



Living with sciatica can be especially frustrating when it comes to getting a good night's sleep. While there are no clear-cut solutions for people with sciatic nerve pain, these simple tips may help you find enough relief to sleep through the night.



First Things First ... What Is Sciatica?

There are five sciatic nerve roots in your lower back which extend through your hips, buttocks and down the back of each leg. When one or more of these nerves become irritated, inflamed or compressed - usually as a result of a herniated or ruptured intervertebral disc - it typically causes pain, tenderness or numb/tingling sensations to radiate throughout the leg. This pain is referred to as sciatica and generally only affects one side of the body.^{1,2}

WORST Sleeping Positions

Sleeping on Your Stomach

- Hyperextends the lower back
- Puts excessive pressure on joints and muscles
- Makes it difficult to maintain neutral/proper spine alignment

Sleeping in the Fetal Position (Unless Pregnant)

- Excessive curving at the spine can cause back and neck pain
- Makes it difficult to maintain neutral/proper spine alignment
- Especially impractical for those who also suffer from arthritic pain

BEST Sleeping Positions

Sleeping on Your Side

- Helps prevent neck and back pain
- Helps reduce snoring and acid reflux
- Elongates the spine and helps keep it properly aligned

Sleeping on Your Back

- Helps prevent neck and back pain
- Minimizes wrinkles and acid reflux
- Maintains optimal head, neck and spine alignment

Additional Tips to Help You Catch Some Zzz's ²

- ✔ Opt for a firmer mattress with more support
- ✔ Sleep with your neck level to your spine, not above/below it
- ✔ Take a warm bath before bed to help relax the muscles and trigger the release of pain-relieving endorphins
- ✔ When sleeping on your back, minimize the pressure placed on your sciatic nerve roots by elevating your knees with a pillow