

THE SLEEP PROTOCOL

To change
your pillow and
your sleep



RISE AND SHINE!



SLEEP TIME

There is no one magic number for 'sleep need' but here is a guide of the best evidence we have so far:

Age bracket	Hours
Babies under 1	14-18 intermittently
Toddlers	12-14
Primary school	10-12
High school	8-10
Adults	7-9

HYGIENE

The term 'sleep hygiene' refers to a series of healthy sleep habits that can improve your ability to fall asleep and stay asleep. Here are just a few to get your started:

1. Create a quiet, dark and cool environment to help promote sound sleep.
2. Avoid alcohol, nicotine and caffeine
3. Turn off electronic devices at least 30 minutes before bedtime
4. Wake up to natural light keeps your internal clock on a healthy sleep-wake cycle

THE PRINCESS AND THE PEA

It's sometimes a good idea to shop around and invest in a new pillow, however we are seeing more and more people buying the wrong pillow for their body. This can lead to experiencing pains in the neck from the poor position you sleep in, and headaches from the poor-quality sleep you're getting.

The mattress you are sleeping on does matter, however in this guide we are focussing on your pillow. If you are in the market for a new mattress, we recommend a relatively firm topper to support your body.

HERE IT IS... THE PROTOCOL

BELLY SLEEPER

The best recommendation would be to stop sleeping in this position!

SIDE SLEEPER

Lay on the side you prefer to sleep on. Look for signs of a pillow that is too high or too low.

TOO HIGH

You will feel like you want to roll onto your back. You may experience neck discomfort. Very few people are already sleeping on a pillow that is too high for them. This is because your body has a more difficult time compensating for this height.

TOO LOW

You will naturally feel like you want to roll onto your front. Your top hand and arm may be supporting you from preventing from going forward. Your top leg will roll forward, and your top foot or knee will be laying on the mattress in front of you. You may feel the need of a leg pillow. Your bottom hand or arm will instinctively make its way to the bottom of the pillow, to build height.

HOW TO CORRECT?

Once you have determined if your pillow is too high or too low for you, it's time to correct it.

Rather than rushing out to buy a new pillow, we suggest trying to make what you already have work (unless you really want a new pillow!).

When your pillow is too low, it is important to start adding more height. Start by putting towels underneath your existing pillow to slowly build the height and repeat test above.

Sometimes all you need to acquire the perfect pillow height is the addition of a single layer of towel, so please continue until you find the perfect height for you. Another sign of an excellent pillow height is noticing your eyes start to close like you are ready to go to sleep. Once you experience this, then you've got it!

BACK SLEEPER

The only question you need to ask is: Is my pillow pushing my head forward? We recommend having a very thin pillow (or no pillow) if you are sleeping on your back. If you have a high pillow, your head will be pushed forward and can contribute to secondary issues in your body.

If you are a back sleeper and have an extra curved upper back (hyperkyphosis), you may need a slightly higher pillow to support your body. We suggest you find a Chiropractor to help you out with any issues related to this.

We encourage you to follow the above steps to ensure your sleeping position is ideal for your spine and body. If any of the changes you have made, cause you more discomfort then something may be off so please reset everything and start again from the beginning.

If you need more guidance with this, please chat to your Chiropractor or come to our Sitting, Sleeping, Standing workshops. You can find further information about these workshops on the event page on our website.



THANK YOU FOR READING OUR GUIDE FOR SLEEPING

Informed decisions are the best. We don't want you to make your health decisions blindly. After all, you've only got one body! Please check your inbox, our Facebook page, Instagram or website at www.chiropracticonunley.com to discover more tips and tricks for optimising your body.

If you know others who struggle to sleep, please forward this guide on to them. You never know how far something you think, say or do today, will reach and affect the lives of millions tomorrow.

We hope that you are able to make any pillow to work with your body. It is important to note that your nervous system controls every cell, tissue and organ in your body and cannot function properly when it is stressed. So, the way you sleep everyday may be doing more harm than good.

The time is always right to thrive, so why not call the friendly team at Chiropractic on Unley on 08 82725899 to book your adjustment today.