



## Some Gadgets That May Help You Stay Asleep

Are you sick of waking up at all hours of the night? These three gadgets may help you stay asleep from the time you close your eyes until you open them the next morning:

### 1. Noise-cancelling headphones, Earplugs and Eye Masks

If you are a light sleeper, you may be constantly woken up at night by even minor noises (like a door opening or someone walking in the hallway).

One way to drown out this noise is with noise-cancelling headphones; and the best kind of headphones to buy for sleep are typically the “in-ear” variety. Another option is to purchase an eye mask with noise-cancelling earbuds included in the design to help you sleep through the night.

There are 2 basic kinds of noise-cancelling headphones: active and passive. Active noise-cancelling headphones help block out sound in part by generating a waveform that is the negative of the ambient sound present in the room. In contrast, passive headphones rely on various forms of soundproofing.

As a general rule, active noise-cancelling headphones are more effective; but they require batteries.

Eye masks (or even blackout curtains) may also be a good idea, if you are a light sleeper. The light that appears, either from another room or electronic items within your bedroom, along with daylight that may sneak into your bedroom through the windows can be extremely distracting to your ‘mind’s eye’ when trying to sleep during the daylight hours.

### 2. Adjustable beds

We admit that an adjustable bed may not precisely qualify as a “gadget.” But with all the technology that is available with adjustable beds, they come awfully close to meeting the requirements.

An adjustable bed typically refers to a base that can be adjusted to various positions based on your sleep comfort. A mattress may be offered with the base, or you may need to purchase a compatible mattress separately. An adjustable bed can help you sleep through the night in part by allowing you to adjust the bed based on an underlying medical condition.

For example, if you suffer from spinal stenosis, you may benefit from sleeping in a reclining position with your knees elevated.

Adjustable beds also come with all sorts of technological add-ons that can help you sleep. For example, models come with massage options, built-in stereos, and some even monitor your sleep cycles.

### **3. Posturepedic pillows**

With all the technology available today, these innovative, ergonomic pillows support your head, neck and shoulders in specific positions to reduce pressure points and promote a healing, soothing alignment which in turns allows for a restful peaceful sleep.

Of course, no gadget can substitute for practicing good sleep hygiene. So, make sure you avoid phone use before bed, go to sleep at the same time each night, and set your alarm for the same time every morning.

## Rasmussen Chiropractic

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