

What does your sleeping position say about you?

ASTER
GROUP

1.



DO YOU SLEEP ON YOUR FRONT?

yes

Easy, you're a...
Rock Climber

no

2.



DO YOU SLEEP ON YOUR BACK?

yes

ARE YOU A RULE BREAKER?

yes

ARE YOU A BED HOGGER?

yes

You're a...
StarFish

no

You're a...
Free Faller

no

3.



DO YOU SLEEP ON YOUR SIDE?

yes

DO YOU SLEEP CURLED UP?

yes

You're a...
Baby

no

DO YOU LIKE A GOOD HUG?

yes

DO YOU LIKE TO PLAY TWISTER?

yes

You're a...
Pillow Hugger

no

You're a...
Yearner

You're a...

Spooner

Zzzz

Take
the test!

It's
National
Bed Month.

DON'T SNOOZE. →

Take the sleep test now
and then turn over to read
more about your secret
sleep persona....

What does your sleeping position say about you?

We all have a sleeping position of choice to send us off to the land of nod. In fact most of us have adopted this sleeping shape since we first entered the world. There are loads of positions of preference, from curling up into a ball to spread-eagling the entire bed. But did you know that the way in which you sleep at night could provide some insight into your character? Yep. So to discover whether you're a good friend, more of an introvert, or hands-on tactile type, read on.



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You're a...
Rock Climber

You aim for the sky!
People who choose this position are typically inviting and open, which is nice.

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You're...**The Soldier**

Attention!
Usually if you sleep this way, you're quiet, reserved and you like to follow the rules.

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You're...
The Baby

You're a secret softy!
Tough on the outside, but soft on the inside. You love nothing more than curling up after a long day.

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You're a...
Yearner

You're a complex character. Open minded, yet cynical at the same time, and totally resolute once a decision is made.

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You're a...
StarFish

You're a true mattress hogging master!
Surprisingly though, you don't like to be the centre of attention.

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You're a...
Free Faller

For when things get too hot under the covers. With a happy easy going disposition, you're a great friend to be around :-)

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You're a...
Pillow Hugger

You love to get cozy and have a cuddle.
You're an easy going, social kinda person who cherishes good relationships in life.

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You're a...
Spooner

Are you big spoon or little spoon? Either way, keep enjoying the confidence in your couplehood.