

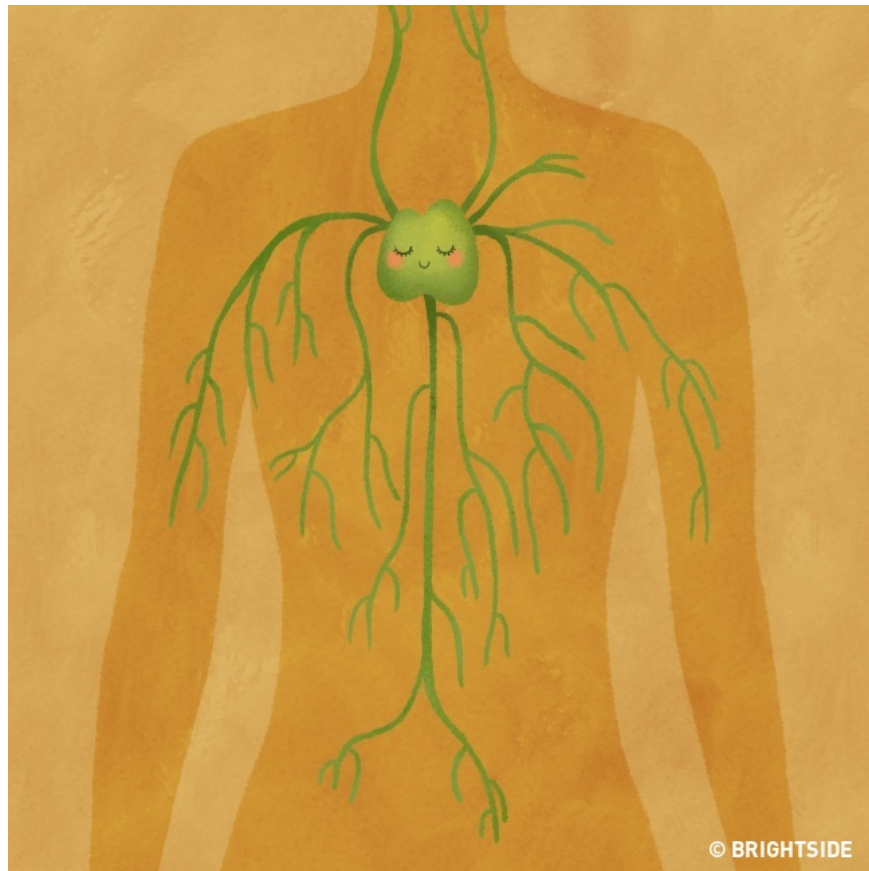
# This is why you should sleep on your left side?

Just leaning on your left side, you can significantly improve your health!

Perhaps most people know that sleep is the most valuable and necessary time for the body. But do you know that sleeping posture can also affect your health? Recent research has demonstrated that lying on your left side when sleeping helps improve the health of many parts of your body.

We certainly know how important sleep is really to energy and daily activities. Therefore, Bright Side decided to test this scientific theory and gave a list of 6 potential benefits from applying the sleeping posture to the left.

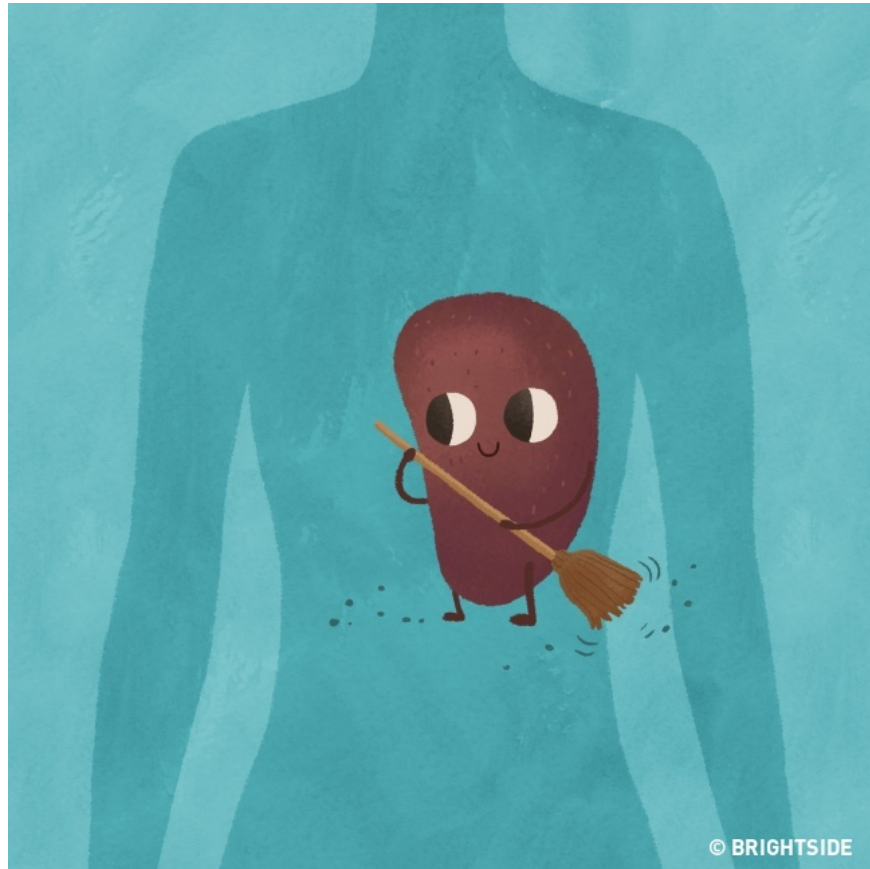
## Improve the function of the lymphatic system



**Lymphatic** system plays an important role in our body by eliminating waste and toxins. Experts say the chest tube (the largest lymphatic tube of the lymphatic system) is located on the left side of our body. That's why sleeping on your left side can help your body eliminate waste more efficiently. In addition, the white snow

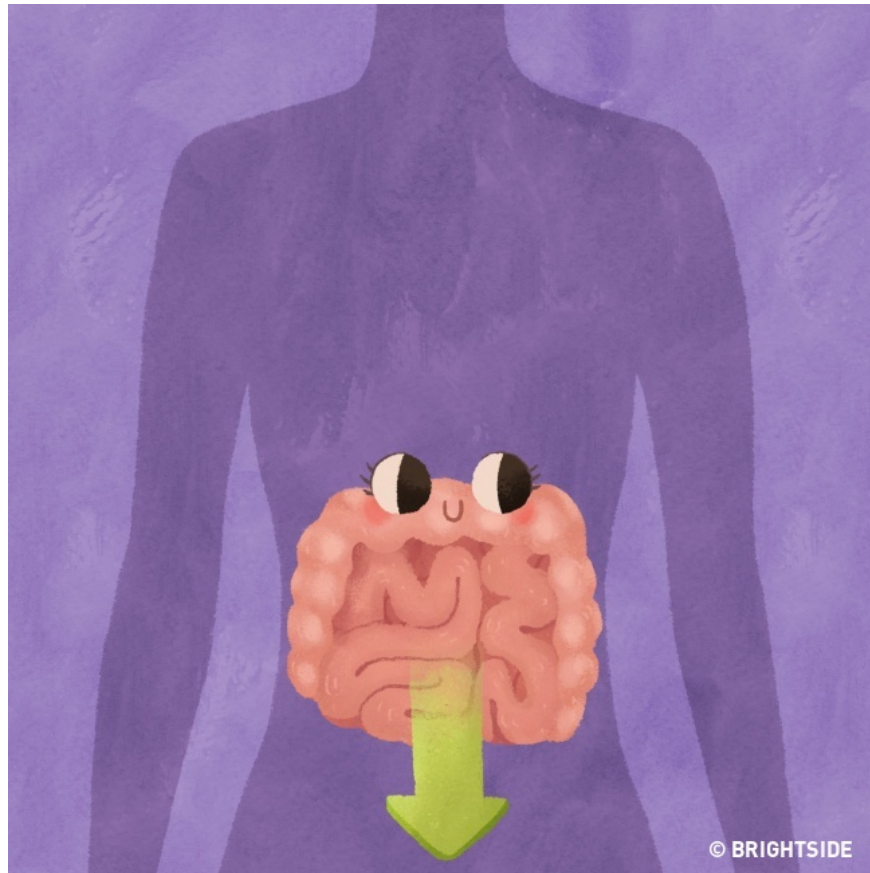
system also provides, transporting fat, proteins and other important substances to tissue cells, lying on the left side to allow **cells in the body to receive fast nutrients. more .**

## **Allow your spleen to work better**



The spleen is the largest organ in the lymphatic system and also on the left side of the body. When you lie on your left side, your spleen works more effectively. The main reason is **gravity** . It promotes blood flow to the spleen, allowing the organ to filter impurities more quickly.

## **Promote proper waste excretion**



The junction between the small intestine and the large intestine lies to the left side of the body, in an area called the **ileocecal** valve ( **ileocum** ). When you lie on your left side, gravity makes it easier to push waste away from the small intestine to the colon. This allows the colon **to remove waste** from your body more easily.

## **Reduce heartburn at night**



If you often suffer from heartburn, it is best to lie on your left side. In this position, your stomach will lie below the cardiac sphincter to connect the esophagus to the stomach. When lying on the left side, the portion of food inside the stomach goes back into the esophagus.

## **Protect the liver**



Because the liver is on the right side of the body, it is the organ that participates in the metabolism and excretion, so when you lie on your right side, you can put pressure on it. Therefore, it is obvious that the liver tends to accumulate a lot of waste and toxins in the body. However, with the posture on the left side will help these organs to eliminate toxins better.

## **Good for the heart**



The left side of the heart functions to receive blood from the lungs and pump blood to the body. Therefore, sleeping on the left side not only helps the heart work more easily and efficiently, but also reduces the workload on the heart due to the gravity of pumping the heart. . Especially the aorta and lower vena cava, large veins of de-oxygenated blood circulation from the heart to rhythmic blood vessels.

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