

## XXI. How to Sleep PAIN-FREE with Back Pain and Sciatica

It is very important to get adequate sleep when trying to manage and heal your back pain/sciatica. A day of pain from back pain/sciatica can wear you out mentally and physically. A good night's sleep can help you restore the energy required to battle the monster known as sciatica.

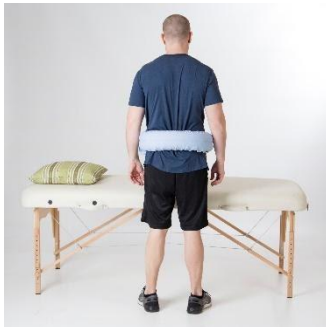
These are suggestions to help you sleep pain free. The key is to try the different positions and see which ones work for you.

1. Sleeping on your back with a leg wedge in place- Brad, at times, will go to sleep with an ice pack inserted underneath his back with his legs up on the wedge. He will wake up a few hours later with the ice pack no longer cold, and he will take the cushion out, turn and sleep on his side.



2. Sleeping with lumbar support- We suggest first taking a rolled sheet and pinning it around your waist. The rolled sheet will provide some support for the arch of your back while sleeping on your back and on your side. If you find it comfortable you may want to purchase a night roll lumbar support by McKenzie. If you are a thinner person with minimal body curves

you may not need much support. If you are larger with more cushion on your buttock, you may need a larger support.



### **Night Roll Lumbar Support**

3. Sleeping on your back with one, two, or three pillows underneath your legs.



4. Sleeping on your side with a pillow between your legs- You will have less rotational stress on your spine with a pillow in place. Eventually you may want to purchase a knee pillow.



A pillow between the knees may be more comfortable when sleeping on your side.

5. Sleep on your side with the painful leg (sciatica) on top. Place both ankles and feet on one to two pillows to see if that position alleviates pain.
6. Some of our patients are forced to sleep in a recliner. If so, place a lumbar support or throw pillow behind your back and recline the back of the chair as far as possible while still maintaining comfortable levels.
7. 90/90 on chair or stool
8. If your mattress is sagging, put it on the floor or put plywood between your mattress and box spring.
9. Sleep on the floor with a mattress topper.