

[IMAGE]

## Preventing Neck Pain

When it comes to neck pain, many people seek relief and ways to make sure they do not have to endure it ever again. This is where prevention comes in. Often times, it is age-related wear and tear that is responsible for many aches and pains in the neck area, but there are also other everyday things that can contribute to ongoing pain and discomfort.

Let's take a look at some of those along with ways on how to prevent neck pain from occurring on a daily basis.

One of the first places to start prevention of neck pain is in the bedroom where you spend most nights asleep – often in the wrong position, which may be contributing to ongoing neck pain.

man sleeping - Copyright © Stock Photo / Register Mark Here are some tips to make sure you are protecting yourself from neck pain while napping and sleeping throughout the night:

- Sleep on your side or your back with a pillow that can support your neck. Look for pillows that offer built-in neck support. When sleeping on your side make sure to keep your neck supported with a high pillow.
- Use memory foam pillows or cervical pillows that can help your neck to adjust properly and avoid neck pain in the morning.
- Try to keep your head leveled when sleeping upright making sure you don't keep your neck to one side the whole time.
- Get enough sleep and rest – Make sure to talk to your chiropractor if you are having Sleeping problems such as difficulty falling asleep, trouble staying asleep, waking early in the mornings, and non-restorative sleep. People with these issues are more likely to develop chronic musculoskeletal pain.

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