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## [Your Sleeping Position Betrays Your Personality](#)

### *And influences your overall health*

After finding five different types of snoring, Professor Chris Idzikowski, director of the Sleep Assessment and Advisory Service, has come with an analysis linking the personality of each other with the sleeping position s/he's got. His analysis encompasses six common sleeping positions, connected each other to a particular personality type. "We are all aware of our body language when we are awake but this is the first time we have been able to see what our subconscious posture says about us. What's interesting is that the profile behind the posture is often very different from what we would expect." The six positions investigated by Idzikowski are: 1. **The Fetus**: Those individuals are apparently tough on the outside but have a "big heart". They may be shy (and thus appear arrogant) at the first meeting, but soon they get relaxed. This is the most frequent sleeping position, found in 41% of the 1,000 subjects involved in the investigation who took part in the survey. Twice more women than men adopt this position. 2. **Log**: found in 15% of the cases, it's characterized by lying on your side with both arms down by your side. These are easy going, social people who usually trust strangers, fact that makes them gullible. 3. **Yarner**: 13%, people who sleep on their side with both arms out in front were found to possess an open nature, but can also have a suspicious, cynical character. They require time to take decisions, but once taken, they won't change their mind. 4. **Soldier**: in 8% of the cases - lying on your back with both arms pinned to your sides. These are generally quiet and reserved people, who avoid loud discussions, but set high standards for themselves and the others around them. 5. **Freefall**: 7% of the cases - sleeping on your stomach with your hands around the pillow, and your head turned to one side. Sociable and brash people, can be bad tempered, rejecting criticism, or extreme situations. [img=2]6. **Starfish**: 5% of the subjects - sleeping on your back with both arms up around the pillow. These are trustworthy and good listeners; they dislike being the center of attention. Other subjects (5 %) said they had variable sleeping positions. Idzikowski also investigated the effect of the sleeping positions on the general health. The freefall position was found beneficial for digestion, while the starfish and soldier positions made subjects more prone to snoring and a bad night's sleep. "Lying down flat means that stomach contents can more readily be worked back up into the mouth, while those who lie on their back may end up snoring and breathing less well during the night. Both these postures may not necessarily awaken the sleeper but could cause a less refreshing night's sleep." said Idzikowski.