**SLEEP POSITION**

**I have read numerous articles examining which is the best sleeping position. There doesn’t seem to be a consensus.**

**However, here is something to consider that I have not found mentioned anywhere, and that is, the effect of sleeping position on heart rate.**

**On many occasions I have taken my pulse after resting on my left side (heart located near the bottom) and compared that to my pulse rate after resting on my back (supine).**

**Within minutes of switching there was a measurable difference of approximately 5 beats per minute. It was lower when I was supine. I assume that might be because, when resting on my left side, the heart has more pressure above it, pressing down.**

**THE MATH**

**Sleeping 8 hours:**

**480 minutes \* 5 = 2,440 extra beats.**

**365 days \* 2,440 extra beats per night = 890,600**

**\* 80 years = 71,248,000 extra beats.**

**The average human heart beats ~3.36 billion times in 80 years,**

**so you will lose about 2% of your alloted beats.**

**CONCLUSION**

**For 80 years, you will lose about a year and a half.**

**(Note: This was far below the standard for scientific testing.**

**I would like to see an actual scientific study done on this**

**that can come to a supportable accurate conclusion.**

**Also, there were many other factors which were not considered)**