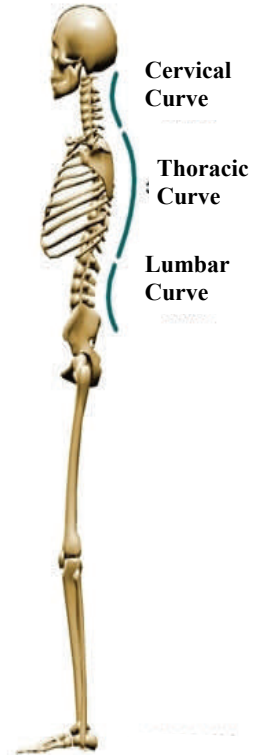


Correct Sleeping Posture and Mattress Selection

- Bad sleeping positions cause and/or aggravates neck, shoulder, mid back, low back and hip complaints.
- Symptoms of bad sleep posture include:
 - *Snoring
 - *Stiffness in morning
 - *Jaw Pain (TMJ)
 - *Poor quality restless sleep
 - *Pain and numbness in arms, hands, and feet
 - *Headaches
 - *Chronic Back Pain
 - *Disturbed Spouse



Correct Sleeping Posture:

- It is best to sleep in a position that does not cause stress to the spine, the muscular system, or nerves resulting in joint jamming.
- Sleep positions may vary depending on your symptoms.
- General goals when you are sleeping:
 - * Pillow supporting neck and head, not under shoulders.
 - * Place pillow under knees when lying on back for support of healthy normal curves of the spine, relieve nerve/muscle tension and joint jamming when experiencing low back pain.
 - * Use support pillow between knees when lying on your side. Do not sleep with knees bent all the way to your chest.
 - * Avoid sleeping on stomach; this usually results in one leg being drawn up, and the back is twisted. This leads to misalignment of the back bones (vertebrae) causing muscle tension, nerve irritations, chronic back stiffness, pain and irritates arthritis if continued.

Neck Support Pillow

- Helps support chiropractic treatments by decreasing joint inflammation and jamming.
- Improves sleeping quality by providing firm healthy support for head and normal neck curve.
- Aligns your spine for correct sleeping posture whether sleeping on back or side.
- Supports head and neck relieving tension, stress to nerves, muscles, ligaments, increases blood circulation, and corrects breathing problems (snoring).

***Best to sleep on back, 2nd choice on side.
 Avoid sleeping on stomach or face down.**



Mattress Choices

- Select a mattress and box spring set that is firm and supportive usually accomplished with high gauge coils and high number of springs.
- NO PILLOW TOPS!! Very comfortable at the store and possibly for the first 6 months, but the pillow top will usually break down, sag and no longer support healthy spine curves (creates hammock shape).
- Air mattresses are heavily marketed: 50% patients like, and 50% dis-like.
- “Contour / Memory Foam” mattresses are good for some people with Osteoarthritis, they support existing bad posture. It is difficult to roll over in bed due to resistance.
- Get firmest mattress you desire and add egg-crate foam for more padding if needed. This is inexpensive to replace once egg-crate foam loses its support.
- Rotate mattress clockwise every 1-3 months then flip after one rotation.
- Before buying a new mattress, some try a temporary solution:
 - *Board under mattress or mattress on floor when box spring has failed. This feedback will help you choose new bed type.

Back:



Side:

