



BAD SLEEP?

Sleep & Spine Health

The advanced report on how your spine controls your sleep quality — and what to do about it.

You already saw the basics. Here's what's underneath: the mechanics of why your spine and your sleep are the same conversation.

1 How spinal misalignment disrupts your sleep cycle

Misalignment in the neck and upper back keeps small stabilizing muscles mildly active all night instead of fully relaxing. That low-grade muscle guarding interrupts the deeper stages of sleep, even if you never fully wake up — which is why some people sleep 8 hours and still feel wrecked.

2 The connection between neck position and sleep quality

The neck houses nerve pathways that influence blood flow to the brain and the muscles that regulate breathing. When the cervical curve is flattened or rotated for hours, those pathways work harder than they should, which is part of why poor neck position is linked to lighter, more fragmented sleep.

3 Pillow selection guide for different spine types

There's no single "best" pillow — it depends on your spine. Flatter cervical curves generally need more loft to fill the gap; deeper curves need less. Broader shoulders (common in side sleepers) usually need a firmer, taller pillow than back sleepers to keep the neck level with the spine.

4 When poor sleep signals a deeper spinal issue

Occasional restlessness is normal. But waking up with the same stiff spot every morning, needing to "crack" your neck to feel normal, or feeling worse after sleep than before it are signs the issue isn't the mattress — it's a structural pattern that needs to be evaluated, not just cushioned.

5 Dr. Strother's recommended sleep protocol for spine health

Consistent sleep and wake times matter as much as position. Pair a spine-appropriate pillow setup with a wind-down routine that avoids neck flexion (looking down at a phone) in the hour before bed, and reassess your setup any time your job, mattress, or pain pattern changes.

DR. STROTHER'S PROTOCOL

This week's sleep reset

1. Identify your primary sleep position (back, side, or stomach)
2. Match pillow loft to that position, not what you've always used
3. Track morning stiffness for 5 nights — note which side, if any

YOUR ADVANCED REPORT OFFER

Bring your sleep pattern in and let's look at the cause.

Redeem your promo code for a New Patient Consultation with Dr. Strother — a full evaluation of whether your spine is behind your sleep issues.

SLEEP19

Mention this code when booking • (269) 469-1310