

# SLEEP RIGHT

- tips and positional therapy



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A great night's sleep is essential for maintenance of good health, restoration of energy and is really priceless in value.

**At Sleep Right, we offer the Side Sleep Back Bolster, a pillow extension designed and manufactured locally that helps to prevent rolling onto the back while sleeping.**

It conveniently fits with your existing pillow or you can upgrade to one of our comfortable memory foam pillows.

There is scientific evidence supporting that side sleeping has heart and lung benefits when sleeping on one's right side. Sleeping on the left side is supposed to prevent acid reflux, but the best way to prevent acid reflux is to consume water only for the last 2 hours before lying down - **no late nibbling or snacking.**

Another tip to improve falling asleep, besides no late eating, is to stop caffeine intake at 3pm. This includes Ceylon tea, Chai, Green Tea and Coffee. Caffeine can have an effect on the body for up to 8 hours. It may prevent one falling asleep or cause one to wake up for no reason in the early hours of the morning.

Sleep position with head and neck support is also important. This goes hand in hand with pillow choice.

There is a wide range to choose from and prices vary. But when you find the pillow that works best for you, hang on to it for dear life.

Many people are allergic to feathers

and dust. This limits pillow choice to a hypoallergenic pillow or an allergy cover for the existing pillow.

Memory foam pillows have been around for a while now. Benefits of these NASA origin pillows include: they conform to your head to support it, they keep the spine aligned, they are hypoallergenic, easy to maintain and durable.

Add in the **Side Sleep Back Bolster** and those who have been advised to sleep on their backs for medical reasons or who snore only when on their backs may find significant relief.

## **Snoring and sleep apnoea**

Hayfever swells the lining inside the nose so a lifelong nasal steroid spray like Flonase is mandatory. Being overweight affects tongue size.

A long-term sustainable healthy eating plan to lose weight and prevent reflux is also non-negotiable.

This includes **NO LATE NIBBLING**

Early diagnosis and intervention can prevent deterioration to life-threatening consequences and complications.

Interventions include nasal spray, nasal surgery, throat surgery, mouthguard, sleep right pillow or a CPAP machine. Not all are pleasant to have but somewhere along the line there is a solution for most sufferers.

Common worrying symptoms of obstructed breathing are a dry mouth in the morning, awaking tired despite enough hours of sleep and, in males without prostate problems, waking up to pass urine around 3am.

Prevention really is better than cure if you breathe right, eat right and sleep right.