



PONTIFEX
Physiotherapy
& Performance

AUTUMN NEWSLETTER

Thank you!

We are delighted by the overwhelming response to our inaugural newsletter. The positive feedback we've received regarding our new member program, launched last year, has been truly heartening. It's wonderful to see our current patients enthusiastically spreading the word about our clinic and our approach to healthcare. In case you missed our first newsletter, we've included the benefits of our member program at the end of this one for your convenience. Additionally, we've provided some valuable information on the following topics that we hope you'll find helpful:

- ✓ Improving Sleeping Posture with Pillow and Mattress Suggestions
- ✓ Effective Sleep Strategies for Better Rest
- ✓ Also please remember to vote for us with the Shire Business Awards [Here!](#)

We believe that knowledge is empowering, and we're committed to providing you with resources and insights that contribute to your overall health and well-being. Thank you for being a part of our community!



SLEEPING POSTURE: FINDING YOUR IDEAL PILLOW AND MATTRESS SETUP

Discovering the perfect combination of pillow and mattress for optimal sleep can be a journey filled with challenges and expenses. Our recent blogs have delved deeper into the topics of pillows and mattresses ([link](#) and [link](#)), providing valuable insights. In this newsletter, we're excited to share key tips to help you get started on your quest for better sleep.

PILLOW ADVICE

CORRECT PILLOW HEIGHT AND NECK POSITION

Maintaining Neutral Spine Alignment: When lying on your side, it's essential to align your head, neck, and spine in a straight line, avoiding excessive lifting or sinking of your head. Another common issue we encounter is the tendency to curl the neck forward while hugging a pillow. Aim to keep your head aligned with your spine and gently tuck your chin for optimal support.

CHOOSING THE RIGHT PILLOW

When selecting your pillow, consider two crucial factors:

- 1. Density/Material Used:** Choose a density that suits your preference, whether you prefer a firm pillow with minimal give or one that allows your head to sink comfortably.
- 2. Height:** Adjustable height pillows offer versatility, allowing you to customise the pillow based on your mattress's density and your comfort needs. We recommend "The Etienne Height Adjustable Pillow" for its flexibility and support.

IS AN ADJUSTABLE PILLOW RIGHT FOR YOU?

When it comes to finding the perfect pillow, adjustable height pillows have become a popular choice in recent years. They offer a thoughtful blend of densities and the added benefit of being able to customize the height according to your preferences.

We understand the frustration of purchasing a new pillow only to discover that it doesn't quite match your mattress density. That's why adjustable pillows can be a game-changer, allowing you to fine-tune your sleep comfort without the guesswork.

At our clinic, we've had the opportunity to use the Etienne Pillow for nearly two years, both personally and with many of our patients. We do stock this pillow in the clinic and provide a trial option with a free fitting during your consultation.



CORRECT BODY POSITION

While we elaborate further in our blog ([link](#)), here are some essential tips:

Side Sleeping: This position is generally recommended for most individuals as it promotes spinal alignment, aids breathing to reduce snoring and sleep apnea, and supports digestion.

Sleeping On Back: This position may be challenging for breathing, leading to increased snoring in individuals with respiratory issues. Elevating the shoulders slightly with a 10% incline can help, along with placing pillows under the knees to alleviate back discomfort.

Sleeping On the Stomach: While this position may offer a relaxing sensation for some due to chest pressure, it often leads to neck or low back discomfort and is generally not recommended.

CHOOSING THE RIGHT MATTRESS

Similar to pillows, focus on the density and material of the mattress that align with your preferences. Keep in mind that memory foam mattresses may retain more heat, which may not be suitable for individuals who tend to feel hot at night.

SHARING A BED?

Finding a mattress that suits both partners perfectly can be challenging. We suggest using adjustable density mattresses, such as "Sleeping Duck," which allows customization for each side of the bed. This versatility ensures optimal comfort for both partners, with options ranging from firm to soft. Contact us for a discount code if you're interested in purchasing one.

At Pontifex Physiotherapy and Performance, we're committed to helping you achieve better sleep and overall well-being. Feel free to reach out to us for personalised recommendations or further assistance. Here's to restful nights and rejuvenated mornings!

Is Your Mattress Too Soft But Don't Want To Buy a New Mattress?

For quite some time, we've heard from numerous individuals who have noticed a softness issue in the middle of their mattresses. Fortunately, we have a straightforward method to confirm this and a solution that may postpone the need to purchase a new mattress for several months or even years.

Here's a simple check you can perform: take an old, thick blanket that you no longer use and fold it into a sizable square. Next, divide your bed into thirds: top, middle, and bottom. Place the folded blanket beneath the mattress in the middle third, ensuring it's positioned underneath rather than on top of the mattress. This technique often helps to level out the mattress when you lie down on it.

By following this method, you may find that the softness issue in the middle of the mattress is mitigated, providing a more comfortable and supportive sleep surface without the immediate need for a new mattress purchase.





SLEEP STRATEGIES

Sleep is so important for your health and recovery in many ways, but we can easily disturb it through simple things that are not in the best interest of good quality sleep. We have added the common sleep strategies below that many of you might be familiar with. However we are starting with three issues that some people are not aware of that can have a big impact on their quality of sleep.

1) TIMING OF HYDRATION:

If you are someone who wakes during the night to go to the toilet then you may benefit from adjusting your hydration strategies. If you can minimise your drinking of water and tea especially in the last 2 hours before bed you likely will reduce this issue or resolve it completely. Your body is generally very adaptable so having a little more fluids in the morning and lunchtime can make a big difference.

2) BREATHING AND NASAL STRIPS

How to breathe correctly and the health benefits are too much to cover here (Blogs soon to come on this). However, a simple starting point for many is the addition of nasal strips. By reducing airway resistance, dilating nasal passages, and preventing nasal collapse, nasal strips contribute to improved breathing efficiency. This can lead to better oxygen intake, reduced snoring, and enhanced sleep quality, especially for those with nasal congestion or breathing difficulties.



3) MAGNESIUM INTAKE ENOUGH?

We have gone in depth on magnesium here in our blog ([link](#)) for its various uses, but in regards to sleep it can be a game changer for many. Magnesium, often hailed as nature's relaxation mineral, plays a crucial role in maintaining overall health and well-being. From supporting muscle function to promoting relaxation and sleep, magnesium offers a plethora of benefits for both physical and mental health.



HERE ARE FIVE COMMON EFFECTIVE SLEEP STRATEGIES FOR BETTER REST:

1. ESTABLISH A CONSISTENT SLEEP SCHEDULE:

Try to go to bed and wake up at the same time every day, even on weekends.

2. CREATE A RELAXING BEDTIME ROUTINE:

Engage in calming activities before bed, such as reading a book, taking a warm bath, or practising deep breathing exercises. Avoid stimulating activities like using electronic devices or watching TV close to bedtime.

3. OPTIMISE YOUR SLEEP ENVIRONMENT:

Make your bedroom conducive to sleep by keeping it dark, quiet, and cool. Use blackout curtains, earplugs, or a white noise machine to block out disruptions.

4. LIMIT CAFFEINE AND ALCOHOL INTAKE:

Avoid consuming caffeine or alcohol close to bedtime, as they can interfere with your ability to fall asleep and reduce sleep quality.

5. MANAGE STRESS AND ANXIETY:

Practice relaxation techniques such as breathing techniques, meditation, yoga, or progressive muscle relaxation to alleviate stress and calm your mind before bedtime.

MAGNESIUM ADVICE

1. IMPROVED SLEEP QUALITY:

Magnesium plays a crucial role in regulating the body's internal clock and promoting relaxation. Magnesium helps calm the nervous system, making it easier to fall asleep and stay asleep.

2. RELIEF FROM MUSCLE CRAMPS:

Inadequate magnesium levels may lead to muscle cramps and spasms. By replenishing magnesium stores, supplementation can help alleviate muscle cramps and promote muscle relaxation, particularly in athletes and individuals prone to cramping.

3. STRESS AND ANXIETY REDUCTION:

Magnesium has been linked to stress reduction and anxiety relief. By modulating stress hormones like cortisol and promoting relaxation, magnesium supplementation can help mitigate symptoms of stress and anxiety.



WHEN WOULD YOU TAKE A MAGNESIUM SUPPLEMENT TO HELP WITH SLEEP?

30-60 mins prior to sleep is often recommended.



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COMING UP IN OUR NEXT NEWSLETTER?

Our Winter Newsletter Edition Will Include:

- ▶ Protein Levels for Teenagers and Seniors
- ▶ Plus a few other surprises



NEW MEMBER PROGRAM

We have also been looking for the right balance to reward our awesome patients who spread the word of our clinic and recommend our clinic to friends and family. We will look to expand the program as the years go on, but for now two great benefits for every member will begin.

MEMBER BENEFITS:

FIRST REWARD:

\$20 added to your account for every new patient that you refer to us that attends our clinic. This will be added to your account and can be used at your next consultation.

- ✓ E.g. 1 new patient equals \$20
- ✓ The new patient needs to mention your name at their initial consult
- ✓ The new patient can allocate the bonus to only one person
- ✓ E.g. 5 new patients that you recommend equals \$100 added to your account.

SECOND REWARD:

- ✓ The second benefit is a 10% discount off all products in our clinic as standard.
- ✓ Just mention the newsletter to our team when purchasing your products

WHAT IS NEEDED TO BE A MEMBER?

- ✓ Simply read our newsletters (only 4 per year) and that is it! **Nothing else is needed**

WHAT IS NEEDED TO OPT OUT?

- ✓ Simply email us or unsubscribe from the email and we will remove you from our program and the benefits that are included

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