

Sleep positions

Side sleeping

- One down pillow under head tucked snugly around shoulder.
- One pillow between legs supporting entire length of legs.
- Pillow(s) in front of chest in order to support upper arm.
- If needed use folded towel of proper height and width placed between bottom of ribs and top of pelvis. Make sure towel is tapered off at top where ribs fit.

Back sleeping

- One down pillow under head tucked snugly around neck and shoulders.
- Two pillows under upper thighs that is slightly under bottom part of buttock.
- It is important to be in the proper sleep position in order for the spine to stay in a neutral alignment helping to protect your back.

References:

- <http://www.nhlbi.nih.gov/health/public/sleep/starslp/parents/whysleep.htm>
- <http://www.lboro.ac.uk/departments/hu/groups/sleep/karger.htm>
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- Melatonin effective for some sleep disorders. *American Family Physician*. July 2005; vol 72:pg 1.
- <http://www.raysahelian.com/melatonin.html>
- http://www.helpguide.org/life/sleep_aids_medication_insomnia_treatment.htm
- Young, sn. Is Tryptophan a natural hypnotic. *Revue de psychiatrie & de neuroscience*. 2003;28(2).
- http://www.melatonin.com/sound_control.php
- Youngstedt, SD. Effects of exercise on sleep. *Clini Sports Med*. 2005;24:355-65.

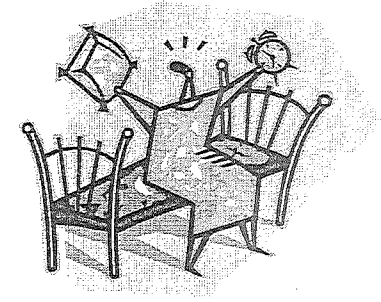
Johnson & Johnson Physical Therapy

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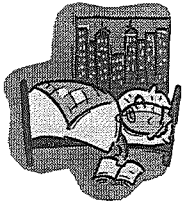
JJPT does not promote the use of the mentioned products. These are just suggestions made in hope of promoting a better night of sleep.

Trouble sleeping?



The importance of sleep and suggestions for a better night of sleep

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Importance of a good nights sleep

- Sleep required for survival
- Helps with rest and recovery of normal everyday wear and tear
- Helps with general tissue growth and repair
- Many of the body's major organs are still active during sleep
- Certain parts of the brain actually increase their activity, and produce more of certain hormones

Effects of sleep loss

- Decreases performance, concentration, & reaction times
- Increases in memory lapses, accidents & injuries, behavior problems, and mood problems
- Cause exhaustion, fatigue, And lack of physical energy
- Can cause pessimism, sadness, stress, and anger

Natural sleep aids

Melatonin:

- Produced in the brain, it helps regulate the sleep cycle.
- Melatonin in doses from 0.1 to 10 mg is effective in helping people fall asleep faster who have simple insomnia or with delayed sleep phase syndrome.
- Melatonin increases sleep time, but not sleep quality.
- Helpful in people with jet lag or who perform shift work.
- Side effects: vivid dreams and next day grogginess with doses greater than 0.5 mg. Also may have an effect on optimal sex drive if taken for a prolonged time.

Tryptophan:

- This is a natural sedative and a precursor from which our brains make serotonin. Serotonin influences the regulation of sleep and other central nervous system functions.
- 5-HTP (5-hydroxytryptophan), a variation of Tryptophan, is the more common form found in health food and drug stores. 5-HTP is converted to serotonin in the brain.
- A dose of 1 g in the tablet form, taken 45 minutes before bedtime, will decrease the time taken to fall asleep in those with mild insomnia and those with a long sleep latency.
- A few mild side effects may exist with nausea being most common.

Exercise & sound control for quality sleep

Exercise:

- Sleep serves as an energy conserver, body tissue regenerator, and a body temperature reducer.
- No other stimulus elicits greater depletion of energy stores, tissue breakdown, and elevation of body temperature than exercise.
- In contrast with sleeping pills, exercise is healthy, safe, inexpensive, and a simple means of improving sleep.

Sound Control:

- Some people have to deal with loud noises that can disrupt sleep, from yapping dogs to car alarms.
- Other's sleep can be disrupted because the environment can be too quiet.
- There are two approaches to these common sleep problems:
 1. Block out sound with ear plugs.
 2. Mask or cloud noise with white (static from radio) or pink noise (ocean waves or wind through trees).
- Blocking out noise or having other concealing noises, can be effective ways to getting a better night of sleep.

