

Sleep Tips for Back Pain Management

Introduction

Back pain can interfere with sleep quality and daily activities. Proper sleeping posture, mattress support, movement techniques, and exercise can help reduce pain and improve restful sleep.

1. Choose the Right Sleeping Position

Correct sleeping posture helps maintain spinal alignment and reduces stress on the back muscles and joints.

Recommended Positions : Side-Lying Position

Sleep on your side with: Knees slightly bent
A pillow between the knees

This helps:

1. Maintain spinal alignment
2. Reduce pelvic rotation

Decrease lumbar strain :
Supine (Back-Lying) Position
Sleep on your back with:
A pillow under the knees
Small towel roll under the lower back if needed

Benefits:

1. Reduces pressure on lumbar spine
2. Supports natural spinal curve

Avoid Prolonged Prone (Stomach) Sleeping
Stomach sleeping increases:
Lumbar extension stress

2. Use an Appropriate Mattress

The mattress should provide adequate support while maintaining comfort.

Physiotherapy Recommendations

Medium-firm mattresses are often beneficial for low back pain.

1. Mattress should:
2. Support spinal alignment
3. Prevent excessive sinking
4. Reduce pressure points

Mattress Replacement

Consider changing mattress every 6–8 years.

Test mattresses before purchase if possible.

3. Safe Technique for Getting In and Out of Bed

1. Sudden twisting or bending movements may aggravate back pain.
2. Getting Out of Bed
3. Log Roll Technique
4. Bend knees slightly
5. Roll onto one side
6. Push up using arms
7. Lower legs off the bed together
8. Stand slowly

Going Back to Bed

Reverse the same steps slowly and carefully.

4. Strengthen the Core Muscles

Core muscles support the spine and improve posture and stability.

Important Muscle Groups

1. Abdominal muscles
2. Lower back muscles
3. Pelvic muscles
4. Hip stabilizers

Benefits

1. Improves spinal support
2. Reduces muscle spasm
3. Enhances balance and functional movement
4. Prevents recurrent low back pain

Suggested Exercises

1. Basic Core Exercises
2. Pelvic tilts
3. Abdominal bracing
4. Bridging
5. Modified plank
6. Bird-dog exercise

Exercise Frequency

3–5 times/week

Begin gradually under physiotherapist supervision

5. Gentle Stretching and Yoga Before Sleep

Light stretching may reduce muscle tightness and improve relaxation.

Benefits

1. Reduces stiffness
2. Improves flexibility
3. Decreases stress and anxiety
4. Promotes better sleep quality

Safe Stretch Examples

1. Cat-camel stretch
2. Child's pose
3. Knee-to-chest stretch
4. Hamstring stretch
5. Lumbar rotation stretch

Precautions

1. Avoid painful movements

2. Stretch slowly without bouncing

Hold stretches for 15–30 seconds

6. Maintain Good Sleep Hygiene

Healthy sleep habits improve recovery and pain management.

Recommendations

1. Maintain regular sleep timing
2. Avoid excessive screen time before bed
3. Keep room quiet and comfortable
4. Avoid caffeine late in the evening

7. Avoid Prolonged Static Postures During Daytime

Remaining in one position for long periods may worsen back pain.

Physiotherapy Advice

1. Change position every 30–45 minutes
2. Use lumbar support while sitting
3. Maintain upright posture
4. Perform brief stretching breaks

8. Physical Activity is Important

Regular movement improves circulation, flexibility, and muscle strength.

Recommended Activities

1. Walking
2. Cycling
3. Swimming

Therapeutic exercises

1. Avoid Heavy lifting with poor posture
2. Sudden jerking movements
3. High-impact activity during acute pain

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