



Make your health a priority

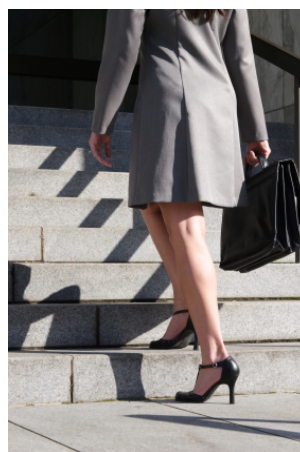
Sleep and Back Pain



We spend roughly a third of our time sleeping. If it's not restful, we wake with more pain than energy. A supportive, comfortable mattress is a good start, but you can fine tune your sleeping position for added benefit.

Visualize the way your spine looks when you have good posture. This proper alignment is called 'spinal neutrality' and it's the key to waking up without back pain.

Function over Fashion.



Heels may be fashionable and help appearance, but they can cause pain when worn too long.

The body's muscle and skeletal systems balances naturally. When one part becomes 'fixed,' as when the heels are elevated, the rest of the system must adjust to retain equilibrium.

Wearing high heels increases the normal forward curve of the back, causing the pelvis to tip forward.

If you must wear high heels, bring a pair of flat shoes in case they cause discomfort or pain. Choose comfortable, supportive shoes when walking or standing for any substantial length of time.

At Ease, Driver.

There are a few simple practices you can adopt to aid spinal alignment during sleep, regardless of the mattress you're on. These are especially useful to know when you can't sleep on your own mattress - while traveling, for example.

Notice sore spots when you wake up - they are signs of insufficient support, improper spinal alignment and good starting points for adjusting your sleeping position.

If you lie on your back, place a pillow under your knees. It may alleviate strain in your hips or lower back. Some people use pillow support all the way down to the ankles.

If you sleep on your side, support your hips with a pillow between the knees. Raising the top leg allows the muscles around the hip to relax. Also, experiment with pillow support in the space between the bed and the waist.

Make sure that your pillow doesn't cause your neck to tilt up, down or to the side. Visualize how your neck 'sits' atop your spine while standing. Try to maintain this position while lying down.

Too many pillows may cause their own pains. Experimentation is the key. Just keep spinal alignment as your goal. Let pain be your guide, then banish it when you've found what works for you!



The next time you're sitting at a traffic light, take a look at the drivers around you. Chances are good their heads are inclined in front of their chests.

This posture stresses the humble neck muscles and cervical spine.

If you have neck pain while driving, you may experience immediate relief simply by tilting your head backwards. Just keep your earlobes in line with your shoulders. Don't push your head forward, backward, or to the side.

Without compromising your safety or ability to drive, ask yourself why they call it a 'head rest'. Happy experimenting!



Make your health a priority

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