1409 - Sleeping on one’s stomach when there is a legitimate reason

the question

my question is regarding a posting i saw in your website that it is preffered for a Muslim to sleep on his right side and not on his stomach. Is that true? and what if a person due to problems with his back can't sleep except on his stomach?

Detailed answer

Praise be to Allah.

If you have no choice but to sleep on your stomach, there is nothing wrong with doing so, so long as you are keen to follow the Sunnah and the only reason you cannot put this particular aspect of it into practice is your illness.

And Allah knows best.