# Article information:

How Your Sleep Position Affects Your Health  
<https://www.webmd.com/sleep-disorders/ss/slideshow-sleep-positions>

# Article summary:

1. Different types of mattresses can help people with low back pain.

2. Sleep positions during pregnancy can affect the quality of sleep.

3. Cuddling can have a positive effect on sleep quality.

# Article rating:

Appears well balanced: The article presents the information in a reliable and balanced way, without biases and prejudices. The claims made in the article are well supported and, where applicable, all sides of the argument are given opportunity to present their point of view. The article appears trustworthy and reliable.

# Article analysis:

The article is generally reliable and trustworthy, as it draws from reputable sources such as Harvard Health Publications, Mayo Clinic, National Sleep Foundation, and The Better Sleep Council. The article does not appear to be biased or one-sided in its reporting, as it provides information from multiple sources and perspectives on the topic of sleep and mattress selection for those with low back pain or who are pregnant. It also does not appear to contain any unsupported claims or missing points of consideration; all claims made are backed up by evidence from the sources cited in the article. Additionally, there are no unexplored counterarguments or promotional content present in the article.

The article does note possible risks associated with certain sleeping positions during pregnancy, which is important to consider when making decisions about mattress selection and sleep position during pregnancy. Furthermore, both sides of the argument are presented equally throughout the article; for example, when discussing cuddling’s effects on sleep quality, both positive and negative effects are discussed in detail.

In conclusion, this article is generally reliable and trustworthy due to its use of reputable sources and balanced presentation of both sides of an argument.

# Topics for further research:

* Sleep positions for low back pain
* Mattress selection for pregnant women
* Sleep quality and cuddling
* Sleep hygiene for pregnant women
* Sleep deprivation and pregnancy
* Sleep and posture during pregnancy

# Report location:

<https://www.fullpicture.app/item/74fb5497abe5b854c742ebe178bbba19>