

## **Best bed for your back**

**Question:** What is the best bed for my back?

**Answer:** This is a question asked often in our practice. My suggestion is to always buy the top-of-the-line mattress and box spring made by any reputable company. You can test these beds at most bedding stores. The firmer the mattress, the better it is for the spine.

The mattress should conform to your spinal curves as opposed to your spine conforming to the bed. Any sagging of the bed will irritate the curves of the spine causing muscle contraction rather than relaxation.

Waterbeds can be healthy for your back also. Once again, preventing excess wave motion and/or sagging is imperative to spinal support. The more baffles existing, the greater the firmness.

A good night's sleep is an essential element to wellness and health for the entire mind and body. The amount of hour each person requires for rest and regeneration of cells, tissues, and organs varies from individual to individual. Excessive spinal stress from rigid or tight musculature can create improper movement or misalignment of vertebra resulting in neurological insult (vertebral subluxations). Joints supporting the spine can take on undue stress when spinal musculature is imbalanced.

Back pain is just one of the many conditions created by inadequate rest. Additionally, poor sleeping habits, such as putting your arm under your head, can create neck and shoulder problems. Elevating the neck with too many pillows will torque the vertebra of the cervical spine and can lead to neck pain and headaches.

The best position to sleep is on your back with a very thin pillow or no pillow at all. Lying on your side or in the fetal position is considered more balanced than lying on your

stomach. Stomach sleeping induces encroachment upon the vital organs of the stomach, torso, and chest. Oxygen is diminished to these organs due to lack of expansion.

Bedding is important, but proper positioning, adequate quality of sleep, and length of time sleeping play a role in the health of your back.

If you have spinal or related conditions persisting without relief even after changing your bedding, you should seek a consult with a chiropractor. Chiropractors are experts in spinal conditions called vertebral subluxations that interfere with function of the body.

**Quote of the week:** *“You can have your world the way you want it 100 percent.”*