

Tips on Sleep Positions

Back Sleepers

If you sleep on your back and experience low back ache during the night. Try placing a small pillow under your knees. This causes you to relax the muscles in your lumbar spine and may relieve the tension.



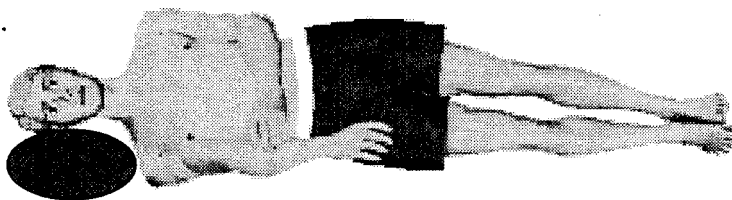
No pillow - possible tension in back



Pillow - reduces tension in back

Side Sleepers

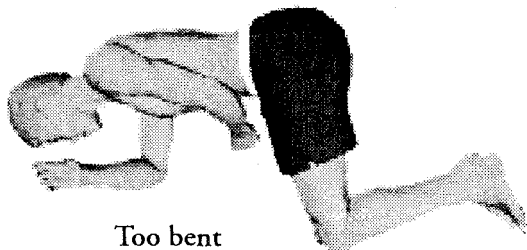
Use a pillow to support your neck and head.



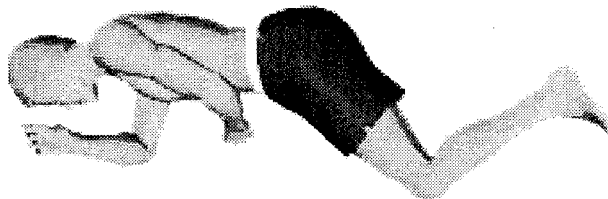
The amount of bending of your thighs will determine how much tension there is in your low back while you sleep. If your legs are too straight, your back will be tense. If they are raised too high towards your abdomen, the muscles will again over contract. At a point midway between these two extremes, you will find that the muscles are relaxed.



Too Straight



Too bent



Best leg position

Take Charge

Pillow Support

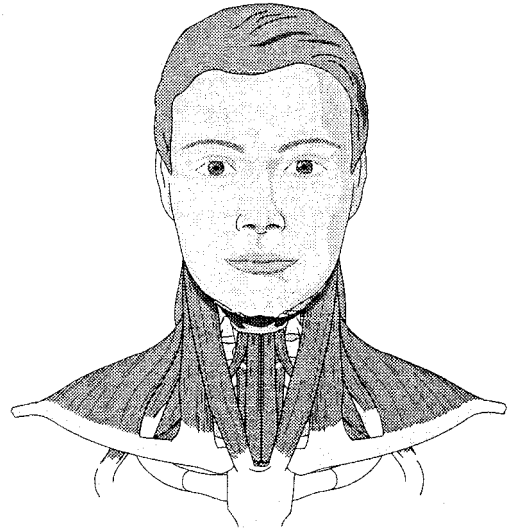
Information You Need
to Care for Yourself

Pillows are a major cause of neck stiffness in the morning. Think about what a pillow is supposed to do. It should support your head and neck keeping them in normal alignment. We have all seen advertisements for "orthopedic" pillows claiming that this or that pillow was the best. The problem is that WE are not all made the same. If you lie on your side, a pillow needs to fill the gap between your shoulders and your neck to properly support your spine. If you sleep on your back, the pillow needs to support the normal curve in your neck while not elevating your head so far that the neck muscles contract.

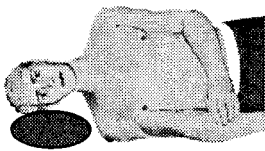
This problem is not as bad as if there was only one size of shoes and we all had to wear that size shoe, but it is similar.

Rub the muscles on the side of your neck. They should be soft and not tender. If they are, we need to find out why and treat that. Now lie down on your bed with your pillow and rub the muscles again. If they are tender, your pillow is either too high or too low. Try other pillows in your house. If you find one that supports your head properly, that is the pillow for you. We find that some people, especially with broad shoulders, may need two pillows when they lie on their side, but only one when they lie on their back.

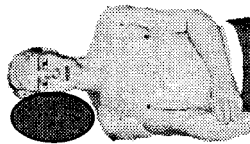
If you think you have a problem with your pillow, bring it into the office on your next visit. Using applied kinesiology we can easily test and see if it is the cause of your morning stiff neck.



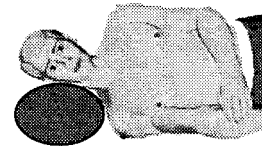
The muscles in the front of the neck are the ones that will be found tight and tender if your head is supported poorly.



Too little support from the pillow. Notice how head droops.



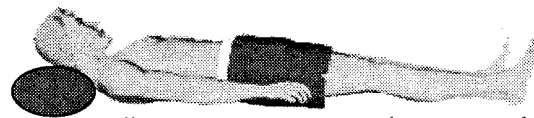
Normal support. The neck lines up in its normal position.



Head is pushed too high by the pillow.



Normal support lying on your back.



Pillow too high. Notice the increased angle the head is held in.