



## Sleeping health

Maintaining a natural spinal curve is important in sleeping. In this position, the spine is relaxed with minimal pressure on nerves, muscles and spinal discs.

### Sleeping positions

#### Sleeping On Your Back

- This is the best position for maintain an normal spinal curve with the least stress on your spine
- Ensure to have the correct pillow height for your neck
- It is often useful to place a pillow under your knees to reduce strain on the lower back.



#### Sleeping On Your Side

- This is the second best way to sleep

**Option 1:** Lie on your side and bend both knees and hips. You can place a pillow between your legs for more comfort

**Option 2:** Alternatively Bend the bottom leg only: this will prevent the pelvis from twisting.

**Option 3:** If you only bend the top leg, then the pelvis can twist, putting torsion on the lower back. To prevent this twisting, place a pillow under your top knee.



#### Sleeping On Your Stomach

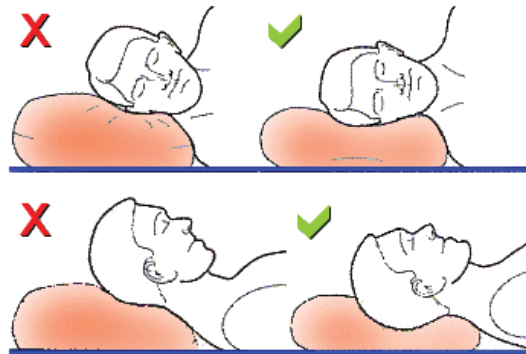
Sleeping on your stomach should be avoided: it puts unnecessary pressure on your neck due to twisting of the head, and also strains your lower back. Speak to your Chiropractor about ways to prevent this.





## What about the pillow?

Your pillow should be the right height to keep the neck straight, and it's best to use only one pillow. It should mould to the shape of your head to support it and the neck.



Ensure your arms do not tuck underneath the pillow, as this can create crowding at the neck. If you sleep on your side, have them resting in front of you, and if you sleep on your back, have your hands either beside you or resting on your stomach.

If you have any other questions regarding correct pillow selection, speak to your Chiropractor.

## Other tips for healthy sleep

- Ensure you have a comfortable, supportive mattress. Speak to your chiropractor for specialist advice on choosing the right mattress and pillow for long term spinal health.
- Aim to get 8 hours of sleep per night
- Adopt a healthy posture in bed. Don't sleep on your stomach! Lying on your side and back are the best sleeping positions.
- Establish a regular sleep schedule.
- Reduce your caffeine intake – avoid it 4 to 6 hours before bed.
- Use the bedroom for sleeping only: TVs/laptops/phones/iPad use can disrupt normal sleeping patterns.
- Avoid alcohol before bedtime, as it can cause you to wake up during the night.
- Exercise at least 30 minutes a day, but avoid high intensity physical exercise just before bedtime. If exercising in the evening, try to do so at least 2-3 hours before going to sleep.
- Relax before bedtime. Try to forget about work and paying the bills before bedtime!