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May 2011

Scott Chiropractic Center Newsletter

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Our Doctors

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[Dr. Jane R. Scott](#)

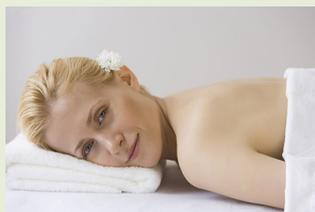


Dear Patient,

Enjoy the educational information for healthy sleep and special offer for the month of May. Don't forget to mark your calendars for Snellville Days!

Scott Chiropractic Center

Sleep



At Scott Chiropractic, we are regularly asked what type of mattress we recommend. It is an important question considering we spend about 7 hours a day in bed. The answer to the question is: the firmer the better. That is the short answer that we will now expound on. Your mattress must support your spine. The thought of lying on a "soft fluffy cloud" sounds great in theory. But there is absolutely no support for your spine when you

lay on a mattress that is soft. Instead your body contorts and falls into the mattress. A firm mattress supports your spine while preventing you from slumping or slouching into the bed while sleeping. Many people worry that a firm mattress will cause pain when they sleep. The best way to remedy that problem is to place a memory foam or thin pillow topper on the mattress. The topper takes the pressure off the points that can become painful when lying on them, i.e. hips and shoulders. If you follow these tips you are left with a firm mattress that supports your spine as well as keeps the pressure off the sensitive points. In addition to picking the appropriate mattress, ensure that you sleep with a pillow that adequately supports your neck, otherwise you wake up with stiffness and pain in the morning. If you have more questions about proper sleeping habits, let us help you. Sleep well; it is essential to your health.

Dr. David Futral

Join Our Mailing List!



Snellville Days

Briscoe Park
2770 Lenora Church Road, Snellville

Saturday, May 7, 2011 from 10 A.M. to 6 P.M.
Sunday, May 8, 2011 from 10 A.M. to 5 P.M.



Don't forget to mark your calendar for Snellville Days! See you there!

In Health,

Scott Chiropractic Center

Save 15%

Enjoy 15% off all TEMPUR-PEDIC products sold in our office. Products include a variety of supportive pillows and mattresses. Call the office for more information on the products.

Offer valid through the month of May.