



# ON SLEEP & PILLOWS

## Some healthy sleep aids—

**Block all noise.** Listen to the silence.

**Turn off the lights.** Light blocks the release of the sleep-promoting hormone melatonin.

**Go to bed at the same time every night.** Research shows that those who do get the best sleep.

**Go to bed sober.** A nightcap interferes with rapid eye movement (REM) sleep, which is the refreshing part.

**Eat early.** Between 6 – 7 PM is good.

Source: AARP magazine Mar/Apr 2004

**A good laugh and a long sleep are  
the best cures in the doctor's book.**

~Irish Proverb

## Pillow Talk

If you constantly fluff or fidget with your pillow, or if you can fold it in half and it stays there, you may want to investigate purchasing a new pillow.

Ergonomics is important even during rest! If you are a side sleeper, your head, neck and shoulders 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. Select a pillow that fits the way you sleep. Also be aware most new pillows will lose about 10% to 15% of its original puffiness within the first few nights.

## Sleep Makes You Smarter

“When you’re working on a knotty problem, it actually does help to sleep on it. A German study found that our brains continue to work on baffling problems while we sleep, allowing us to wake up with new insights. Researchers at the University of Luebeck gave subjects math problems that involved transforming a string of eight numbers into a new string, according to two mathematical rules. A third rule—a shortcut to solving the problem—was hidden in the puzzle. After working on the problem for a while, some subjects slept for eight hours before resuming their efforts, while others stayed awake all night. A third group tackled the problem in the morning and then returned to it after an eight-hour break. The sleepers were almost three times more likely to figure out the shortcut than either of the two groups that hadn’t slept. The results suggest that the brain ‘restructures memories’ during sleep, researcher Jan Born tells *Nature*, so we wake up with a fresh perspective. The study, he says, underlines the importance of getting a good night’s rest.” —*The Week*, Vol 4 Iss 143

There is no “universal fit” for everyone, or even for the same person at different times. I personally have several types of pillows on my bed. Sometimes my ChiroFlow is perfect, some days the buckwheat hull. My standard foam pillow usually ends up between or under my knees for support there.

Don’t be afraid to experiment. It may cost a bit to finally find your perfect pillow, but when you consider that you will spend almost two months of the next year in bed it is an important investment.

ps - Take your pillow with you when you travel. A strange bed is bad enough, but your comfy pillow may save you from a stiff neck the next morning.

The content of this handout is not intended to replace medical advice. If you’re ill please consult a physician.

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