

## BREAKING THE CYCLE OF PAIN AND SLEEPLESSNESS

Think about this: **you have probably spent over 25% of your life sleeping.** With that much of your life spent in bed, it makes sense that proper sleep and a good mattress can go a long way towards mitigating back pain and improving your health. Knowledge about sleep positions, mattress selection and sleep aids and their relationship to back pain can help make your nights (and your days) far more enjoyable.

## SLEEP POSITIONS FOR COMMON BACK PAIN DIAGNOSES

An important factor that can influence individual preferences for mattresses, beds and sleeping positions is the specific back condition a person has. For example:

**- Osteoarthritis.** Patients with pain from osteoarthritis of the facet joints may prefer to sleep on their sides with their knees curled up (in the fetal position). This helps open up the facet joints in the spine and can relieve any corresponding pressure.

Alternatively, sleeping in a reclining chair or an adjustable bed that allows the head and knees to be elevated can also relieve pressure on the facet joints.

**- Degenerative disc disease.**

Patients with pain from degenerative disc disease may prefer to sleep on their stomach as this can relieve pressure on the disc space. Patients may feel most comfortable using a relatively firm mattress and placing a flat pillow under the stomach and hips, which can further reduce stress on the lower back.

**- Spinal Stenosis.** People with pain from spinal stenosis may prefer to sleep on their sides with their knees curled up (in the fetal position). This helps relieve pressure on the nerve root. Sleeping in a reclining chair or an adjustable bed that allows the head and knees to be elevated can also relieve pressure on the nerve.

Learn about sleeping positions for other back conditions:

<http://www.spine-health.com/wellness/sleep/mattresses-and-sleep-positions-each-back-pain-diagnosis>

## Dr. Heath Gallentine

### Address

#### Lexington Family Chiropractic

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### Telephone Number

859-264-1140

### Qualifications

**Graduated From:** Palmer College of Chiropractic

**Years in Practice:** 7

### Treatments

- Chiropractic adjustment
- Chiropractic care
- Electronic Muscle Stimulation
- Extremity manipulation
- Manual Spinal Decompression
- Mechanical Traction
- Rehabilitation exercises
- Spinal manipulation
- Stretching

"Our goal is to get you out of pain fast. We want you to be treated with the respect you deserve and make you feel like family!"

## TIPS ON BUYING A HIGH-QUALITY MATTRESS

Before buying a mattress, it is best to try sleeping on it. People may try different beds in hotels, at other people's houses, etc. and when they find the best mattress for them, then they buy the same make/model. If it's not possible to sleep on a mattress first, it's advisable to at least lie on the mattress in the store until feeling sure that it is a comfortable fit. There are two main factors that comprise a mattress:

- **Support:** The coils or inner springs in the mattress provide support for the spine. A mattress should have enough coils to provide adequate support and allow for the natural curves of the spine.

Read about the other mattress factors: [http://www.spine-](http://www.spine-health.com/treatment/pain-medication/sleep-aids-people-chronic-pain)

[health.com/wellness/sleep/tips-buying-a-high-quality-mattress](http://www.spine-health.com/wellness/sleep/tips-buying-a-high-quality-mattress)

## SLEEP AIDS FOR PEOPLE WITH CHRONIC PAIN

Whether it is the inability to fall asleep, to stay asleep for the recommended seven to eight hours, or waking too early (for example, 4 a.m. versus 6 a.m.), chronic pain can cause sleep problems in a number of ways. Lack of sleep can worsen pain, and of course more intense pain then continues to interfere with sleep, so the two symptoms can become a vicious cycle. This makes **sleep aids** an important component of many treatment plans for people suffering from chronic pain.

It has been estimated that nearly two-thirds of those with chronic pain suffer from a sleep disorder. For those people, there

are a variety of sleep aids available to address sleep problems and make it more likely that they will have more restful nights. Typical sleep aids include:

- **Adopting habits** that facilitate sleep, and condition the body to fall to sleep
- Using **psychological techniques** that can develop the mental state needed to fall to sleep and stay asleep
- Constructing the right **sleep environment** to minimize pain, including the right pillow(s) and mattress

Read about other sleep aids that are available to help you have a more restful night:

<http://www.spine-health.com/treatment/pain-medication/sleep-aids-people-chronic-pain>

<http://www.lexfamilychiro.com>

**Contact Dr. Gallentine**  
**to learn more or schedule an appointment**  
859-264-1140

<http://www.spine-health.com/doctor/chiropractor/heath-gallentine-lexington-ky>