

THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW VOLUME 9 | ISSUE 40



SLEEP LIKE A PIG

BY CAROL MASS, LAT, ATC

Have you ever gone to sleep feeling fine, and woken up with pain or discomfort? I joke that it used to take physical exertion to get injured, and now (at our age) all it takes is sleeping!



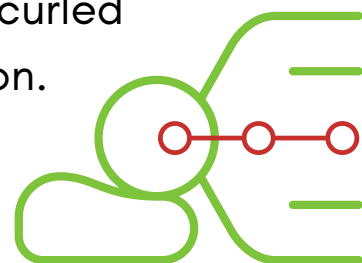
WANT TO READ MORE TIPS & LEARN ABOUT NANDOR? SCAN THE QR!

In the industrial setting, we discuss the ergonomics of doing our job tasks. We educate how proper body mechanics help to keep the body in good health and prevent injury. But beyond working 8-12 hours a day, we are coached to do only one other thing for that amount of time - sleep. So if working with proper posture is important, then sleeping with proper body posture should be important too! Check out these tips to get better (and more injury-free) rest that will have you sleeping like a pig in no time!

Stop stomach sleeping. When you sleep on your stomach, you force your head to a 90° angle in any direction. Many people put their arms under their head or pillow to ease this angle, but this often causes a pinch in the nerves and muscles of the neck and shoulders. For these people, they can probably relate to waking up with their hand completely asleep.

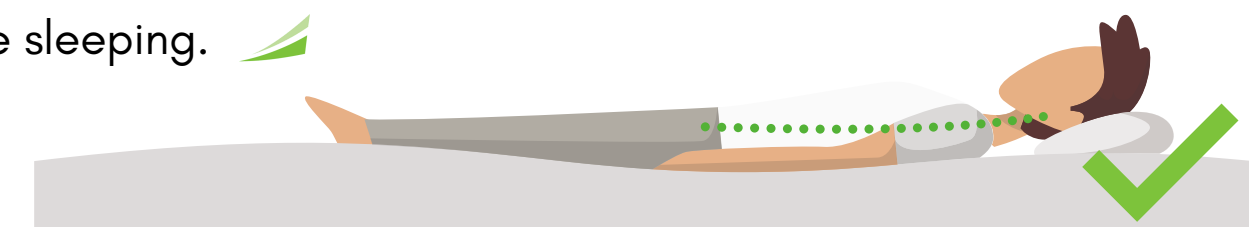


The Alignment of Your Head. If you are a side sleeper, line up your ears with your shoulders and your nose in line with your sternum. The best way to do this is to get the right pillow combination to fill the space between your shoulder and ear at perfect right angles and to lay your head down with your head back, not curled into fetal position.



Don't Sleep on Shoulders, Hands, or Arms. If you find yourself putting your arms under your head, your pillow isn't pulling its weight. Consider buying a new pillow or stacking up more than one to get better head support. Some pillows come with a space to put your arms if you are a side sleeper. Studies show that rubber or high density pillows result in less neck discomfort, and suggest to avoid feather pillows.

Pillow Size. Sleeping on your back can be very healthy, but make sure your pillow isn't too big. Your head shouldn't sit at an angle to your body. Some ergonomic pillows have an indentation to cradle your head. A foam roll or towel placed under the neck is useful to support the head. Head placement when sleeping on your back is just as important as side sleeping.



Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialists in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

