



Choosing a Better Bed for Your Back

can get a comfortable night's sleep.

There are so many types of mattresses from wool, foam, latex, springs and even waterbeds, that it's hard to determine which is the best for your back. Though materials don't actually play a significant difference in alleviating back pain they do provide comfort. The factor here is that you have to try them to find out which one you feel more comfortable with and we can answer all your questions about the material used in construction.

Here's a simple test you can try when trying to decide the firmness of your mattress. Lie down flat on your back without a pillow. If all parts of your body are supported by the mattress, ie. touching the



Avoid sleeping with your arm under your pillow. Your head will be too high putting your spine under pressure and the ten pound weight of your head will put too much pressure on the nerves in your arm.

mattress then you may have made a good choice. If you can place a hand easily under the small of your back or other areas then your mattress is too firm and is not going to work for you.

Remember also that the key to eliminating back pain when sleeping is to keep your spine in a neutral, naturally curved position. The best way to do this is to lie on your side and

put a slight bend in your knees, stacking your hips in a straight line. Flinging one leg over another will force your top hip to flop forward which will rotate your lumbar spine, which will increase your back pain.

Place a firm pillow or two in between your knees so that your legs are propped about hip-width apart. Your arms can relax out in front of you. It may feel funny at

first, but don't give up. Sleeping with the extra padding takes practice but it will all be worth it as you eliminate your back pain.

Buying a mattress is not as simple as it seems but for the amount of time you spend in bed, getting the right one is worth it.

Visit Sleep Experience to test all of the different types of mattresses we have on display. We have the knowledge to help you decide which mattress will be the best for you and we will encourage you to get comfortable to take the time to try them all out.

We are here to help you get a great night's sleep

Jim Conlon

Sleep Experience
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