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WELLNESS

Sleep & Recovery

Heal While You Rest

How quality sleep accelerates healing and reduces chronic pain.

A free patient education guide from our doctors
(630) 289-2225 · freedomwellness.llc · Hoffman Estates, IL

Welcome

Sleep is not a luxury. It is when your body does much of its repair work: restoring tissues, consolidating memory, and resetting your nervous system for the day ahead.

Pain and sleep share a two-way relationship. Pain makes it harder to sleep, and poor sleep can make pain feel worse. Breaking that cycle is one of the most powerful steps you can take toward feeling better.

Why Sleep Matters for Healing

- Deep sleep is associated with growth hormone release, which supports tissue repair
- Adequate sleep supports healthy immune function
- Sleep loss is linked with increased pain sensitivity
- Rest restores energy, mood, and coordination, reducing injury risk

Best Sleep Positions for Your Spine

- **Back sleeping:** a medium pillow under your head and a pillow under your knees
- **Side sleeping:** a thicker pillow that fills the space between shoulder and ear, plus a pillow between your knees
- **Stomach sleeping:** best avoided, since it forces the neck to rotate for hours

Choosing a Mattress and Pillow

There is no single perfect mattress. Generally, a medium-firm surface supports most people well. Your pillow should keep your head and neck level with your spine. If you wake up stiff and loosen up within an hour, your sleep setup may be part of the problem.

Sleep Hygiene Essentials

- Keep a consistent sleep and wake time, even on weekends
- Keep your bedroom cool, dark, and quiet
- Power down screens 60 minutes before bed
- Limit caffeine after noon
- Avoid heavy meals and alcohol close to bedtime
- Get natural light early in the day
- Build a calming wind-down routine: stretching, reading, or breathing

How Chiropractic Care Fits In

Many patients tell us they sleep better once their pain and tension improve. By addressing joint restrictions, muscle tension, and posture, and by coaching you on sleep positioning, we aim to help your body settle into restful, restorative sleep. If you suspect a sleep disorder such as sleep apnea or insomnia, we will encourage you to see a sleep specialist.

The 4-7-8 Breath

Inhale through your nose for 4 counts, hold for 7, and exhale slowly through your mouth for 8. Repeat four times to help your nervous system shift into rest mode.

Better Sleep Checklist

- ☐ Consistent bedtime and wake time
- ☐ Screens off an hour before bed
- ☐ Cool, dark bedroom
- ☐ Pillow keeps neck neutral
- ☐ No caffeine after noon
- ☐ Morning sunlight exposure

Common Questions

How much sleep do adults need?

Most adults need 7 or more hours per night for good health.

Why do I wake up stiff?

Often it is position, pillow, or mattress related. We can help you troubleshoot.

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YOUR NEXT STEP

Let's get you feeling your best again.

Sleep better, heal faster. Call (630) 289-2225 to schedule your visit.

Book Now: (630) 289-2225

freedomwellness.llc/book

VISIT US

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OFFICE HOURS

Tue & Thu: 8am-12pm, 3pm-6pm
Wed: 3pm-6pm
Sat: 8am-12pm
Fri: By appointment only
Mon & Sun: Closed

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