



LIVING BEYOND  
BREAST CANCER®

PHYSICAL CONCERNS



## Breast surgery: preparing your home for better sleep

**After surgery, sleeping in certain positions can be painful or impossible. Discomfort can also mean you wake up more during the night. Use these tips to create a sleeping space that helps you sleep better, longer:**

- Consider sleeping in a recliner the first few days after surgery. This keeps you from rolling over onto surgery wounds.
- If you prefer your bed, use pillows to keep from rolling and to support a comfortable position. Use pillows to create a back wedge to prop you up, or place a pillow under your knees or arms for more support.
- Sleep in a room without noise or distractions. Some people find sleeping separate from their partner during the first few weeks of recovery helps.

Other things I want to prepare where I sleep \_\_\_\_\_  
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