- A privately-owned local business, **Northern Rehab Physical Therapy Specialists** has built a solid reputation and strong relationships within the communities it serves. Northern Rehab strives to treat patients in a professional, yet fun and friendly atmosphere while working closely with their physician or other referring provider.
- **Northern Rehab** provides quality, skilled hands-on physical therapy with an emphasis on one-on-one physical therapy care provided by the physical therapist.
- A doctor prescription is not required for physical therapy. This means you can start feeling better right away. **Northern Rehab** physical therapists will prioritize treatment options that are less expensive, less invasive, less addictive, and more personalized.
- You don't need to live with pain. Choose Northern Rehab today and stop letting pain control your life.

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Voted Best Physical Therapists 11 years in a row!

DeKalb

3266 Sycamore Rd.
DeKalb, IL 60115
Located at the corner of Bethany & Sycamore Roads, by the UPS Store

Phone 815-756-8524
Fax 815-756-1841

Genoa

540 East Main St.
Genoa, IL 60135
Genoa Shopping Center
At the corner of Routes 23 & 72, across from McDonald's

Phone 815-784-6417
Fax 815-784-3178

Rochelle

1211 Currency Ct.
Rochelle, IL 61068
Holcomb Bank Professional Park
Located between Dunkin' Donuts and Holcomb Bank

Phone 815-562-3299
Fax 815-562-6877

NORTHERNREHAB PHYSICAL THERAPY Specialists

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Importance of Sleep

NORTHERNREHAB PHYSICAL THERAPY Specialists

How To Get a Good Night's Sleep

northernrehabpt.com
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The Importance of Sleep

Sleep is critical for proper:

- Immune function
- Tissue healing
- Pain modulation
- Brain function
- Cardiovascular health
- Learning and memory
- Staying healthy

A pillow under the side of the trunk can take pressure off a sore shoulder.

Recent sleep studies have found:

- Sleeping under 6 or over 9 hours per night is associated with increased frequency/intensity of chronic pain the following day
- Healthy sleep helps prevent colds and flu
- Impaired sleep quality or quantity can result in low grade inflammatory responses and pain
- Sleep disturbances are common in individuals with depression and anxiety
- Education and lifestyle modifications improve sleep quality and will reduce pain and fatigue in people with chronic pain

Proper positions for a good night's sleep:

Position pillow under your neck so it is supported in a neutral position with your face even with the bed.

Pillows under the knees can help alleviate low back pain.

What can physical therapy do for you?

- Assess overall sleep health and screen for risk of sleep disorders
- Refer for additional assessment if you are identified as at risk for a sleep disorder such as sleep apnea, insomnia, or restless leg syndrome
- Provide sleep education
- Provide an appropriate exercise program
- Provide education on sleep positions to promote better sleep quality
- Address bed mobility issues

To view a short educational video on sleep positions, please visit our YouTube channel at: *https://youtu.be/snqX2iseRp0*
or our website at:
www.northernrehabpt.com/videos/

Strategies To Enhance Sleep

Improve your sleep quality with the following simple and positive lifestyle changes and modifications:

Moderate to vigorous exercise during the day can improve sleep quality at night. Complete vigorous exercise at least 3 hours prior to bed time.

Limit daytime naps to 30 minutes or less and avoid evening naps.

No caffeine for at least 6 hours prior to bed time.

Refrain from drinking alcohol or smoking at least 3-4 hours before bedtime. Avoid eating a large meal or spicy food 2-3 hours before going to bed.

Set a regular bed time routine, be calm, and prepare for sleep.

No bright, blue light devices such as cell phones or iPads for at least 30 minutes prior to bed time. Create a cool, dark, quite comfortable sleep environment.

Use your bed for only sleeping and sexual activity. Remove distractions.

Body alignment – find what is comfortable and use pillows to position.

Wake up to natural light.