

CHIROPRACTOR

Q

Is it a big deal if I sleep on my stomach?



Dr. Klindt

**DEARINGER & KLINDT
CHIROPRACTIC
CARE CENTER,
PLLC**

107 N. 5th Street
Bardstown

502-348-3202

ANSWER: YES!!! When you sleeping on your stomach your head is turned to the side and most people make it worse by propping their head on a pillow as well. This means the cervical vertebrae are forced into rotation and extension. This causes muscle spasms and the joints in the neck to become fixated and lose range of motion. When a joint loses its range of motion, it cannot get the nutrients it needs to stay healthy. This will not only cause pain but it also causes muscle weakness and degenerative arthritis. It is best to sleep on your back or side. You want to keep your spine in neutral alignment and avoid rotation while sleeping. Not sleeping on your stomach keeps the chiropractor away.