

Fit



Tips

Sleep Without Heartburn

As many as one in four Americans may suffer heartburn at night, according to a study published in 2005 in the journal Chest. If you've been waking up at night with heartburn, here are tips to help you sleep better:

- **Raise the head of your bed by 4 to 6 inches so you can sleep with your head above your chest.**
- **Eat meals two to three hours before bed, this will reduce the risk of heartburn.**
- **Don't wear clothes that fit tight around your waist.**
- **Chew gum, this produces more saliva, which neutralizes stomach acid.**
- **Sleep on your left side. This will help with digestion, because of the quirk of the body's design.**
- **Avoid foods that can trigger reflux or irritate the esophageal lining.**
- **Don't use medications that can worsen reflux.**
- **If you smoke, stop.**
- **If you're overweight, try to lose some of your excess pounds.**



Source: www.webmd.com

