


DID YOU KNOW...

that a proper mattress can improve sleep comfort and reduce pain?



A study published in the Journal of Chiropractic Medicine revealed a significant reduction in stiffness and back pain when participants slept on a new mattress. It was found that there were immediate and sustained benefits; and this was especially true for those who entered the study with back pain complaints, as they reported a 63% improvement in back discomfort.

When shopping for a new mattress the American Chiropractic Association recommends the following:

- **Shop for Support** – A mattress that is too firm can lead to gaps between the mattress and the body, especially at the waist. Pay close attention to uncomfortable pressure on the shoulders, hips and low back.
- **Shop for Comfort** – Give each option at least a twenty minute test run before purchasing. Lie down on the mattress and wait to see if you have difficulty finding a truly comfortable position.
- **Shop for Size** – Be sure that there is enough room for you to stretch and roll over. If you have a sleeping partner, you'll want to make sure that the mattress minimizes transfer of movement from one person to the other. You shouldn't feel motion when the other leaves the bed.

Generally speaking, a mattress should be replaced every 5 to 8 years to ensure proper support and comfort.

Don't forget the importance of a good pillow. Dr. Stephen Conway says, "People will spend thousands of dollars on a mattress and then skimp on a pillow that doesn't support their head and neck properly."

When selecting a new pillow look for the following:

- Ergonomically designed
- Keeps the spine in natural alignment
- Supports different sleep positions – side and back (stomach sleeping is bad for your spine)
- Hypoallergenic

For more information visit:

http://www.amerchiro.org/press_css.cfm?CID=2541