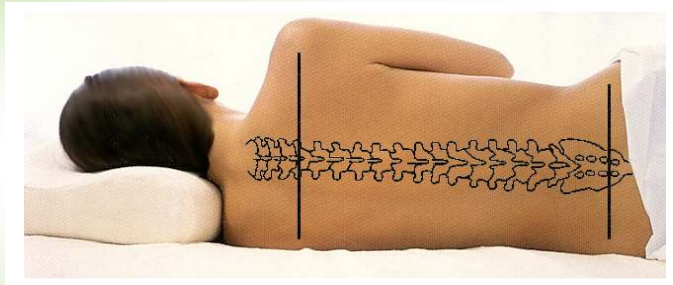


Wheelock Pharmacy's Sleep & Wellness Center

Chronic Back Pain & Sleep

Solutions for comfort, pressure and pain management



THE COUNTER PRESSURE CAUSED BY INNERSPRING MATTRESSES CONTORTS THE BODY INCREASING SPINAL STRESS, JOINT PAIN & POOR SLEEP

Recent Studies indicate the right mattress makes a difference in back pain relief and the quality of sleep for back pain sufferers.



At Wheelock Pharmacy's Sleep & Wellness Center, we offer an exclusive selection of sleep systems designed to equalize counter pressure on the patient's joints and insures proper spine alignment that reduces pain and helps encourage a restful, recuperative deep sleep .

***SLEEP BETTER
WAKE UP RESTED AND REFRESHED***

PROPER SPINAL ALIGNMENT: Studies show traditional U.S. mattresses and box springs can twist the spine by resisting the weight of the shoulders and hips resulting in 2 negative consequences. Poor support contorts the back and body resulting in bone and muscle stress, discomfort and poor sleep. This creates pressure points impairing circulation, which increases heart rate and blood pressure, discomfort and poor sleep. The right sleep system can provide support that responds to body movement and shifts in weight and distributing pressure to match the individual's body distribution while maintaining its form to respond to an individual's sleeping position insuring the best night's rest.

1. In the morning when you wake up or upon rising from sleep, do you experience:

- | | <u>Yes/No</u> |
|--------------------|---------------|
| Headaches | _____ |
| Neck Stiffness | _____ |
| Shoulder Stiffness | _____ |
| Low Back Pain | _____ |

2. Do you wake up during the night or experience fitful sleep due to:

- | | <u>Yes/No</u> |
|---------------------------------|---------------|
| Neck Pain | _____ |
| Lower Back Pain | _____ |
| Mid Back Pain | _____ |
| Leg or Arm Numbness | _____ |
| Partner's Motion Disturbing You | _____ |

3. Do you feel you are sleeping in a valley on your present mattress? _____

4. Is the fabric on your present mattress now loose and sagging from your shoulder to your knee where you lay? _____

Answer yes to questions 1 or 2 and you are sleeping on the wrong mattress. Answer yes to 3 or 4 and your mattress has failed and it's time to purchase a new sleep system.