

5 Tips for Choosing the Right Mattress for Back or Neck Pain

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Qualifications

Graduated From:
Palmer College of Chiropractic

Years in Practice:
30

Treatments

Chiropractic Adjustments
Ultrasound
EMS
Deep Tissue Massage
Spinal Axial Decompression
Orthotics
Trigger Point Therapy

“Do what you do so well that people would want to come back and tell others.” - Walt Disney

The only time the muscles, ligaments, and other structures of the spine can completely relax is while sleeping. Sleeping on a mattress that is uncomfortable or does not provide enough support for the spine can cause sleeplessness and overall aches and pains. For people with back and/or neck problems, a mattress that isn't a good fit can make pain worse.



A good mattress, on the other hand, will help a person sleep well so that he or she wakes feeling rested and refreshed—without pain and stiffness.

Although no single type of mattress will work best for everyone, the seemingly infinite number of mattress options can be overwhelming. The following tips can help you make an informed decision:

- 1. Consult with your doctor.** If you have an underlying condition that causes back or neck pain, ask your doctor for a specific mattress recommendation. He or she may be able to offer some helpful advice based on years of experience with patients.

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purchase—and it’s a decision you may live with for 5 to 10 years.

- 2. Shop at a store that specializes in mattresses.** You may be able to find a better price online or at a big-box retailer, but the salespeople at a mattress specialty store typically know more about the product they’re selling. It’s also a good idea to shop at a mattress specialty store that carries mattresses from all the major manufacturers.
- 3. Try out the mattress.** When deciding on a new mattress, lie on the mattress for at least 10 to 15 minutes while at the store. This may seem strange, but buying a mattress is a big

- 4. Don’t default to a firm mattress for back pain.** Many people assume that the firmer the mattress, the better it is for back pain. But the best mattress for most lower back pain sufferers may actually be a medium firm mattress. It’s important to note that there is a difference between firm support and firm *feel*—typically, you want a mattress with firm support but a comfortable feel. Of course, comfort is determined by personal preference.
- 5. Consider an adjustable bed.** As a general rule, if sitting in a recliner is better for your back or neck pain than lying down, you will benefit from an adjustable bed. An adjustable bed is not a type of mattress, but rather a base that can be adjusted to various positions. If you go with an adjustable bed, you will likely need to purchase a new mattress that is compatible with your new base.

Follow these simple guidelines to help you to find the best mattress for optimal sleep comfort.

Learn more:

www.spine-health.com/blog/7-pointers-help-you-find-right-mattress-your-back-or-neck-pain

Talk to Dr. Cafagna about specific questions related to your unique health situation.

Learn more or schedule an appointment

760-410-2373

<http://www.spine-health.com/doctor/chiropractor/mark-cafagna-san-marcos-ca>

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