



Ontario
Chiropractic
Association

SWEET DREAMS

Lack of sleep is no joke and getting a good night's rest is important. We spend about one-third of our lives sleeping, so getting the most out of it is important. Preventing stress or worries that keep you up at night may be difficult, but a few simple lifestyle and nutritional changes can help you wake-up feeling refreshed.

For a good night's rest

1. When choosing a mattress, look for one that is comfortably supportive. A mattress should be flexible enough to adapt to your body's shape, while providing firm support for your spine. Your mattress should be replaced every 8 to 12 years to ensure the proper support and comfort.
2. Be selective when choosing a pillow. When lying on your side, your head, neck and shoulders should remain level with your mid and lower spine. When lying on your back, your head and neck should remain level with your upper back and spine.
3. Your sleeping position is also an important factor in how you will feel when you wake-up. Lying on your back or side allows your head, neck and spine to relax into their natural alignment.
4. Have low back pain? Try sleeping on your back and place a pillow under your knees to take some of the pressure off your back.

Things to keep in mind

1. Limit your intake of caffeinated beverages such as coffee, colas and tea in the evening. Caffeine is a stimulant and can make it difficult for you to fall asleep.
2. Try to go to bed at the same time everyday. This includes weekends! This will help to keep your sleep cycle in a regular rhythm.
3. Expose yourself to bright light/sunlight soon after you wake up. This will help to regulate your body's natural biological clock.
4. Avoid looking at the clock if you happen to wake in the middle of the night. This can cause added anxiety and keep you awake even longer.
5. If you can't fall asleep after 30 minutes of trying, get out of bed and do something boring in dim light until you become sleepy.

If you're still experiencing trouble sleeping, consult with a chiropractor to discuss what treatments may help improve your quality of sleep.

