

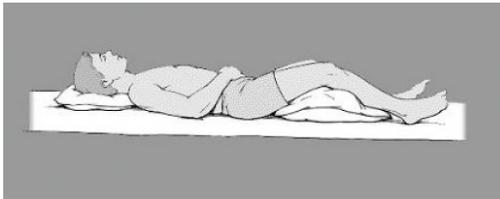
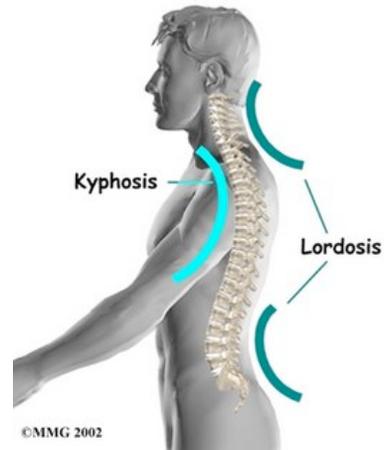
Sleeping Ergonomics

Finding the Elusive Comfortable Sleeping Position

If you have searched around for answers about what position is best for sleeping by reading books, through the internet, or asking questions to experts you will end up with many answers to a relatively simple question. I have attempted to write something that will deal with the vast majority of patients but we all need to understand that we are all different and sometimes modifications may need to be made. With that said here is the quick answer ...

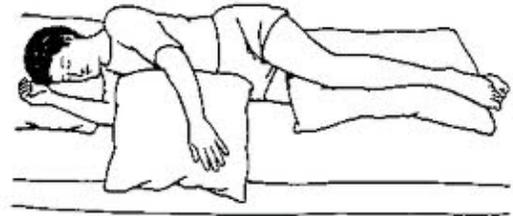
Ultimately the less stress we place upon the spine when sleeping the better. To understand how to minimize stress to our spine when sleeping we need to understand the “normal” curves commonly found with our spine.

Most commonly with neck pain supporting the cervical (neck) curve will reduce discomfort while reducing the lumbar curve will reduce low back (lumbar) discomfort. Sleeping on the side or on the back is the best whereas if you are in pain and sleep on your stomach, my recommendation is to try to sleep on your side or back.



When you sleep on your back the focus is to attempt to have your head in a position where your ears are in line with your shoulders with a pillow supporting your cervical curve. A pillow under your knees usually will help take pressure off of your low back and reduce any muscle tension or pain.

On the other hand if you prefer to sleep on your side the goal is to try to have your spine in as straight a line as possible. In this position you may need two pillows to support your head so that your head doesn't tilt downward or is lifted upward. A pillow between your knees will prevent your pelvis and spine from rotating forward and sometimes a pillow under your top arm will prevent your shoulder from also rotating forward.



There are a multitude of pillows and options but the above are the easiest and usually will help with most cases. If the above suggestions are not sufficient to help you then please contact me and we will discuss other options and alternatives. If you need a special pillow for your neck, between your knees or for your body, I can help you find that sleep aid. Usually a soft pillow for sleeping on your back or a pillow or pillows sufficient to keep your head in line with your spine will suffice.

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