



# 5 Steps to Getting a Great Night's Sleep with Sciatica

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Sciatica is a huge sleep-killer for countless people. Studies show that **around 55% of patients** with chronic lower back pain conditions also have issues with sleep.

Sciatica pain commonly leads to anxiety for many individuals in the moments before bedtime, due to the lack of quality rest they are getting overnight. Here are five useful tips for how to **sleep with sciatica pain!**

## 1. Alter Your Sleeping Position

Sleeping in a fetal position may provide some symptom relief. To lay in the fetal position, pull your knees to your chest so that your body forms a "C" shape. This will increase the space between the vertebrae, which may in turn help alleviate the compression of the sciatic nerve. Adversely, sleeping on your stomach can cause you to arch your back and result in more pain or discomfort. Want more? [Watch this video](#) on the best sleep positions for sciatica, and [subscribe to our channel](#) for other great content.

## 2. Use a Quality Mattress

If your mattress is too soft, it could be causing you to sink down into it, causing you to sleep without proper spinal alignment. You could consider putting the mattress on the floor or try using a length of plywood between the mattress and the box spring. Another solution is to invest in a firmer mattress. An orthopedic mattress is an excellent choice if you are suffering from sciatica pain.

## 3. Do Some Stretches Before You Sleep

Some simple stretches before bed could help reduce sciatica pain in your sleep. Some of the easiest stretches to do even on your bed include bringing your knees to your chest, bringing your knees to the opposite shoulder, the figure 4 stretch, and the pelvic tilt.

## 4. Take a Bath Before Sleeping

A warm bath is a sure way to relax your body, as well as the muscles around your sciatic nerves. Ensure your water is warm and pleasant and not too hot. You can also use a warm water bottle on your lower back or buttocks as you settle into bed.

## 5. Find the Root Cause of the Pain

The final tip to getting rid of sciatica completely. Getting relief from sciatica may take some work, but the result is worth the effort to do so. Start off by trying to find out the cause, then take steps to address it. This might include visiting your regular doctor and maybe even some [sessions with a corrective chiropractor](#) or physical therapist.