



LIVING AND SLEEPING WITH ARTHRITIS

BY ADJUSTABLE BEDS

INTRODUCTION

Arthritis is a common medical complaint and if you suffer from it, you'll know how painful and debilitating it can be. Causing stiffness and inflammation in the joints, it can stop you from doing a range of everyday tasks and it might also prevent you from getting a good night's sleep. The most common types of this condition are osteoarthritis, which affects the cartilage lining of joints, and rheumatoid arthritis, which occurs when the immune system targets joints.

While arthritis is more likely to affect older people, it can strike at any age. In this eBook, we look at who is impacted by this health complaint and the problems it can cause. We also offer some useful suggestions on how to reduce symptoms, including tips on how to get a *better night's rest*.



AGE AND ARTHRITIS

AFFECTING BOTH THE YOUNG AND OLD

It's true that arthritis is more prevalent among older people. Of the estimated 10 million sufferers across Britain, most are in their late 40s or above. However, young people are also at risk of developing the condition. It's thought that around 15,000 children and young people in the UK have arthritis. Most of these cases are juvenile idiopathic arthritis (JIA) and they are characterised by inflammation and pain in at least one joint that lasts for six weeks or more. The causes of JIA are not fully understood, but it is known to be an autoimmune disorder.



HOW ARTHRITIS CAN AFFECT YOU IN YOUR DAILY LIFE

Regardless of your age, arthritis can affect your quality of life and stop you from doing a range of everyday tasks. In fact, a study conducted for Arthritis Research UK and The Daily Telegraph found that three-quarters of sufferers believe their condition prevents them from living their lives to the full. The severity of symptoms differs between

individuals, but it can restrict movement, limit independence and even prevent people from working. Everything from getting dressed in the morning to making meals or driving can be a major challenge. Fortunately though, there are simple but effective steps you can take to make your life easier. For example, you can reduce stiffness by maintaining a healthy posture and making sure you don't sit in the same position for long periods of time. You can also make adaptations



to your home, such as fitting levers to taps so they are easier to turn, investing in electric kitchen equipment like tin openers and ensuring you have long-handled tools to clean or pick things up. If you have severe arthritis, you may benefit from speaking to an occupational therapist. These specialists can offer pointers that make it easier to maintain your independence.

It's also important to try to keep to a healthy weight as this will ensure you don't put added strain on weight-bearing joints, and it's useful to stay active by doing low-impact exercises like walking, swimming or cycling. This will help to keep your muscles strong and your energy levels up.

SLEEPING WITH ARTHRITIS

DIFFICULTIES AND SOLUTIONS

Many arthritis sufferers experience problems getting a good night's sleep, especially if their pain makes it uncomfortable to lie down. For example, people with osteoarthritis of the hip often have difficulties sleeping. If you have chronic pain of any kind, you may find it harder to nod off or you might wake up frequently during the night because of your discomfort.

However, there are ways to improve your sleeping patterns. One of your priorities should be to make sure you have a comfortable and supportive bed and mattress. If you struggle to find a suitable sleeping position, you might benefit from getting an adjustable bed. As well as helping you maintain a healthy position, our adjustable beds feature in-built NHC Cyclo-Therapy massage technology that can ease pain and help you to relax, making it easier to sink into peaceful slumber.

NHC Cyclo-Therapy uses a technique called cycloid vibration, which is a three-way motion that pulsates and rotates out from the centre. This form of massage therapy can ease discomfort and put you in a better frame of mind for falling asleep.





RAISING AWARENESS

There is no getting away from the fact that living with arthritis can be difficult, but there's plenty of support out there for you to take advantage of. As well as reaching out to your doctor for treatment and lifestyle advice, you can get online to find out how other sufferers are coping with their condition. To highlight this, here are some handy blogger tips and insights:

BLOGGER TIPS



ELIZABETH

whererootsandwingsentwine.com

“Lift blankets - to help reduce the weight of blankets and duvets causing discomfort and making sleep difficult and uncomfortable use your bed's footboard or a blanket support bar at the end of the bed to lift blankets and duvets off of your limbs, reducing the pressure caused by the weight of the blankets/duvets.”



RACHEL

rachelbustin.com

“There are no foods that will cure arthritis but some foods are known for their anti-inflammatory properties, and help to strengthen bones. Such as certain types of fish like salmon and mackerel known for omega-3.”



LAURA

themammafairy.com

“A warm shower and some gentle exercise first thing helps her loosen the joints and move more freely during the day”





PETRA

amumreviews.co.uk

"A massage from your partner or a family member, concentrating on your problem areas. You can use a relaxing massage oil for an even better effect."



STEPH

mentalparentals.com

Steph's husband suffers from Arthritis. In order to help him sleep he said:

"We now have a special orthopaedic mattress with foam layer, and I use foam pillows to ensure my head is supported correctly and keeps my spine in line."



PEA

workingmumblog.com

"One thing that is sometimes forgotten when managing Arthritis is how different food and drinks might be contributing to the pain. A good way to investigate if certain foods are contributing to more pain is by keeping a food diary. Follow your normal diet and write down what you are eating, along with increase/decrease in pain. Certain foods are known to be better for patient and when you know what your triggers are you might find it useful to spend some time with a dietitian to establish a plan that will work better in managing your pain and promoting better sleep."



ELAINE

canvaspretty.com

"Lack of sleep seems to flare my Osteoarthritis the next day, so my tip is to eat my last meal by 6pm at the latest, and try and relax in the evening. I do this by taking a warm bath, reading a book or doing some crochet. I try and reduce the time on my phone, pc or watching TV just before I sleep, also staying up a little later so I am more sleepy by bedtime will help me have a better night sleep meaning I have less pain the next day."





VICTORIA

thecurvedopinion.com

“Do not be afraid to ask for help when you need it. Some days will be good, some days will be bad; but having family/friends there to offer help and support when you need it is invaluable. Be realistic about what you can accomplish and if you realise you need help with something, ask.”



KITTY

adventuresofariotgrrrrl.com

“The biggest difference in my great Aunt Mary’s life was her bed! Not just any bed but one that allowed her to feel comfortable when her joints wouldn’t allow her to move. Adjustable beds can make a dramatic difference enabling her to move the bed up when she couldn’t just sit up or lift her feet when she needed more circulation to them.”



SAM

testingtimeblog.com

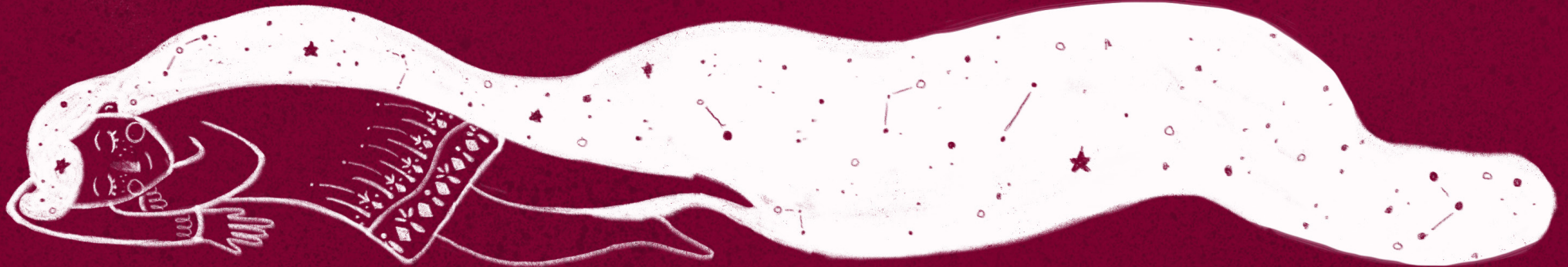
“The most important thing I can advise is try to relax as much as possible before you sleep. Switch off as the more tension you have before bed, means the more pain you will have through the night. Don’t spend ages doing your hair before bed, try to wash in the mornings so it’s dry at night so you can pop your clothing on and slip into bed, read for a little bit and you should fall straight to sleep.”



SHELL

shelllouise.co.uk

Shell talked to her mum, who has Arthritis and refuses to give in: “She kept on walking as much as possible because she didn’t want it to beat her and I think she’s done wonderfully to only have needed to have the wheelchair for the last few years. Her tip for living with arthritis is to exercise as much as you can, but know your limits.”





CHARLI

charlib.co.uk

“Encourage them to do daily activities like mild exercises to help ease joint stiffness – Swimming is a great activity for this!”



JENNA

abalancedbelly.co.uk

“My top tip for sleeping with Arthritis is to download yourself one of the many apps designed to help with the art of relaxing. I use the Calm app. Simply select your favourite relaxing sound, chose a guided meditation and then pop your earphones in! There’s also special meditation programme designed for improving sleep.”

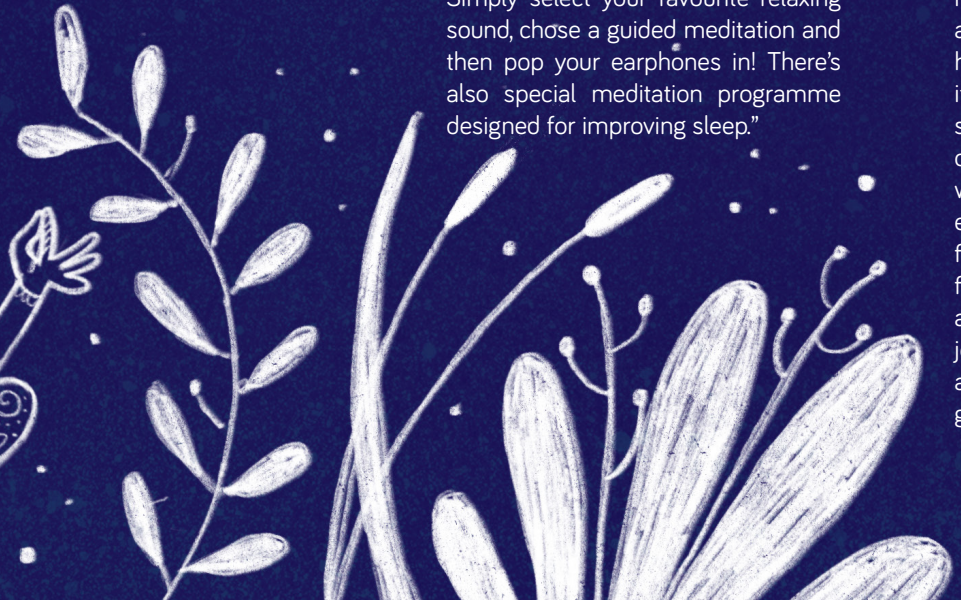


VLADIMIR

stylishlondonliving.co.uk

Micaela’s Husband, Vlad, is an Osteopath and has this tip:

“It may seem counter-intuitive, but an increased level of exercise will lead to an increased level of musculo-skeletal health and this is a good thing when it comes to any disease, especially something like arthritis. Even for osteoarthritis, where the cartilage is worn and thinned, an increased level of exercise is often prescribed. The main factor in taking up more exercise is to find a form of exercise that you enjoy and that puts limited stress on the joints. Firm favourites are swimming and cycling, and some people even get on well with rowing.”





JENNI

chillingwithlucas.com

Jenni's husband Dan says: "A healthy diet is my final tip, making sure your intake is full of the correct vitamins and minerals is very important. Omega 3 rich foods are great such as salmon, walnuts, flaxseed and olive oil. I also find that drinking a pro-biotic yoghurt drink daily helps. It is important to watch the calories as excessive weight puts more stress on the joints."



KARA

chelseamamma.co.uk

"My tip on living with arthritis is to know your body. I will push mine as don't want to miss out on fun stuff but I have to accept that there are some things I cannot do, or if I push through then I will have to pay the price for a few days later."



RACHEL

parenthoodhighsandlows.com

Rachel's nan suffers from Arthritis. Rachel says that her nan has "found her own little ways of making life easier – a wooden spoon in the kitchen to help her turn the taps on and off, a litter grabber at the side of the wheelchair that she uses downstairs to pick up things off the floor."

thank you

Sources:

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