Choose a mattress that provides medium or firm support, such as a traditional coil spring or adjustable airbed. Avoid waterbeds, thick pillow tops and soft or sagging mattresses.

Always sleep on your back with a pillow either underneath your knees, or on your side with a pillow between your knees. Avoid sleeping on your stomach.

Keep your neck and back covered while sleeping to avoid drafts that could cause potential muscle spasms.