

# REDUCE SCIATICA

## LYING ON YOUR BACK

### NIGHT POSITION GUIDE

Calm the Pain.  
Sleep Better.  
Move Forward.



#### SIMPLE STEPS

Follow Exactly



#### NIGHT RESET

Reduce Pressure



#### BETTER SLEEP

Less Pain Tomorrow

**PAIN CARE SUPPLY**

Practical. Controlled. Simple.

## MEDICAL DISCLAIMER

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*This content is for informational and educational purposes only. It is not medical advice and does not replace the guidance of a licensed healthcare provider. If you are experiencing pain, injury, or any health condition, consult a qualified medical professional before beginning any movement or self-management program. Do not use this content to diagnose or treat any condition.*

### **RED FLAG — STOP IMMEDIATELY IF YOU EXPERIENCE:**

- Loss of bladder or bowel control
- Numbness or tingling in the groin or inner thigh
- Sudden severe weakness in both legs
- Chest pain, dizziness, or difficulty breathing during movement
- Symptoms that are rapidly worsening

### **STOP AND CONSULT A PROVIDER BEFORE CONTINUING IF YOU EXPERIENCE:**

- New or increasing numbness or tingling down the leg or into the foot
- Sharp, shooting pain that worsens with every attempt at movement
- Significant increase in symptoms after two or more sessions
- Fever, unexplained weight loss, or night pain that wakes you from sleep

*These are clinical red flags. This guide does not replace professional screening. If any red flag is present, do not continue. Refer to a qualified healthcare provider.*

# RESET SCIATICA SYMPTOMS IN BED AT NIGHT

## A Step-By-Step Night Position Protocol

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*If you have tried everything and your leg pain keeps waking you up at night — you are not alone. This is where to start.*

**This guide is for you if:**

- Your leg pain increases when you lie on your back at night
- You wake up unable to find a comfortable position
- You feel stuck or unsure what to do when symptoms start

This guide gives you an exact sequence to follow when you lie down. Each step is designed to reduce load on the sciatic nerve pathway. Follow the steps in order. Do not skip ahead.

# DO THIS FIRST

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Before anything else — get into the base position.

## STEP 1

Lie on your back with knees bent.

✓ *Feel: You should feel pressure reduce in your lower back or leg.*

■ *Avoid: Avoid sharp pain, spreading symptoms, or loss of control.*

## STEP 2

Place a pillow under both knees to support the bend.

✓ *Feel: You should feel the pillow take weight off your lower spine.*

■ *Avoid: Avoid forcing your back flat against the mattress.*

## STEP 3

Hold this position for 60 seconds before adjusting.

✓ *Feel: You should feel your body begin to settle and tension ease slightly.*

■ *Avoid: Avoid moving early — give the position time to work.*

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Once the base position feels stable, move to the step-by-step execution below.

# STEP-BY-STEP EXECUTION

## POSITION A — Base Load Reduction

|          |                                          |
|----------|------------------------------------------|
| Position | On your back, head supported, knees bent |
| Range    | Knees bent approximately 30–60 degrees   |
| Timing   | Hold 60–90 seconds                       |
| Reps     | 1–2 cycles                               |

✓ You should feel a mild decrease in tension along the back or leg.

■ Avoid forcing your back flat or pushing into discomfort.

## POSITION B — Slide Adjustment

|          |                                                  |
|----------|--------------------------------------------------|
| Position | Slide the painful leg slightly forward from base |
| Range    | Increase knee bend by 10–20 degrees              |
| Timing   | Hold 20–30 seconds                               |
| Reps     | 2–3 cycles                                       |

✓ You should feel less pull or tension down the leg.

■ Avoid any increase or spread of symptoms — return to base if this occurs.

## POSITION C — Weight Shift Reset

|          |                                                         |
|----------|---------------------------------------------------------|
| Position | Return to base position                                 |
| Range    | Small weight shift off the painful side — 10–15 percent |
| Timing   | Every 1–2 minutes                                       |
| Reps     | 2–3 resets per session                                  |

✓ You should feel more even pressure across the lower back.

■ Avoid holding one position too long without resetting.

## DECISION RULE

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Use this rule every time you change position or feel a shift in symptoms.

|                                 |                                                                                  |
|---------------------------------|----------------------------------------------------------------------------------|
| IF pain moves down the leg      | Stop. Return to base position immediately. Do not continue to the next position. |
| IF pain stays local or improves | Continue. Hold the current position for the full timing before progressing.      |
| IF pain does not change         | Continue at the same position. Do not force progression. Give it time.           |

## TROUBLESHOOTING — IF THIS HAPPENS

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### ■ Pain spreads further down the leg

Position is too aggressive. Return to base. Reduce knee bend angle.

### ■ Pain spikes on movement

You adjusted too quickly. Slow down each transition. Add 10 seconds to each hold.

### ■ Pain lingers after the session

No early reset was done. Add Position C weight shift resets every 60 seconds.

## RELIEF MOMENT

Use this at the end of each session or any time symptoms begin to settle.

|                 |                                                 |
|-----------------|-------------------------------------------------|
| <b>Position</b> | On your back, knees bent in base position       |
| <b>Range</b>    | Small pelvic tilt — 5 to 10 percent range only  |
| <b>Timing</b>   | 5 slow breaths — approximately 30 to 60 seconds |
| <b>Reps</b>     | 1 to 2 cycles                                   |

✓ *You should feel tension ease slightly through the lower back and leg.*

■ *Avoid pushing into pain or forcing the movement.*

## BONUS SCENARIO — SIDE LYING ADJUSTMENT

If lying on your back does not reduce symptoms after two full cycles — try this side-lying variation before stopping.

### STEP 1

Roll to your non-painful side slowly using the log roll technique (bend knees first, roll as one unit).

✓ *Feel: You should feel less direct pressure on the painful side.*

■ *Avoid: Avoid twisting the spine. Move the whole body as one unit.*

### STEP 2

Place a pillow between your knees to keep hips aligned.

✓ *Feel: You should feel the hips stack evenly without dropping forward.*

■ *Avoid: Avoid letting the top knee fall forward — this rotates the pelvis.*

### STEP 3

Hold for 60 to 90 seconds. Apply the same Decision Rule.

✓ *Feel: You should feel a reduction in leg pull or pressure.*

■ *Avoid: Avoid staying in one position longer than 2 minutes without a reset.*

## NIGHTLY SYMPTOM TRACKER

Use this tracker each night for 7 nights. Track your starting symptoms, which position helped, and how long relief lasted. This tells you what is working and helps you build on it.

| Night | Start Symptom (1–10) | Position Used | Relief Felt? (Y/N) | How Long (min) | Notes |
|-------|----------------------|---------------|--------------------|----------------|-------|
| 1     |                      |               |                    |                |       |
| 2     |                      |               |                    |                |       |
| 3     |                      |               |                    |                |       |
| 4     |                      |               |                    |                |       |
| 5     |                      |               |                    |                |       |
| 6     |                      |               |                    |                |       |
| 7     |                      |               |                    |                |       |

After 7 nights: review your notes. If one position consistently reduces symptoms — that is your anchor position. Start there every night going forward.

## WHAT COMES NEXT

This guide is one step in a larger system. Night positioning is where most people start — because sleep is when the body needs the most support. Once this feels controlled, the next step is managing symptoms during the first 10 minutes after waking.

|            |                                                               |
|------------|---------------------------------------------------------------|
| Start here | Night positioning — reduce load while lying down (this guide) |
| Then       | Morning reset — first 5 minutes after waking                  |
| Then       | Seated reset — managing symptoms during the day               |
| Then       | Walking reset — building tolerance gradually                  |

**If lying down at night still triggers your symptoms —  
this is your next step.**

**[paincaresupply.com/free](https://paincaresupply.com/free)  
Free Flare-Up Reset Guide**

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