

How To Get A Good Nights Sleep



We all feel better after a good night's sleep – waking to feel energized and refreshed! If you suffer from back or neck pain however, getting comfortable at night can be well, a nightmare. If the pain wakes you there may well be something wrong with your sleeping position. We've put together some tips to help you get through the night...

Pillows

Whether you lie on your side or back, you need support for your neck to avoid pain and stiffness worsening while you're sleeping. Lying on your front is not ideal particularly as the neck gets stiffer with age so try and avoid this if you can. Too few pillows will cause your head to tilt down and too many pillows will lift your head too high – either way your head will not be in a comfortable 'neutral' position and is likely to cause more pain. It is also often helpful to support the natural curve of the neck and a special memory foam pillow (available for purchase at the practice) can be a worthwhile investment.

Mattress

Most people spend at least 6 hours a night lying on a mattress so it seems a good idea to get this right! There is a common misconception that having a 'hard' mattress is a good idea if you have had problems with your back. You may also have heard the perils of a soft mattress too. So which is right? Well, neither. A very soft mattress will not support your back and may lead to pain throughout the night and in the morning. Similarly, a hard mattress won't accommodate very well to your body's curves and provide the support where it is needed - making it as uncomfortable as spending the night on a wooden floor! The answer is to find a mattress that is firm and supportive and one that has enough 'give' to support the curves of your spine when you are lying on your back or side. We suggest you go to the store and lie on a few beds until you find one that is comfortable and relaxing. The word 'ortho' in the title does not necessarily mean that it is the bed for you! Remember, your body is in restoration mode while you are sleeping and a good nights sleep is vital to your overall health.

Extra Support

You may find extra support helps to take the strain off the back and reduce pain at rest. **Try the following positions:**



Place a couple of pillows under your knees or place a small rolled hand towel under your waist crease.



Try placing a pillow between your knees.



Lay on your least painful side, keeping the lower leg straight and bending the upper leg so that your hip and knee are bent to 90° and supported on 2 or 3 pillows.

The Physios are an experienced team of physiotherapists with two Sheffield practices. Ring us for free advice or to book an appointment on **0114 267 8181**.

We'd like to lend a hand...