How to Get a Good Sleep

by DONNA SCHWONTKOWSKI

Osteoporosis and Sleep Problems

The pain of osteoporosis – brittle bones and broken bones – is what can be one of the triggers to keeping you up all night long. And if you have sleep apnea, you have a greater risk of developing osteoporosis.

So what can you do to get a good sleep when your bones hurt? Here are some suggestions on how to get a good sleep with Osteoporosis:

Old Mattress Contributing to Pain You Feel in Bed?

What is the status of your mattress? Lying down on a new mattress with a pillowtop will make you automatically fall asleep. A new mattress goes a long way in decreasing your pain so you won't wake up during the night.

Forget the Flame Retardants

Mattresses may be full of chemicals called flame retardants, which are notorious for their ability to ruin sleep! Research these online and you'll find stories of people who suddenly became insomniacs after they got a new mattress. It was the flame retardants and chemicals in the mattress that were the cause. By sleeping naked on the bed, your body absorbs the chemicals up through the sheet. Studies prove it; it's not a figment of the imagination. If your body has to deal with the added problem of toxins to detoxify them, how can it spend any time building bones? Check out the natural mattresses which are naturally flame retardant and don't need any chemicals added to them at all.

Natural Animal Skins

Natural animal skins are known for their ability to transmit feelings of comfort, security, and tranquility which will make you fall asleep soundly in very little time.

Are you Warm In Bed?

Turn the heat up, not down at night. By turning the heat down to 66 or 68 degrees, there's a potential problem that arises: mold that reproduces at a greater rate at this temperature. Opening the window at night is another way to increase mold count in the bedroom, which starts a conflict in the body of whether or not the mold or your bones is the biggest priority. Discover what temperature is the best for you to feel the best (no pain) at night. When you feel the best at night, you will sleep better.

Raindrop Therapy Massage

In raindrop therapy massage, about 12 different essential oils of plants are used during a light back and foot

massage. The smells are very “grounding” and you will fall asleep fast the night of your raindrop therapy massage. Most likely, you'll sleep soundly. Your bones and joints also will be nourished with these essential oils and hurt less.

Eliminate Sleep Apnea

If you have sleep apnea, seek medical treatment for it. However, as mentioned on previous articles on osteoporosis, grounding helps!

We hope these tips on how to get a good night sleep with osteoporosis are helpful!