Wrong Side of the Bed
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The alarm rings. It is another day. As you open your eyes, the ache in the neck or low back starts to set in. Strangely, but welcoming, the pain eases off as the day goes on.

Familiar scenario? If it is, it is probably that your dozing pose might be contributing or causing your pain.
Essentially, there are 2 main types of sleeping positions.

The side sleepers, which seems to be the majority, are those who sleep on their sides. They tend to turn in their sleep, moving from side to side in a restless fashion. A common subset of this group, is the fetal position where the person “curls” up, akin to a shrimp. With the legs tucked up close to the chest, the spine is subjected to stresses for a prolonged time; not especially good for people with degenerative spines.

The other sleeper would be the back sleeper. He/She is likely to lie supine (face-up) throughout the night. He/She is not likely not move, remaining in the position throughout the night. This position is spine-friendly.
Notice I missed out on the ones who sleep on their stomachs, namely Front sleepers. I do not recommend this position. Front sleepers have to turn their faces to the side in order to breathe. This position causes a strain in the neck muscles and neck joints. Not good at all!

Whether you are a side sleeper or back sleeper; do note that your sleeping position could be only one of the many factors that might be causing your aches and pains!

Dr Joachim Low

A practising Chiropractor at Discover Chiropractic Clinic, he is also a member of The Chiropractic Association of Singapore (TCAS), Dr Joachim Low enjoys interacting with people whilst serving the public in pain management.

Although pain relief is important, he also believes in preventive care so as to maximise one's function, structure and quality of life.
