

Sleep Easy...

Submitted by: Blue Lizard Marketing

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March is National Bed Month.

The McTimoney Chiropractic Association (<http://www.mctimoneychiropractic.org>) and Dunlopillo (<http://www.myersbeds.co.uk>) provide some top tips for preventing neck and back pain whilst sleeping.

March is National Bed Month

(<http://www.sleepcouncil.org.uk/2012/02/say-yes-to-a-new-bed-this-march-for-national-bed-month>). We all need a comfortable and decent night's sleep whatever our age and most of us will have experienced back or neck pain when sleeping on an incorrect mattress or pillow. The McTimoney Chiropractic Association, in alliance with Dunlopillo, has brought together some top tips to help avoid back or neck pain in bed.

- Check your mattress - is it time for a new bed? If you find you are sleeping less well than you did a year ago, or if your mattress is sagging in the middle, or you are waking up with aches and pains, it may be time for a new bed. A good mattress will offer support allowing the correct alignment of your spine and body as you sleep.
- Choose your pillows carefully – use a pillow that is right for the position you normally sleep in and one which allows the neck to be in a natural position. For instance, if you sleep on your back or front, you will need a slimmer pillow than if you sleep on your side.
- Sleeping position – lying on your back or on your side creates less stress on the back and neck than other positions; also try to avoid being in one position for too long.
- Create a calm and relaxed environment - which is well ventilated and without draughts. Try to relax before going to bed. Try things that help relax both the mind and the body, such as a warm bath or listening to some music. The Sleep Council (<http://www.sleepcouncil.org.uk>) offer several great ideas on their website.
- Watching TV - If you like to watch TV in bed, ensure you are in a position that is comfortable for your back and neck. Avoid slouching against the pillows and creating a banana shape in your back as this stresses the spine, muscles in your back, neck and shoulders.
- Take a minute in the morning - take a minute to wake up and try some gentle stretches. Avoid bending or doing anything strenuous until your spine and joints have had time to 'wake up'.

How to choose a bed

- Ideally Dunlopillo and the Sleep Council recommend you think about changing your mattress at least every seven years. Expect, and prepare for, the seven year hitch!
- Your mattress should offer support and be comfortable. Your height, weight and sleeping position will define the type of mattress you need. Ensure that your partner is comfortable as well - and that

the bed is large enough for both of you. Sometimes split mattresses which zip together are the answer for those with different needs.

- Try lying on your side - your spine should be parallel to the mattress and the mattress should neither sag in the middle nor bow. Sagging means the mattress is too soft, and bowing means the bed is too hard.
- Your mattress and base work together so try to think of them together, and don't buy either in isolation.
- Once you have a couple of choices, spend at least 10 minutes lying on each bed in your normal sleeping positions. Make sure your partner is with you so you can ensure the final choice suits you both.

The McTimoney Chiropractic Association (MCA) and Dunlopillo have together produced a leaflet explaining how to get the best from a good night's rest. If you would like a copy, contact the MCA on 01491 829211.

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Notes to editors:

The Sleep Council – www.sleepcouncil.org.uk (<http://www.sleepcouncil.org.uk>)

About McTimoney

McTimoney chiropractic is a precise, gentle and effective technique, used regularly by many to help manage back, neck and joint pain. The technique is suitable for the whole family: from newborn babies and pregnant women to grandparents – and even your pets.

McTimoney chiropractic involves checking the whole body and, where necessary, performing gentle adjustments to help realign the individual bones of the skeleton. This technique allows the nervous system to work as well as it possibly can, bringing about optimum health and wellbeing in the body.

McTimoney chiropractic has been found helpful for thousands of people for over 30 years and it is growing by nearly 150,000 new patients per year.

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About Dunlopillo

Dunlopillo latex was invented by a Dunlop scientist, Mr E A Murphy, in January 1929. Murphy was one of a group of research scientists working for Dunlop at Fort Dunlop in Birmingham. In 2002 Hilding Anders acquired the Dunlopillo brand in the UK and Ireland making it part of Europe's leading bedding group, Hilding Anders which is the leading manufacturer of beds and mattresses in Europe, Russia and Asia.

Through approximately 30 subsidiaries, the Group owns more than 20 strong brands of beds, which are sold in Europe and Asia. Hilding Anders also operates a wide-ranging production programme for a large number of well-known international furniture stores. The Group has a turnover of approx. €760 million, comprises more than 6,000 employees and has a presence in 27 European and 13 Asian markets. The head office is located in Malmö, Sweden.

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