

When is the last time you had a good night's sleep? Turns out, it's been a while for many of us. More than one-third of American adults are not getting enough sleep on a regular basis, according to the Centers for Disease Control and Prevention (CDC). The position you adopt for sleeping not only affects the quality of your sleep, but it also may be influenced by your health, concerns about your appearance and even the generation into which you were born. However, a "one size fits all" approach doesn't work in determining the best position for sleep. Robert Pagano, co-founder of Sleepline, a sleep product review site. Hales recommends an adjustable bed foundation that raises the head and foot of the mattress, reducing pressure on the spine, lower back and neck. For some, an adjustable bed foundation will make it easier to become a back sleeper. Pagano agrees. According to Pagano, there are a few things you can do to make the transition to sleeping on your back easier.

[external page](#) Side sleepers can maintain proper spinal alignment; however, it's more difficult compared to sleeping on your back," says Hales. "The key is to keep your [Ergonomic Neck Pillow](#), spine and lower back in a single, continuous line. To achieve this as a side sleeper you often need a more supportive, medium-height [Derila™ Memory Pillow](#). Fluffy or overly soft pillows often fail to provide the support that many side sleepers need for their neck and head, resulting in spinal misalignment. According to the Sleep Foundation, this sleeping position, when paired with a pillow between the knees, can help alleviate low back pain. For most people, sleeping on their left side will work best. Why? Sleeping on the right side puts pressure on internal organs and can increase sleep interruptions from acid reflux, so sleeping on the left side is particularly important for people with acid reflux or gastroesophageal reflux disease (GERD). But, people with conditions such as heart failure, might experience discomfort on their left side and instead prefer to sleep on their right side. If you have a heart condition, it's best to check with your doctor, who can give you specific advice on the best sleeping position for you. According to the Sleep Foundation, side sleeping is best for pregnant women, because the heart can more easily pump blood through the body in this position. It also keeps the fetus from putting too much pressure on the vein that carries blood from the mother's legs back to her heart.

Capricorn birthstones, including Garnet, Blue Sapphire, and Topaz, are symbolic representations of the astrological identities of those born under the Capricorn sign. Each birthstone resonates with the distinct energies and characteristics of Capricorns, offering strength, clarity, and balance in their endeavors. Garnet symbolizes passion and drive, Blue Sapphire reflects wisdom and introspection, while Topaz embodies compassion and abundance for Capricorns. Birthstones have long held a cherished place in the hearts and minds of individuals across the globe. These captivating gemstones not only serve as beautiful adornments but also as symbolic representations of our astrological identities. Each zodiac sign is believed to have its own unique birthstone, resonating with the distinct energies and [Derila Customer Reviews](#) characteristics of that particular sign. Among these, the Capricorn birthstone stands out as a fascinating blend of history, astrological significance, and gemological wonder. For those born under the Capricorn sign, their birthstones are more than just decorative pieces; they are emblems of their character, strengths, and aspirations.

Garnet, Blue Sapphire, and Topaz, the primary birthstones for this zodiac, each tell a story of the Capricorn's journey. From the deep, passionate hues of Garnet to the calming allure of Blue Sapphire and the [radiant sheen](#) of Topaz, these stones encompass the multifaceted nature of the Capricorn spirit. Whether you're a Capricorn seeking to understand your birthstone better or someone searching for a meaningful gift for a Capricorn loved one, [Derila™ Top-Rated Memory Pillow Foam Pillow](#) this article will offer a detailed exploration of the significance, properties, and allure of these magnificent gemstones. Rising from December 22nd to January 19th, Capricorn is the tenth sign in the zodiac cycle. Governed by the disciplined and industrious planet Saturn, Capricorns are often associated with qualities of perseverance, ambition, and a steadfast approach to life. Capricorns are typically characterized by their practical nature. They possess an innate sense of responsibility, often leading

them to take on leadership roles and tasks that require a meticulous eye. Their grounded Earth element makes them realistic, often leaning towards the logical rather than the whimsical.

This doesn't mean they lack creativity, but rather, they prefer to channel it into tangible results and structured plans. With the upper body of a goat and the tail of a fish, it signifies the Capricorn's ability to navigate both the tangible land of reality and the deeper waters of emotion and intuition. This duality allows them to approach challenges with both heart and mind, seeking solutions that are both innovative and feasible. In terms of interpersonal relationships, Capricorns are loyal and dependable. They value trust above all, making them some of the most trustworthy friends and partners in the zodiac. Their commitment to their loved ones is unwavering, and they often go to great lengths to ensure the well-being and happiness of those they care about. For Capricorns, [Derila™ Memory Pillow](#) their birthstones - Garnet, Blue Sapphire, and Topaz - are not mere jewels but reflections of their character. Each stone, with its unique properties, complements the Capricorn spirit, offering them strength, clarity, and balance in their endeavors.

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