



Good Sleeping Habits

Dr. Iselborn and The American Chiropractic Association recommend the following tips to help you get a good night's sleep

When choosing a mattress, look for the one that is comfortably supportive. Although the very firm “table board” mattress used to be in vogue, the new industry trend towards “selective support” is best. Selective support allows you to press down on one area of the mattress leaving other areas unaffected.

If you do have back pain, you might want to firm up the support of your mattress by placing a board under it, but do this just until the pain has gone away; such firmness is not good for routine sleep.

Be sure to choose a mattress that is finished on both sides so you can “rotate” it, just like you would your car tires. Every few months turn it clockwise or upside down so that body indentions are kept to a minimum.

When you are purchasing a mattress don't be embarrassed to actually lie down on it at the store to check its fit and comfort. Don't just sit on it to give it a test.

If you're in the market for an air mattress take heart. One advantage to sleeping on an air mattress is that both sides of the bed can be adjusted individually for the comfort of the person sleeping on that side. However, you should still be sure that even an air mattress is not too firm. Look for an air mattress that has a “cushion” stitched to the surface.

Be selective when choosing a pillow. When lying on your side, your head and neck 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. In other words your pillow should not be so thick that it causes your head and neck to be propped up or angled sharply away from your body.

Try to limit your intake of caffeinated beverages such as coffee, colas and tea. If you do drink caffeinated beverages, try not to drink them late in the day or close to bedtime. Caffeine is a stimulant and can make it difficult for you to fall asleep.

A regular exercise program can help you sleep more soundly at night. Exercising in the morning is best, but if you must exercise in the evening, do so at least two hours before bed time. Any later, and your increased heart rate can interfere with your sleep.

Try to eat an early dinner. Eating after 6pm may interfere with sleep as your body works to digest the food you've eaten.

Always drink at least eight 8 ounce glasses of water per day. Although an ice cold glass of water can be refreshing, cold water can disturb the digestive system due to its “shock” effect. If you have trouble sleeping, drink tap water at room temperature. In addition, for each cup of caffeinated beverage you drink each day, drink an equal amount of water; above and beyond the eight 8 ounce daily recommendation.