

Post-Septoplasty Sleep Checklist



Use this nightly checklist to recover smarter and sleep more comfortably after your procedure.

- Sleep on your back with your head elevated
- Use a wedge pillow or two stacked pillows
- Avoid side sleeping for the first 2-4 weeks
- Place pillows beside your body to stay in position
- Use a humidifier at night
- Avoid alcohol, caffeine, and allergens
- Follow your prescribed nasal care routine
- Avoid heavy meals before bed
- Keep pets out of your sleeping area
- Check with your surgeon before resuming side sleeping

For more sleep recovery tips, visit
[SideSleepComfort.com](https://www.SideSleepComfort.com)