

Rest, Relaxation, and Sleep

1. Sleep on a firm mattress. A firm mattress provides the best support for your body. There should be NO sags. (Sorry, waterbeds have been proven not to allow your spine to correct with ABC.) A lousy supporting mattress may feel good, but does not properly support your body. This will delay your healing process as well as create new problems. A good mattress is your best investment. A poor mattress is a health and money drain. The best I have seen is the Simmons Beautyrest extra firm.
2. The best position to sleep is on your side. When sleeping on your side, your pillow or towels should be neither too high nor too low. Read the reference sheet on sleeping for more details.
3. It is OK to sleep with a pillow between your knees.
4. Sleeping on your back is the second best sleep position. When sleeping on your back do not use a pillow, as it will prop your head and neck forward. Read the reference sheet on sleeping for details on using towels to support the sleep position.
5. Avoid sleeping on your stomach.
6. Do not read or watch TV in bed, particularly with your head propped at a sharp or strained angle. If you must read in bed, sit up against an armchair type backrest, or fashion one with pillows.
7. Do not sleep sitting in a chair or in cramped quarters. Lie down in bed when it is time to sleep.
8. Be sure to get plenty of sleep to allow your body to recuperate and repair.