



Image via [Pexels](#)

Does Back Pain Have You Down By Keeping You Up All Night?

If you find it tough to fall asleep because of a nagging back, you are not alone—millions of Americans suffer from back pain. Sometimes, as Spine-Health.com notes, it's caused by [a sprained or strained muscle](#); other times, poor posture or fractured vertebrae may be the culprit. Whatever the reason for your upper, middle, or lower back pain, you and your uncomfortable counterparts have a common goal: To get a good night's rest.

Rather than spend another night tossing and turning, here's some guidance on how to get the sleep you need.

Use Apps

[Screen time](#) in bed or right before bedtime can interfere with your sleep patterns, but there is a healthier way to use your phone at night. There are apps made especially for monitoring your sleeping habits and providing you with the results, so you can keep track of how well you sleep at night and determine ways to improve it. Make sure you have a good phone that can handle running the apps all night long.

Try Acupuncture and Massage

Acupuncture has proven to be a highly therapeutic method for relieving back pain, and it's a great alternative to pain medication. With a series of sessions, you can find sustained relief that can help you achieve a good night's rest.

In addition, deep tissue massage from [Hudavi Wellness](#) is the perfect complementary therapy for acupuncture, as it helps stretch and decompress muscles. Massage is also known to assist with sleep issues, so consider these combined treatments to find long-lasting relief.

Get a Better Mattress

This one might seem obvious, but many people simply overlook their sleeping surfaces. If you are still on your innerspring mattress from your college days, it's time for an upgrade. Fortunately, mattresses are available at a [variety of price points](#) for every style of sleeper. .

Start Exercising

Working out is not just something you do if you want impressive muscles and a toned abdomen. The physical activity put into your day can have a profound effect on your night. About two and a half hours of moderately intense aerobic exercise every week can significantly improve your sleep quality. This is partly because exercise helps regulate your hormones but also has to do with tiring the body out so that it's ready for slumber.

Even if you are not ready to commit to a daily exercise regimen, Activebeat suggests [striking a yoga pose](#) before climbing under the sheets. Yoga is more than exercise and can help you get your mind aligned with your body, which will allow you to experience what your body needs (sleep) and focus less on the pain.

Reduce Work-From-Home Stress

Working from home can be a great way to get things done without the distractions of a traditional office setting. However, it can also be stressful, which can contribute to a lack of sleep and back pain. There are a few things you can do to reduce stress when working from home. First, make sure you have a dedicated work space that is separate from your living area. This will help you to stay focused and avoid feeling like you're always working. Second, [establish a daily routine](#) and stick to it as much as possible. This will help you to stay on track and avoid getting overwhelmed by all the work you have to do. Finally, take breaks when you need them and don't be afraid to ask for help if you're feeling overwhelmed.

Change Position

If you've ever played sports, you know that sometimes it can take a while to decide which position is most effective. Sleep is no different, and even if you've slept on your back your entire life, it may be time to switch to your side. Don't sleep on the same side every night, as doing so might trigger a muscle imbalance and can cause curvature of the spine.

Make sure to keep a [pillow between your knees](#), which will keep your spine straight and may reduce instances of back and hip pain. You can also try sleeping on your stomach, or if you absolutely have to sleep on your back, try adding a pillow under your knees to see if that helps.

Spice Things Up

We're not talking about the usual bedroom spice here. Instead, we mean literal spices. Back pain may be worsened by inflammation. Fortunately, things like rosemary, turmeric, black pepper, frankincense, and green tea can [reduce inflammation](#), which might be caused by an infection or trauma to the area. These and many other natural remedies can be found at your local drugstore. So, talk to the pharmacist or your doctor before beginning something new as these may interact with your current medications.

Try a Cold Compress or Ice

If you suffer from back pain, your home should not be without a cold compress. This remedy utilizes cool temperatures to deliver a concentrated dose of relief where you need it most. Simply lie down on your stomach and have someone place the cold compress where you hurt the most. If you don't have a cold compress available to you, having someone apply ice directly to your back can also work wonders.

Living with back pain is no joke, and when it triggers sleeplessness, you won't feel your best day or night. However, by taking steps like getting a massage, investing in a new mattress, and reducing work-from-home stress, you can find relief so that you can settle in and conk out.