

A Spinal Column



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Herniated discs, bursitis, osteoarthritis are all conditions that affect the quality of your sleep and can also be made worse by the way you sleep. In addition many of the activities you undertake during the day, even if they don't seem strenuous at all, can put stress on your back.

Sleeping is the only time the muscles and ligaments in your spine can completely relax. When you suffer from a back injury or disorder, it's especially important to sleep well in order to help the healing process.

Many people believe that you need a very firm mattress to give your spine support. While a firm mattress may be good, one that's too hard can cause aches and pains as your spine is not supported along its natural curve. For example, when

sleeping on your side, the pressure points in your hips and shoulders don't find any 'give' in a hard mattress and so your spine is forced to rest in an unnatural position.

Some people have also tried to 'firm up' their old mattress by putting a sheet of plywood between their mattress and box spring which won't work because there's just too much soft material between the wood and your body to give any relief to your spine.

So what do you do? If your mattress is more than ten years old then you need to replace it. In fact, your old mattress could be why you are experiencing back pain in the first place. We spend a third of our lives in bed yet some people still can't make the connection and accept that in many cases their mattress is the culprit.

When choosing a mattress to help alleviate back discomfort don't just walk into a store and ask for a hard mattress. What's important is that you find a mattress that will help you sleep well. Choose comfort over everything else. And remember, the only way you can find out which mattress is the most comfortable is by taking your time and trying it out.

There are also some sleeping positions that can be more comfortable for the spine. In general, the best sleeping position for people suffering from back problems is to lie on your back with a small pillow tucked under the back of the knees. This position completely unloads the stress on the spine and allows for the natural curve of the lower back.



For people who prefer sleeping on their side, it can be helpful to place a pillow between the knees to help keep stress off the hips and lower spine. For people who sleep best on their stomach, placing a flat pillow beneath the stomach and

hips can reduce stress on the spine.

Sleep Experts carries a variety of mattresses such as Natura's double slat mattress technology which has been clinically proven to reduce back pain. A study conducted at the Canadian Memorial Chiropractic College in Toronto found that 93% of the chronic back pain sufferers who slept on the Natura mattress for one month noticed significant pain reduction.

The bottom line is that any mattress that helps a person sleep well, so that he or she wakes feeling rested and refreshed, and without pain and stiffness, is the best mattress.

P.S. You can also help your back by stretching before you get out of bed. Think of it this way - gentle stretching exercises before getting up in the morning is like breakfast in bed for your spine.

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