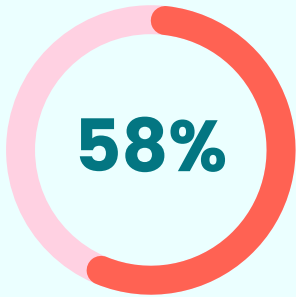


The Overlooked Factors of Chronic Low Back Pain

Poor Sleep & Chronic Low Back Pain



Over 58% of people with low back pain report poor sleep quality.

Those with poor sleep had increased...



PAIN
INTENSITY



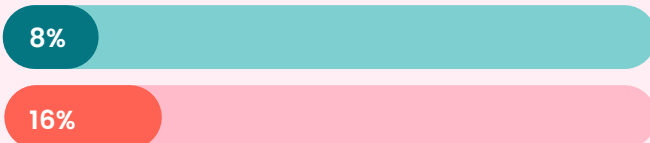
DIFFICULTY WITH
DAILY ACTIVITIES



EMOTIONAL
DISTRESS

Poor sleepers reported more depression, anxiety, inactivity, and pain medication use.

ANXIETY



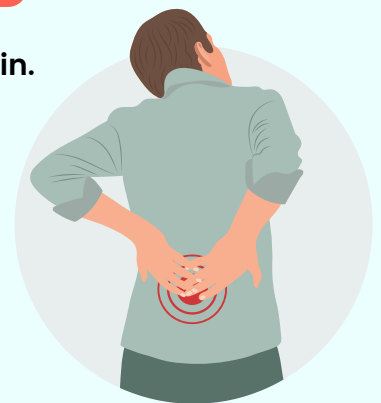
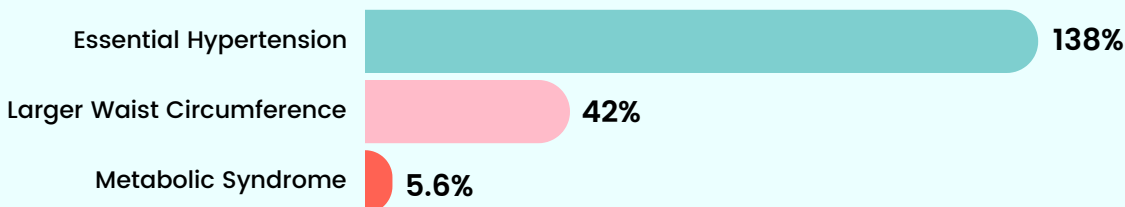
DEPRESSIVE SYMPTOMS



● Good Sleepers ● Poor Sleepers

Metabolic Health & Chronic Low Back Pain

Metabolic factors can increase the risk of low back pain.



Patient Takeaways



Better rest = less pain, better mood, and improved function.



Waist size and blood pressure impact your back health too!



Your chiropractor can help with movement, lifestyle, and recovery.