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You Don't Have to Live With Stiff Neck Pain

By **DR. Joseph J. Berke, M.D., Ph.D.**

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Getting quality sleep has, for many, become an elusive goal in the modern day. We work longer hours, take less time off, and try to overcompensate by micromanaging what little free time is available to in order to enjoy all facets of our lives. More and more of us are becoming aware that we are fatigued, and this is further exaggerated by the countless advertisements and commercials that discuss the number of Americans who are not getting good sleep. Many of us wake up daily with sore muscles and stiff necks. Nothing is more tiresome than the combination of exhaustion and neck pain.

Complications caused from lack of sleep can detrimentally affect existing medical conditions such as high blood pressure. Furthermore, improper sleep can be attributed to lowering the immunity system and can cause depression and anxiety disorders in many people. Over a period of time, lack of quality sleep can turn into a serious sleep disorder, so resolving the problem is a necessity.

So are you destined to face the above complications without any form of relief? Thankfully, the answer is no. There are quite a few remedies that can help people to develop the ability to gain restful sleep. Obviously, treatment for any existing medical condition, including stiff neck treatment is necessary. An objective evaluation of one's environment and behavior is necessary to resolve this dilemma. A healthy sleep pattern is contingent on a few basic rules that can be personalized for any individual. These are a healthy diet, exercise, and most of all, a comfortable sleeping environment.

A healthy diet and exercise program have been proven to not only reduce risks for certain medical conditions, but they are also known to reduce stress and to assist in sleep comfort. Stress is a leading contributor to many chronic health conditions as well as causing an imbalance in sleep patterns. Exercise does not have to be strenuous, a simple walk a few times a week is more than sufficient. A healthy diet also includes the reduction of caffeine and alcoholic intake, as well as reducing food consumption in the evening hours, which has been shown to prohibit some from sleeping better.

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A thorough look at one's sleeping environment is extremely important. Not only should one make sure the room they sleep in is dark and quiet, but also taking a close look at the bed and pillow is extremely important. The mattress should be of good quality and the sheets and blankets clean and comfortable. Pillows are quite important as they support the head and neck during rest. Stiff neck pain is one of the leading causes of disrupted sleep patterns, and finding the proper pillow is essential. Over the years, sleep pillows have become widely recognized as improving sleep comfort due to their design, which invites comfort and proper body, neck, and head alignment. Visco elastic or "memory foam" pillow have been recommended by doctors and chiropractors across the world. Many attribute their new-found and consistent sleep and dream patterns completely to a new sleep pillow.

While poor sleep habits and stiff neck pain are most definitely serious complications to one's health, by taking the appropriate measures outlined above, you'll be sleeping like you were meant to and you'll feel fully rested in no time.

Dr. Joseph J. Berke, M.D., Ph.D.

Discover how sleeping on The Better Sleep Pillow can change your life.

Visit:

Dr. Joseph J. Berke is an author and inventor dedicated to helping people get a better night rest.

Pain In The Neck?

By News Canada

(NC)—Neck pain is less common than low back pain, which affects about 80 percent of us at some time in our lives. Nevertheless, a huge number of adults – between 38 and 50 percent – have to cope with a sore neck at some point.

Until recently, the cervical spine was largely ignored by researchers. Why? Because neck pain caused far less disability and absenteeism from work than low back pain.

Like the low back, the neck is subject to sprains and strains, joint problems, and disc problems.

When younger people develop acute neck strain it is usually a result of turning awkwardly during the night, or playing a sport such as squash that requires jarring movements. They may also strain a neck muscle lifting things improperly.

Middle-aged people are more likely to develop neck pain as a result of the normal degenerative changes of the discs and joints of the spine.

Whiplash – sprained or torn ligaments and/or muscles – can affect people of any age. In most cases, whiplash is caused by a car accident; if your car is hit from the rear, your head is snapped backward as your body is thrown forward.

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Then, of course, is the new category of neck patients that has been emerging: people whose jobs require them to sit for long periods of time in a position that stresses the cervical spine – for example computer work.

As the research on neck pain continues, we'll be learning more about treatment. But right now, we know enough to show neck pain sufferers how to eliminate, or at least reduce, their neck pain with exercise and changes in both their work habits and the way their workstations are set up. For more information, visit the

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