



Back Pain in Your Life

by NEWLIFEOUTLOOK TEAM

Crunching the Numbers on Back Pain

One frequent complaint with back pain is lack of sleep, but there are some things you can do to help you improve your sleep. An hour before you go to bed, you can start to apply your hot and cold therapy. You can do this as part of your wind down for the night. When you sleep, sleep on your side instead of your back or stomach. This will allow the least amount of pressure to be placed on your spine. You should also make sure that you can take a pain relief medication before bed. Take your pain medication at around the time that you find it normally takes for the medication to start working.

BACK PAIN



25%



80%



5%

COMMON COLD
BACK PAIN



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