, Lanya Ahmad<sup>11</sup> and Shilan Qadir<sup>12</sup>

<sup>1</sup>KBMS (Psych.), Sulaimani Teaching Hospital, Department of Psychiatry, Sulaimaniya, Iraq.

<sup>2</sup>MBChB, Sulaimaniya University, Department of Cardiothoracic Surgery, Sulaimaniya, Iraq.

<sup>3, 5, 6, 7, 8 & 9</sup>Undergraduate Student (Biology), Bioscience Center, Sulaimaniya, Iraq.

<sup>4 & 10</sup>MBChB, Sulaimani Teaching Hospital, Sulaimaniya, Iraq.

<sup>11 & 12</sup>Preparatory School Student Bioscience Center, Sulaimaniya, Iraq.

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### ABSTRACT

*Sleeping is vital to a human being and good sleep is essential to good health. The impact of position on the quality and quantity of sleep among healthy people till now is less clear, the primary aim of this study is to assess the effectiveness of sleep position on sleep quality among the general population. A retrospective cohort study about sleeping postures has been performed. It was done in Kurdistan region – Iraq. The data were collected from 4710 healthy individuals. Participants have been divided into four groups. Group A, they were used to sleep on the right side, Group B, they were used to sleep on the left side, Group C, they were used to sleeping in the supine position and Group D with the prone sleeping pattern. Data were analysed by using SPSS program and P Values less than 0.05 was considered to be significant. Sleeping on the right side was the most common mode of sleep (40.1%) followed by prone, supine, and left side positions (26.2%, 14.2% and 10% respectively). Individuals sleeping on their right side have least morning symptoms and better sleeping rest while those with sleeping in prone position have more morning symptoms and worst sleeping rest. Also, Nightmares, Halitosis and Snoring during sleep are less among individuals sleeping on the right side. Sleeping on the right side has a good effect on human wellbeing, we suggest further study in this area to confirm the results.*

**KEYWORDS:** Sleeping posture, Morning symptoms, Nightmares, Snoring.

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#### **ABOUT THE AUTHOR (S)**

**Jaafar Ahmed**, KBMS (Psych.), Sulaimani Teaching Hospital, Department of Psychiatry, Sulaimaniya, Iraq.

**Fahmi Kakamad**, MBChB, Sulaimaniya University, Department of Cardiothoracic Surgery, Sulaimaniya, Iraq. He is a corresponding author and can be reached at [fahmi.hussein@univsul.edu.iq](mailto:fahmi.hussein@univsul.edu.iq).

**Aram Hassan**, Undergraduate Student (Biology), Bioscience Center, Sulaimaniya, Iraq.

**Rawand Essa**, MBChB, Sulaimani Teaching Hospital, Sulaimaniya, Iraq.

**Dalya Hamanajm**, Undergraduate Student (Biology), Bioscience Center, Sulaimaniya, Iraq.

**Xanda Abdulla**, Undergraduate Student (Biology), Bioscience Center, Sulaimaniya, Iraq.

**Shadi Sidiq**, Undergraduate Student (Biology), Bioscience Center, Sulaimaniya, Iraq.

**Rawezh Salih**, Undergraduate Student (Biology), Bioscience Center, Sulaimaniya, Iraq.

**Masur Aziz**, Undergraduate Student (Biology), Bioscience Center, Sulaimaniya, Iraq.

**Snur Karim**, MBChB, Sulaimani Teaching Hospital, Sulaimaniya, Iraq.

**Lanya Ahmad**, Preparatory School Student Bioscience Center, Sulaimaniya, Iraq.

**Shilan Qadir**, Preparatory School Student Bioscience Center, Sulaimaniya, Iraq.