

Is your spine preventing you from getting a good night's sleep?



Better talk to your chiropractor

'Spine bashing' is slang for 'resting (or loafing)', sometimes applied to sleeping as well. And although said as a joke, there is a lot of serious truth in it.

You may be incorrectly positioned in your bed. Your pillow may not be the right size. You might be taking a nap on your lounge — where you are unlikely to be in a completely comfortable position. Sofas and armchairs are not designed for sleeping.

They can cause strain on your pelvis, leading to leg and back pain. Your neck may be at a cramped angle, leading to possible pain and headaches. Above all, the curve of your back is likely to be wrong, resulting in possible disc injury. Just think how often you get up from your sofa or armchair and have to stretch to get back to normal.

Sleep plays a vital role in our overall health and wellbeing. It is the body's time to rest and rejuvenate. Interrupted sleep can have a detrimental affect on both physical and mental health.

'Patients with spinal problems have greater difficulty falling asleep, have more frequent awakenings, sleep subjectively less well, take more and longer naps, and snore more. Sleep disorders such as insomnia have been associated with 'painful musculoskeletal conditions that may result in sleepiness, irritability and feelings of misery.'***

Your chiropractor can help care for problems that prevent you from getting to sleep properly so your body can wake up refreshed and revitalised, both in body and mind.

A spinal health expert with five-year (minimum) degree training provides a unique ability to give you specialist advice on a number of sleep topics. These include your sleeping position, choosing the right mattress and pillow, along with nutrition and exercise.

Each week some 200,000 Australians rely on chiropractic care. Many tell their chiropractors that they sleep much better after receiving proper spinal care.

If you are searching for a good night's sleep, it's time to discover how chiropractic care can help.

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* Biering-Sorensen, F., & Biering-Sorensen, M. (2001). Sleep disturbances in the spinal cord injured: an epidemiological questionnaire investigation, including a normal population. *Spinal Cord*, 39, 505-513.

** What's new about sleep? (2001). *Journal of the American Chiropractic Association*, 38(9), 8-18.