



P E A K
CHIROPRACTIC CENTRE

Spinal Essentials

The Sleeping Solution

Welcome to the Spinal Essentials on **sleeping**.

Let's recap the 3 main points you need to understand:

1. Posture is about how your body holds you up, not how you hold your body up.
2. Forwards bad, backwards good.
3. Your body moulds to the environment you put it in.



We spend about a third of our life sleeping and it is a daily healing opportunity for our body. Making sure we find positions of ease for our body is important.

At each visit where your Chiropractor adjusts you, they are correcting misalignments or subluxations that your body cannot correct on its own. This allows your body to begin correcting the things it hasn't been able to before. While you sleep, your body unwinds what it can.

Having your sleeping position set up in ways that facilitate the unwinding process will speed up your healing process and help you feel more comfort and ease, faster.

Incorrect sleeping setups inhibit this process and cause your body to wind up again, resetting points of pain and tenderness that it would otherwise move through. This means you'll be making yourself uncomfortable for longer than you need to be.

If you wake up and feel ANY tightness, pain, discomfort, or any other negative feeling that has you noticing your body, then there was something wrong in your sleeping setup.

When this setup is working well, you will wake up more refreshed and things will be working so well, you will not notice your body.

There are 2 key steps to setting up a correct sleeping posture.

Pillow Height

When you lie down with your body in the position of least stress, you experience the most comfort and ease. When lying down, your posture starts at your neck, so it is the first thing you need to pay attention to. That means experimenting with your pillow height.

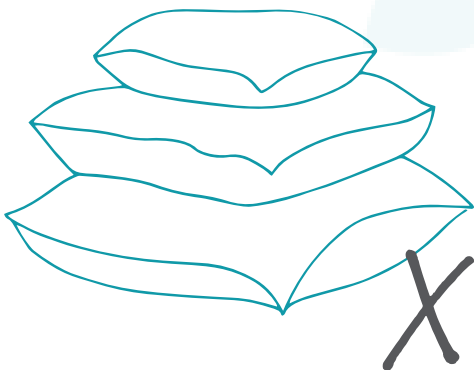
Over years in practice, we've had people set up a pillow using towels to find the most comfortable height. What people have found over and over again is that the difference between the right height and the wrong height is as little as one layer of one towel. That might sound odd but once you do the experiment, you'll notice the difference too.

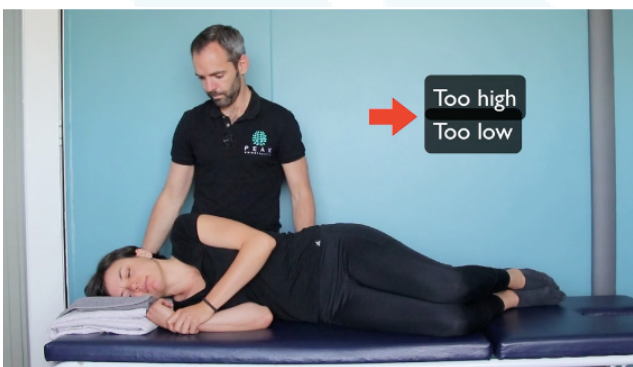
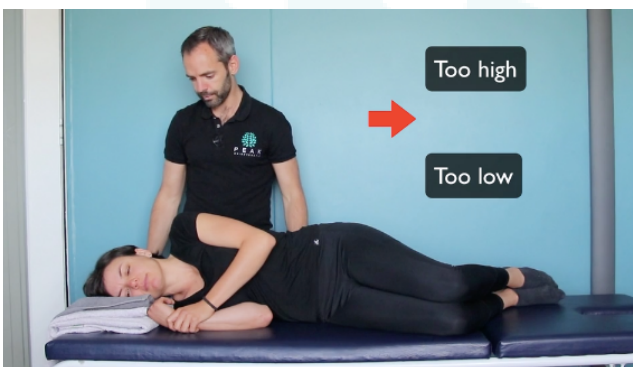
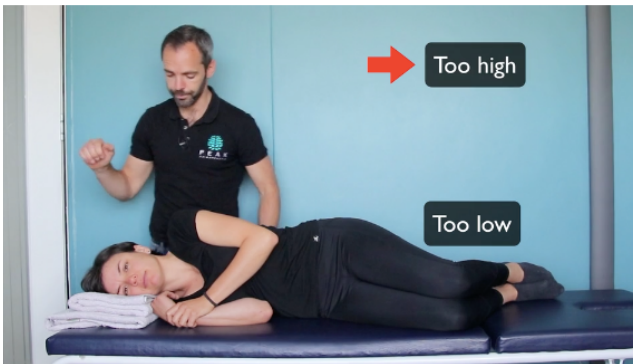
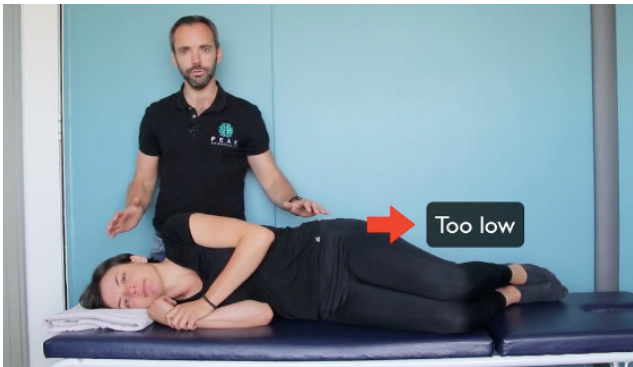
The difference in height of one layer of one towel is enough to make the difference between a great night's sleep and a poor or average one. One with more comfort and rest or one with more pain and fatigue.

Pillow Height

That means 3 things:

- 1.If you have a normal pillow, it changes height so much during the night you'll never find a consistently great position.
- 2.Any foam or orthopaedic pillow will not be specific enough for your body.
- 3.When you get this angle of the neck correct this sets up lines of ease and least stress throughout your whole body, so you won't need anything between your knees to be comfortable.





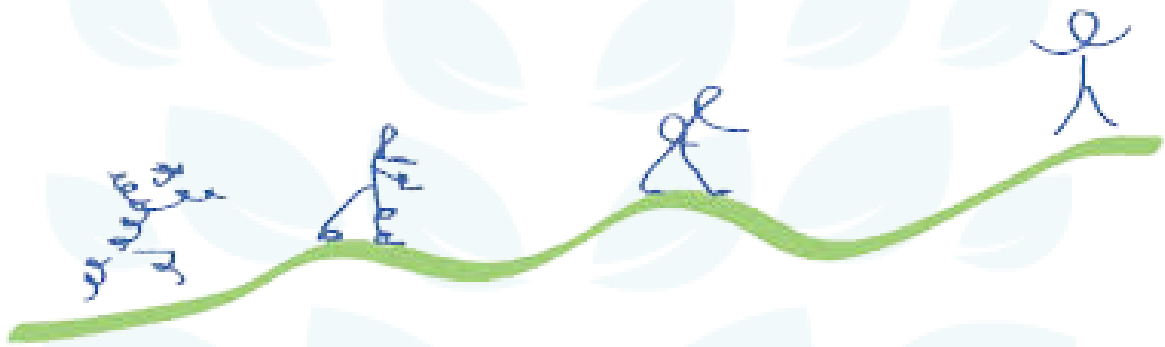
Start with a single bath towel folded as shown.

Lay down on your bed on the side that you would normally lie on, with the towels as your pillow. Remove the duvet so you are lying in the bed as you would at night.

Now you adjust the towels by adding or taking away **one layer of one towel at a time** and then lying down again to test. Layer by layer, use trial and error until you feel completely comfortable. This is "*spinal neutral*." In this position, you should have no pressure points on your shoulder or hip, and you should even feel a bit drowsy; your blinks will become longer and lazier as if your eyes want to close.

Mattress Firmness

When your body is wound up, it becomes rigid and you develop pressure points that can make it uncomfortable to lie on firm surfaces. You may experience pressure in your neck, shoulders, hips or spine.



This is why most modern mattresses are soft or have foam layers on the top to absorb these pressure points. This may help relieve pain and discomfort in the short term but they impede the unwinding and recovery process going forward.

As you get adjusted, your body begins to unwind, and it becomes more flexible. A more flexible body needs a firmer bed. That's one of the reasons traditional cultures sleep on the floor very comfortably.

We have a practice member in her 80s that now sleeps on just a few layers of blanket on a hard surface because she's no longer comfortable on her mattress.



Remember, you lie on these sleeping surfaces for up to a third of your life so their effect on your health is large.

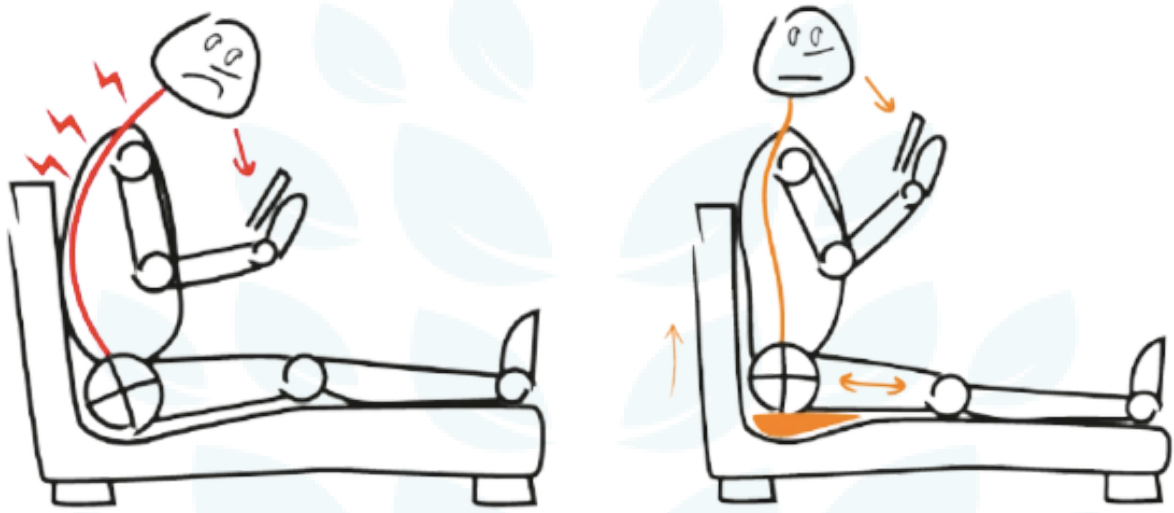
A firm bed supports your body through sleep and allows it to unwind, unlocking greater levels of comfort and ease. A soft bed is the number one reason why people have problems finding a consistently comfortable pillow height and wake up uncomfortable.

How firm should your bed be? The firmest that you can find. It can be spring or foam as long as it's very firm, even hard. We have had people experiment with thick foam camping mattresses on the floor for a few nights and they all report that they find it more comfortable than their soft mattresses.

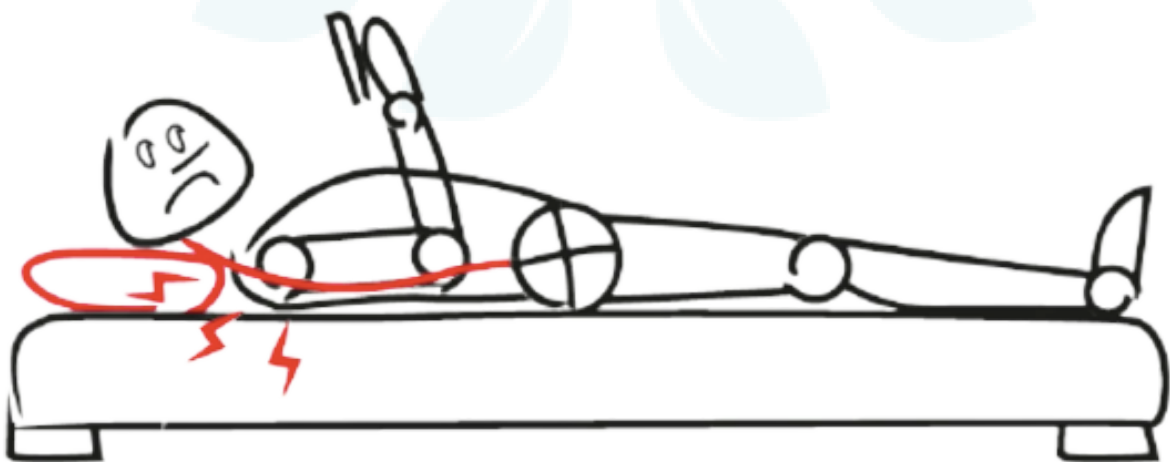
If your bed has foam toppers, you'll want to get rid of these or at the least turn your bed over and sleep on the side without the soft foam.



Sitting or reclining in bed the way you do to watch TV or read is always going to push your body forward and wind it up because of our body mechanics, as you can see in these pictures. It is best to avoid sitting in bed completely.



Lying on your back with a big pillow is also a major cause of being pushed forward. Follow our advice on setting up a pillow to fix this issue.



So let's recap

Sleeping with ease has 2 components:

1. Finding the correct pillow height for your body.
2. Finding the firmest mattress you can.

To make things as easy as possible for you to get the best results in the shortest amount of time, we've developed a special range of postural support products to help you.

Consider using the adjustable foam pillow to help you on your journey to unwinding and glowing good health.