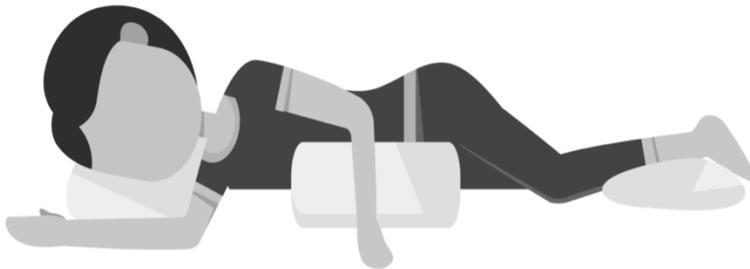
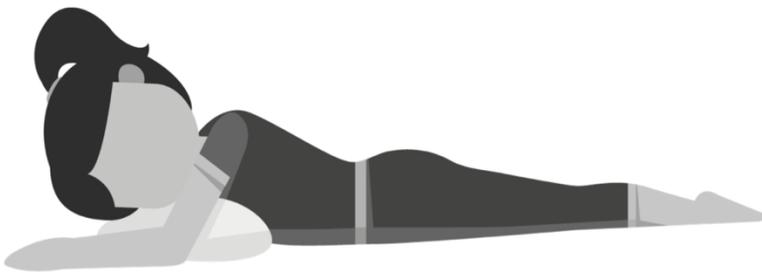


## Awake Prone Positioning (APP)

- As you are aware, your oxygen levels are low because of your current medical condition
- While your medical team is working on treating the problem, you can help improve your oxygen levels with certain position changes
- If possible, try to not spend a lot of time lying flat on your back
- Try to lie on your stomach 2-3 times per day (30 min-few hours at a time if possible)
- Laying on your stomach (prone position) will help to get more air into your lungs, and improve your oxygen levels
- It may feel a bit uncomfortable at first, if you have not tried it before. Ask your nurse for assistance if needed, to help you get into a comfortable position.
- Even sitting up is better than laying on your back (supine position)
- If you are unable to get into that position, it's alright. Your medical team will keep working on other strategies to improve your condition.

## Awake Prone Positioning (APP)



Less Time  
Like This