



FRANKLY SPEAKING



Total Life Chiropractic — Health Tip

Sleep Better, Sleep Deeper with Chiropractic Care

Sleep position, quality and quantity have a great impact on our health.

Sleeping on your side is an excellent position especially if you're sleeping on your left side. Not only can it help reduce snoring, it's great for your digestion and might even reduce heartburn. A study looked at 10 people over the course of two days. The first day, participants rested on their right side after eating a high-fat meal. On the second day, they switched to the left side. While this was a small study, researchers discovered that sleeping on the right side increased heartburn and acid reflux.

While on your side, utilize a pillow that keeps your head and neck in proper alignment with the rest of your spine (not too high, not too low). We have been recommending our "Pillo-pedic" for over 40 years with great patient satisfaction! Not only does it keep your head and neck in proper alignment, it supports the neck.

Sleeping on your back might not be the most popular sleep position but it does offer the most health benefits. Not only is it the best when it comes to protecting your spine, it can also help relieve extremity pain. As the Cleveland Clinic explains, sleeping on your back can help reduce any unnecessary pressure on your back or joints.

A pillow behind your knees may help and even more important, a special "Pillow-pedic" pillow under your neck is very beneficial. If you're worried about keeping your skin youthful looking, sleeping on your back protects from any pillow or gravity-induced wrinkles. On the flip side, it can be difficult for those who struggle with snoring or sleep apnea.

Lying on your stomach seems to be one of the most popular and favorite positions for some. If we had to rank sleeping on your stomach, it might be at the bottom of the list. Unfortunately, this position can cause both neck and back pain. It can also add a lot of unnecessary strain to your muscles and joints, which is why you might be waking up sore and tired.

If you're having trouble sleeping, your health can suffer. If you don't feel rested when you wake up, try practicing good sleep habits: 1) avoid excess caffeine, sugar other carbohydrates (especially three hours before bed). 2) Make sure you exercise regularly. 3) Establish a nightly schedule that helps you relax and prepare for sleep, this includes staying off your phones, tablets or computers before bed along with avoiding watching TV shows which might be over stimulating. 4) Make sure you are supplementing with magnesium. One of the most common mineral deficiencies and a mineral that is directly related to muscle relaxation and deep sleep. 5) one of the most important things you can do is use a specially designed a pillow for sleep. Our recommendation is the one we supply our patients with, "Pillow-pedic". We've had fantastic results. Finally, Let's address neurology and balance. Your nervous system is divided into two parts, sympathetic (fight or flight) and parasympathetic (rest, repair, and digest). Today, most people are out of balance, leaning more towards sympathetic and wondering why it's difficult to sleep when your nervous system is locked into fight or flight. Well, chiropractic adjustments down regulate the sympathetic nervous system. This means while lowering "fight or flight", it raises your "rest, repair and rebuild" nervous system which is very important during sleep.

I've never required much sleep even as a young girl. I thought 3.5 hours was enough, but that is not enough at all. Since starting at TLC I'm a much better sleeper, sleeping at least 6 hours a night and my snoring is gone! I also had a nasal disease that caused terrible snoring and since starting chiropractic care it's gone! I feel like a new person!

Bridget



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