Instructions for each step:

For the left side:

1. Before you begin place a pillow behind you so that on lying back it will be under your shoulders.

2. Start sitting on a bed and turn your head 45 degrees to the left.

3. Lie back quickly keeping your head turned until your shoulders are on the pillow. Your head is reclined onto the bed. Wait for 30 seconds.

4. Turn your head 90° to the right (do not raise it off of the pillow) and wait again for 30 seconds.

5. Turn your body and head another 90° to the right and wait for another 30 seconds.

6. Sit up on the right side

For the right side:

1. Before you begin place a pillow behind you so that on lying back it will be under your shoulders.

2. Start sitting on a bed and turn your head 45 degrees to the right.

3. Lie back quickly keeping your head turned until your shoulders are on the pillow. Your head is reclined onto the bed. Wait for 30 seconds.

4. Turn your head 90° to the left (do not raise it off of the pillow) and wait again for 30 seconds.

5. Turn your body and head another 90° to the left and wait for another 30 seconds.

6. Sit up on the left side