

Welcome to the: Orthopaedic Opinion Online Website

The website for the answer to all your Orthopaedic Questions

- **Orthopaedic Opinion Online** is a website designed to provide information to patients who have orthopaedic and musculoskeletal problems and are undergoing treatment.
- **Patient information** is provided in the form of downloadable information sheets.
- **Orthopaedic advice** and second opinions can be provided by our expert internationally renowned Consultant Orthopaedic Surgeons.
- **Online review** of patients' X rays or MRI scans can also be provided and any proposed treatment plans reviewed.
- **Book a clinical consultation** with one of our internationally renowned consultant orthopaedic surgeons in Bristol or London.
- **Orthopaedic reports** can be provided for Injury or Accident Claims and Medical Negligence claims.

This Patient Information Sheet is provided by Orthopaedic Opinion Online

The Good Sleep Guide

Key words: arthritis, pain, neck pain, analgesics, painkillers, pillow position

[The Good Sleep Guide](#)



Title: The Good Sleep Guide

Website link:

http://www.csp.org.uk/director/members/libraryandpublications/csppublications.cfm?item_id=98C7543DE02D994382C682A0D36CD6E1

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Summary

Good posture is key to restful sleep, as is choosing the right mattress and pillows. The good sleep guide is a general source of information to help people get a good night's sleep. It provides advice on the best way to sleep in your preferred position ie midline, lying on your side, lying on your front and lying on your back. Positioning of pillows will help support the body maintaining its natural curves and minimising stress. Helpful advice is provided regarding choosing the right mattress, duvets, pillows, exercise, looking after your back, avoiding stress and temperature of the room.

Individual needs and requirements may vary. Some people may experience difficulty finding a comfortable sleep position. If sleeping is painful and you cannot find a comfortable position, or would like more specific information the best ways to improve your sleep, consider consulting a Chartered Physiotherapist. The advice provided in this guide is designed to help make sleeping in your favourite position more comfortable. If these suggestions cause you to feel discomfort please seek professional advice.

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