

Health Notes

Pillow Talk

by Dr. Mark Craft,
Craft Chiropractic Associates, PC

When you wake up, do you feel pain or stiffness in your neck, back, arm, or shoulder? Do you have tension headaches? Do you suffer from arthritis? Have you had a whiplash accident? Have you ever had any prior injuries to your neck or shoulders? There is more! Do your hands "fall asleep" during the night? Do you toss or turn erratically throughout the night to get comfort-able? Do you snore loudly on a regular basis? Do you have tight muscles? If this were an infomercial I would now tell you, "you can wake up more refreshed." The truth of the matter is that with the right pillow and its proper placement it just might happen.

Pillows that are good for your neck will provide stable support and adapt to you changing sleep positions. Studies show that supportive pillows improve the quality of sleep for people with chronic neck pain, reduce morning pain intensity, increase pain relief and improve the quality of sleep.

Before we talk pillow design, we must first discuss the importance of sleeping postures. The ideal sleeping postures maintain the normal spinal curve of your neck. There are only two accepted positions for sleep – on your back, or on the side in the fetal position.

When sleeping on you back, the normal "C"-shaped curve of the neck must be maintained. Your head should be level with your upper back. A pillow should support your neck in such a way that it is not so thick that it causes your head and neck to be propped up or angled sharply away from your body.

Side-sleeping in the fetal position is the other correct sleeping position. In the side-sleeping position, your neck and head should remain level with your upper spine. Your pillow must fill the space between the head and shoulder to keep the spine straight. It is important to place the pillow between your neck and shoulder, not under your shoulder. If you are a side-sleeper with broad shoulders, you will need a larger pillow than if you had narrower shoulders.

There are several different designs of pillows that will adequately support your neck while sleeping. The "memory foam" type of pillow has become popular. There are some foam pillows with ridges or contours that many people like. My personal favorite is a water pillow. When chosen carefully any of these pillows can provide comfort. You will never find a universal pillow that will fit everyone. Find a pillow that fits your shape and size. The restful sleep that will follow that selection will be well the search.

LOCK THIRTY ONE

81 CENTER ST ELLENVILLE 647-0090

Breakfast, Lunch & Dinner served

Six days a week

Tues-Sun 9am-9pm, Closed Monday

Daily Specials	Tavern Room Open
Catering	Friday Happy Hour
Homemade Desserts	Late Night Menu
Hand Cut Steaks	Full Bar
Homemade Soups	Wine & Beer List

Almost Famous *Fish Fry-day*

Hand battered Haddock, Fries & Slaw

Only \$ 9.95 While it lasts!

Thornton Hardware

Get big savings on SIRIUS at RadioShack!



149⁹⁹
Plus get \$38 back by mail from SIRIUS!

Place in your car, also plugs into home dock (sold separately). Give Alert prompts you when favorite NBA* at other sports are on.

***30 Mail-In Rebate!**
From SIRIUS with purchase of SIRIUS Sportster Mobile Pack and one-year SIRIUS subscription

ESPN
Plus get a FREE ESPN Almanac and the ESPN 25th Anniversary Book by mail. A \$70 total value!

SIRIUS SATELLITE RADIO

SIRIUS brings you over 120 digital channels for one low price

- Commercial free music on all 85 music channels
- Premium entertainment with over 22 channels of sports, news and original programming
- Top personalities in news and talk radio-Howard Stern coming in 2006
- The most sports-MLB, NBA, NFL* and many college sports
- Subscribers can listen FREE online to all 85 music channels
- Traffic and weather updates every 4 minutes in the top 33 congested metro areas
- Daily \$12.95 per month



49⁹⁹

Home Dock for Sportster Tuner
Enjoy SIRIUS on your home stereo. Receiver not included #12-2076

TracOne Prepaid Wireless—the easy way to go wireless.

79⁹⁹
A* for \$80 instant rebate*
 Get 30 minutes of wireless exclusively at RadioShack. Standard 120k wireless phone features. Unlock-activated dialing. 300-minute planbook. 32 ringtones. online balance display. #1-800-120-1200. #1-96.

59⁹⁹
Plus get \$10 back by mail from RadioShack*
 Get 30 minutes of wireless exclusively at RadioShack. Standard 120k wireless phone features. Unlock-activated dialing. 300-minute planbook. 32 ringtones. online balance display. #1-800-120-1200. #1-96.

Get these accessories for 29⁹⁹
with TracOne purchase. See store for details. #1-800-942-1201



RadioShack®
You've got questions. We've got answers!™

Radio Shack Dealer
(845-647-5321)
Owned & Operated by
Tweak Enterprises Inc.
Located at
Thornton Hardware
216 Canal St.
Ellenville NY 12428

*Valid only on a SIRIUS Sportster Mobile Pack 220495-4205. Open only to new subscribers & residents of US (including AK & HI) who are at least 18 years old. 12 month non-refundable, prepaid subscription for \$142.45, paid by credit card, must be activated within 14 days of purchase. After completion of initial 12-month period, service will renew automatically for additional 12-month periods on SIRIUS' standard Terms & Conditions. For full terms, see redemption form available at www.web-editions.com/SIRIUS. Activation fee and taxes may apply. Limit one per household. Cannot be combined with any other gift or rebate offer. While supplies last. SIRIUS reserves the right to modify or terminate this offer at any time. Void where prohibited or restricted by law. ©2005 SIRIUS Satellite Radio Inc. "SIRIUS," the SIRIUS dog logo and channel names and logos are trademarks of SIRIUS Satellite Radio Inc. The "R" shield design is a registered trademark of the National Football League. The NBA (hoopster) logo is a registered trademark of NBA Properties, Inc. NBA identifications are the intellectual property of NBA Properties, Inc. All other trademarks, service marks and logos are the property of their respective owners. All rights reserved. All fees and programming content are subject to change. *Good through 3/30/05 with purchase. Void with advertised regular price(s) shown above. See store for details.