



SLEEP

HOW YOUR SLEEP CAN BE AFFECTING YOUR SPINAL
HEALTH

SUMMIT CHIROPRACTIC

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What position is best?

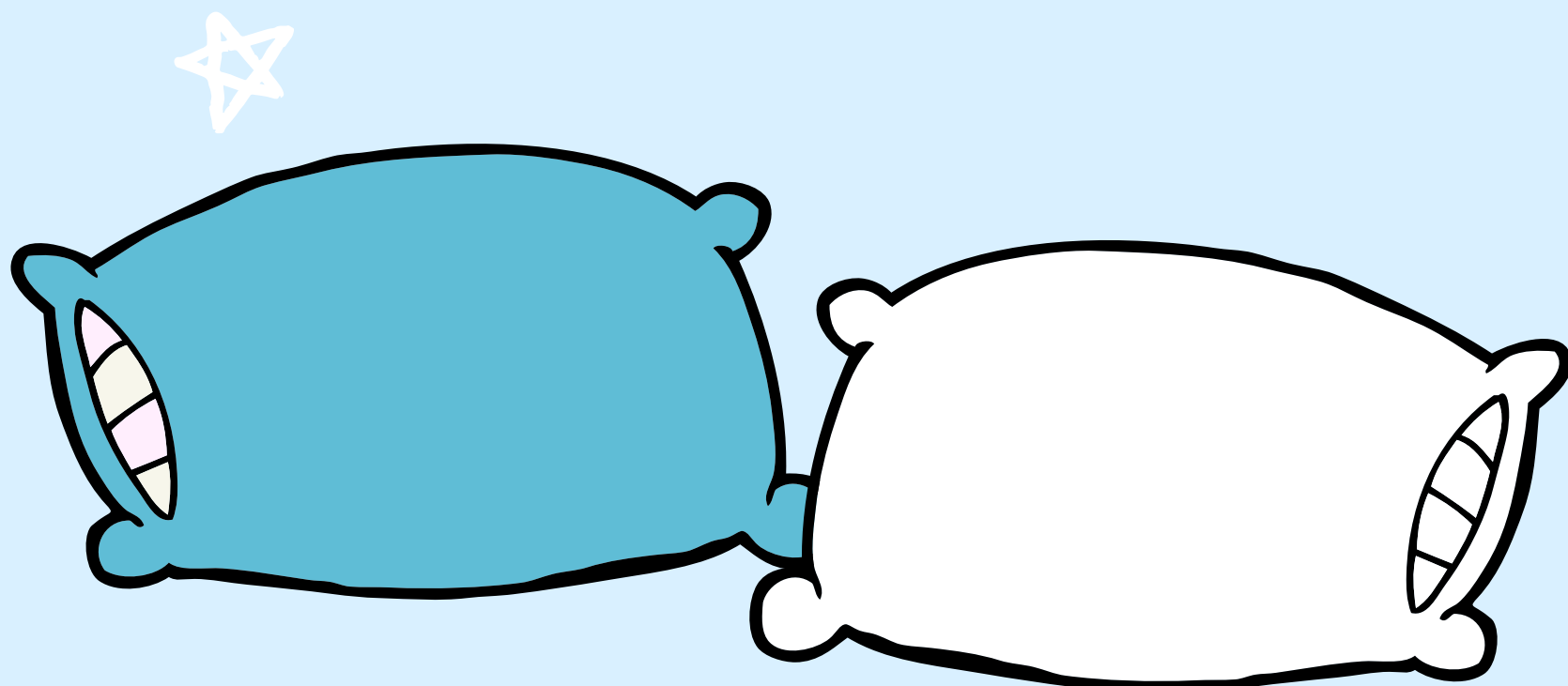


Are you waking up feeling achy and sore? It could be down to the way you are sleeping.

The best position for your back is sleeping on your side. Have a pillow under your neck ensuring your head is in a neutral position i.e. not tilted up or down. Bring both knees up slightly and place a pillow between them. This position can alleviate any pressure on your back and the pillow keeps your pelvis and hips level.



THE RIGHT PILLOW AND MATTRESS



Pillows

Pillows should generally be between 4-6 inches in height, and should alleviate the pressure points around your neck and shoulders. The bottom line is the pillow should provide support and comfort, and hold your neck in a neutral position.

Mattress

A great rule of thumb is to go for a mattress slightly more on the firm side. The more you weigh, the firmer of a mattress you will need for support. Back sleepers should avoid extra-firm mattresses as they aren't as flexible, and may not adjust to the natural curves in your spine. In general, try to avoid soft mattresses.

Top tip: Ensure you change your mattress every 6-8 years.



How long should you sleep?

Sleep is vital to allow your body to recover from the days activities. When sleeping your spine can decompress and relax from all the sitting, walking and other stresses we place on it.

For adults, we should try to aim for 8 hours sleep a night. This amount increases for babies and children for allow for growth.

However, too much sleep or resting in bed can also be unhealthy. Laying on your back for long periods can cause muscle fatigue, leading to tightness and back pain.



What you can do to help sleep...

Dark Room

Creating a dark space tells your body it's time to sleep. It boosts the production of melatonin, essential hormone for sleep.

Screen time

Cutting down screen time before bed will help you get off to sleep better. The blue light from the screens makes your body think its daytime.

temperature

If your room is too warm, you will find it harder to fall asleep. Try setting the temperature a few degrees lower.

Exercise

Add exercise to your day. This could be as simple as going for a 10-15 min walk everyday.

caffeine

Limit the amount of caffeine you consume after midday.

get in touch

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We look forward to seeing you soon!