

Options for Spine Treatments

Improving Sleep Can Reduce Back Pain

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Sleep deprivation can lead to a lowered pain threshold and contribute to chronic neck and/or back pain. Lack of restorative sleep can also adversely effect healing of musculoskeletal tissue of the spine. A problem with sleep related to back pain should be addressed as part of a multi-disciplinary, chronic pain treatment approach. There are many methods which can be used to enhance a good night's sleep. Medication should not be the first approach. More conservative measures include addressing the primary source of back pain, applying behavioral techniques, incorporating relaxation training, deep breathing exercises and hypnosis. If some combination of these methods do not work then a therapeutic trial with specific sleep enhancing medications may be required. These options should be discussed with your attending physician.