

Getting out of bed

- 1 Bend your knees and roll to whichever side you find easiest.
- 2 Bring the underneath arm to a right angle in front of you and put your upper hand on the side of the bed, below the elbow.
- 3 Slowly drop your legs over the side of the bed and push on your hand and elbow so that you roll up to sitting, looking at the bed, **so that your head is lifted by the body**, rather than lifting your head first. Lifting the head first creates tension in the front of your body which can last the whole day! To get into bed reverse the instructions.

