

# PILLOW TALK

## Inspired Chiropractic

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While a good night's sleep starts with a quiet, dark room and a comfortable mattress, how you sleep on that mattress really does matter.

### THIS MEANS GETTING THE RIGHT PILLOW FOR YOU.

It is now thought that sleeping on your side is best because it helps maintain the natural S-curve in your spine.

The truth for most of us is that we can only really sleep in the position that we favour and knowing which position you sleep in is key to finding the right pillow for you.

#### **Sleeping on your Back**

It is best to have a moderate sized pillow that will deform to your head and neck shape. The bottom of the pillow should start under your shoulders to fully support the head. A full down pillow is good but there are artificial fibres available if you prefer.

#### **Sleeping on your Side**

In this position it is best to have a pillow under your head as you would for sleeping on your back. In this position the pillow needs to start at the top of your shoulders. It is also good to have a second pillow to hold. This will stabilise your body and prevent you from rolling onto your front.



## **INSPIRED CHIROPRACTIC HELPING CLIENTS FOR OVER 20 YEARS**

Dr Jonathan Wilson (Chiropractor) opened Inspired Chiropractic more than 20 years ago and has helped thousands of clients with health problems.

Many clients come with pain based issues that they have experienced for several years and are delighted to find that we can help them get better - permanently.

We are well known for helping clients find resolution to difficult problems.



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### **Sleeping on your Front**

This is the least recommended position but often clients report it is the only position in which they can sleep.

Use the same pillow as when sleeping on your front but this time place it lengthways from your neck, underneath your torso, allowing your head to lie directly on the mattress. This reduces neck rotation and reduces potential injury. Try to rotate your body slightly towards the direction of head rotation and try sleeping in a 'semi-supine' position.



### **Sleeping with Neck and Back Pain**

Sleeping with neck pain is difficult but the key is in discovering the best position for your arms. Usually this is the same as when lying on your side with your arms out in front of you.

Back and leg pain sufferers often prefer to lie on their side or on their backs with a pillow under the knees. Keeping the knees bent takes pressure off the sciatic nerve. Another position to try is lying face down with the painful leg externally rotated and hanging out of bed.

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