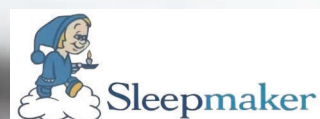


SleepMaker® 脊椎健康期刊 Smotion

第一期
April 2022

Confronting aged care

与脊椎疾病正面较量（背部护理篇）



SPINAL HEALTH REPORT

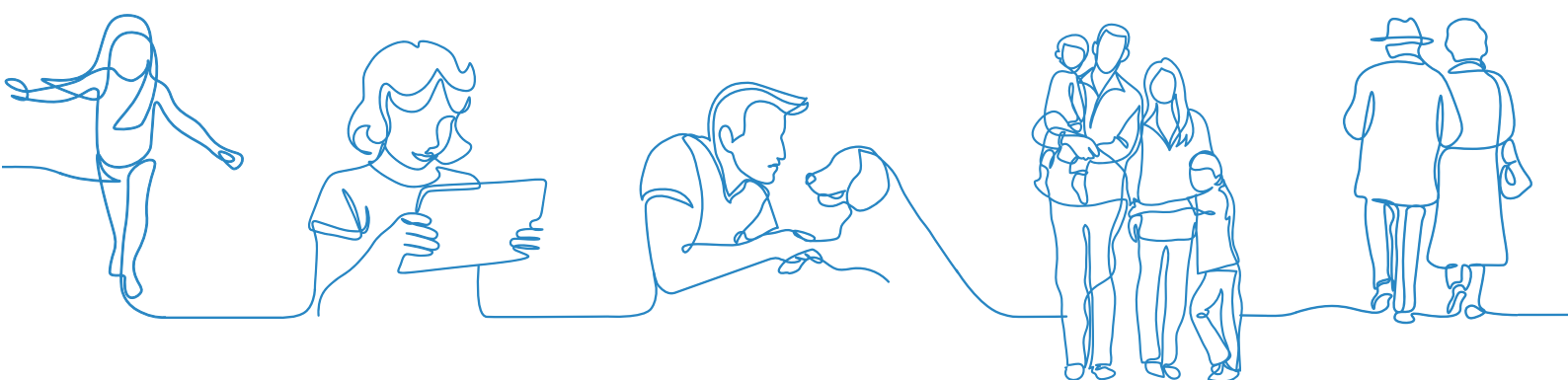
TO HELP PEOPLE UNDERSTAND AND MANAGE SPINAL HEALTH



造梦者脊椎健康期刊

Special thanks to Australian Chiropractor Association (ACA) and Australian Physiotherapy Association (APA) for the help with the report.

SleepMaker造梦者联合澳洲脊椎专科医师协会（ACA）、澳洲理疗协会（APA）共同收录整理。



Human body is a dynamical system, constantly undergoing changes every single day. With the fast-paced study, work and lifestyle, in the face of increasing competition and challenges, people's physiological and psychological are constantly weakening, aging and going through pathological changes.

According to the latest epidemiological survey: about 70% of urban people is in Sub-optimal health status.

Health is the first wealth and the basic guarantee of a high quality life. Sleepmaker Health Journal aims to help all people understand their health condition, manage their health issues and live well.

身体是一个**动态系统**，每天都在不停的发生着细微的变化。伴随着快节奏的学习、工作和生活，面对日益增多的竞争和挑战，人们的生理和心理在不断承受着衰弱、老化和病变带来的影响。

最新流行疾病调查显示：中国城市人口有高达**70%**的人群处于**亚健康状态**。

健康是第一财富，也是高品质生活的基本保障。SleepMaker健康期刊创立的目的旨在引导人们更加关注自己的身体状态，提早预防、应对身体的各种疾病带来的影响，做好自我健康管理。



Globally, back pain is an enormous personal and societal problem. Every year, an estimated 577 million people world-wide experience back pain.

While the burden of low back pain is ranked sixth in the world, it is ranked first in Australasia.

After mental and behavioral conditions, back problems were the second most common chronic conditions reported in 2020-21, making up almost 16%. With around 70-90% of Australians suffering from lower back problems in some form at some point in their lives, it is fast becoming a major public health concern. In addition to dealing with persistent pain, people with chronic back problems are also more likely to suffer from depression and anxiety. This greatly impacts daily activities and general outlook on life.

如今，背部疼痛（疾病）是一个日益严重的个人及社会问题。每年，全世界约有5.77亿人口经受着背部疼痛（疾病）的短期或长期折磨。

背部疼痛疾病在世界健康问题中排名第六，而在澳大利亚是主要的健康问题。据澳大利亚统计局 (ABS) 分析：除精神疾病及其引发的行为疾病外，背部疼痛（疾病）是澳大利亚第二大最常见的慢性疾病，约占总人口的16% (Ref: Australian Bureau of Statistics (ABS)).

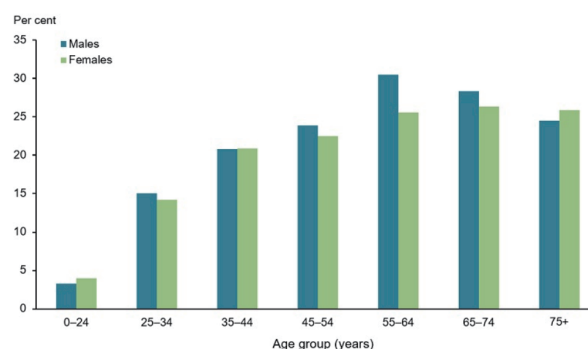
在澳大利亚，约70-90%的人群患有不同形式的下背部疾病，背部疾病也已迅速成为主要的公共健康问题。患有背部疾病的人群除了经历持续性的背部疼痛，慢性背部疾病患者更有可能产生抑郁和焦虑等情绪问题，极大地影响了人们的日常活动和生活质量。

Therefore, the spinal health has always been one of the big issues that Australian Institute of Health and Welfare pays close attention to.

长期以来，脊椎健康问题一直是澳大利亚卫生及福利组织密切关注和亟待解决的重要课题之一。

People Who Self-reported having Back Pain and Problems

背部疼痛疾病患者年龄分布图



Note: refers to people who self-reported having back pain and problems (current and long term).

Source: AIHW analysis of ABS 2019a (Data table).

数据来源：澳大利亚卫生及福利组织、澳大利亚统计局

What are Back Problems?

什么是背部疾病？

With such a far-reaching impact, it is important to identify back problems and take steps to reduce its effect and try to prevent it.

背部疾病对个人生活及社会有如此大的影响。因此，提前预防、发现背部问题并采取有效措施是十分重要的。

General back pain is usually resolved within a few weeks or months but back pain that lasts for three months or longer is described as chronic.

普通的背部疼痛可在数周或数月内消失，持续三个月或更长时间的背部疼痛则被定义为慢性（背部/脊椎）疾病。

Australian Institute of Health and Welfare (AIHW) describes back problems as a range of conditions related to the bones, joints, connective tissue, muscles and nerves of the back. Commonly felt in the lower back area, back problems can also cause stiffness, soreness and inflammation. The pain itself may range from mild to severe, or from a dull ache to a sharp pain.

澳大利亚卫生及福利组织（简称“AIHW”）将背部疾病描述为一系列与骨骼、关节、结缔组织、肌肉及神经有关的疾病。

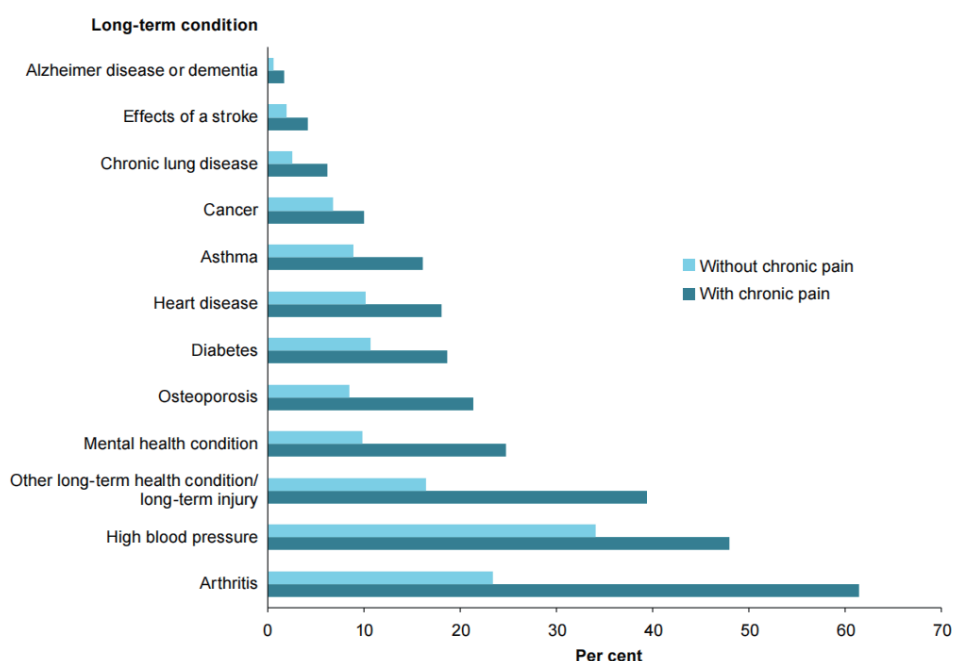
背部疾病主要发生在下背部，背部疾病可能引发身体僵硬，酸痛和炎症等问题。背部疾病的疼痛程度和方式可能因人而异：部分患者疼痛轻微，部分剧痛、钝痛或者刺痛。

What Causes Back Problems?

背部疾病由什么引起？

Proportion of People with a long-term health condition in people with or without chronic pain aged 45 and over 2016

45岁及以上慢性病患者及非慢性病患者患其它疾病的比例



Source: AIHW analysis of ABS 2017.

数据来源：澳大利亚卫生及福利组织、澳大利亚统计局

Risk Factors for Chronic Pain?

慢性背部疾病的诱因？

Some general treatment strategies for chronic diseases, for example, lifestyle modifications such as diet, sleep, exercise, weight control, and reducing smoking, can benefit people with back problems (Bauer et al. 2014).

慢性背部疾病的一般治疗策略包括：**生活方式调整，如健康饮食、优质睡眠、加强锻炼、控制体重及减少吸烟**，可有效缓解甚至根除部分背部疼痛问题。



Diet 饮食

Eating a wide variety of nutritious foods is important to good health and wellbeing. Eating foods that contain too much added sugars, salt and saturated fat, or drinking alcohol, causes many health problems, including chronic conditions.

摄入食物的**品种多样化**对**保持**身体健康十分重要。食用过多添加糖、盐和饱和脂肪的食物以及饮酒，**易**引发多种慢性疾病，影响身体健康情况。



Physical Activity 身体锻炼

Sedentary behaviours and low levels of physical activity are associated with chronic pain, including being female, increasing age, genetic predisposition and environmental influences, such as socioeconomic disadvantage. Many behavioural risk factors have also been linked to chronic pain, including physical inactivity, smoking, being over weight or obese, inadequate sleep.

久坐不动的生活习惯(缺乏运动)**易**引发慢性疼痛，如：痴呆、早衰，**人体健康**更易受环境影响。此外，许多行为习惯**都有可能**诱发慢性疼痛相关疾病，如：吸烟、超重或肥胖、睡眠不足等。



Smoking 吸烟

People who smoke are more likely to have chronic pain conditions such as fibromyalgia, back pain and headaches(Orhurhu et al. 2015), smoker and ex-smokers were more likely to self-report chronic pain(15% and 13%, respectively) than people who has never smoked(8.2%) (AIHW 2017).

吸烟者**更易患有**慢性疼痛，如：纤维肌痛、背痛和头痛(Orhurhu et al. 2015)。吸烟者和有吸烟历史的人群(分别为15%和13%)通常比从不吸烟者(8.2%)**更容易患有**慢性疼痛疾病(AIHW 2017)。



Obesity 超重或肥胖

Being overweight or obese is a risk factor for developing chronic pain(Okifuji & Hare2015). A higher body mass index is associated with greater joint and back pain due to the increased pressure on these areas. Obesity is also linked to other pain conditions, including fibromyalgia, headaches and abdominal pain(Wright et al. 2010).

超重或肥胖是诱发慢性疼痛疾病的一个重要原因 (Okifuji & Hare2015)。人体较高的脂肪含量**会增加**身体各关节部位的**承载压力**，**易**引起关节和背部疼痛等疾病。此外，肥胖还**易**诱发其他疼痛疾病，如：纤维肌痛、头痛和腹部疼痛疾病等(Wright et al. 2010)。



Sleep 睡眠

Sleep is one of the three pillars of a healthy lifestyle alongside healthy eating and regular exercise. Sleep disturbances may lead to poorer physical and mental health and are known to increase the risk of developing other chronic health issues such as heart disease, type 2 diabetes, obesity, stroke, cancer and mental health conditions. Inadequate sleep is also associated with a reduced life-span.

睡眠作为健康生活方式的三大支柱之一，与健康饮食和规律锻炼并列。低质量的睡眠**易**诱发身心健康类疾病，**极大地**增加了其它慢性疾病的患病风险，如：心脏病、2型糖尿病、肥胖症、中风、癌症和**精神类**疾病。此外，睡眠不足与寿命缩短**也存在**直接关系。

Treatment and management of back problems

背部疾病的治疗及管理

Pain is the main symptom of most back problems and treatment can be complex.

疼痛是大多数背部疾病的主要症状，但由于病因不同，治疗方式存在一定差异。



The most recent Australian clinical practice guidelines for management of non-specific low back pain encourages reassurance, self-management and physical therapy as first line care, supplemented by non-pharmacological therapies such as heat, massage, acupuncture and mindfulness where appropriate (Almeida et al. 2018). Medications are discouraged except where first and second-line non-pharmacological interventions are unsuccessful, and when they are prescribed, the lowest effective dose for the shortest amount of time possible is advised.

根据澳大利亚最新的下背部疾病临床治疗实践指南：

鼓励将情绪安抚、自我管理及物理治疗作为基础护理疗法，辅之适当的非药物治疗，如：热疗、按摩、针灸和冥想等方法。

原则上不鼓励使用药物干预，除非基础护理疗法和非药物干预不成功。若必须使用药物治疗方式，专家建议患者服用最低剂量，同时尽量缩短服用药物的时间。

Few Tips for Keeping a Happy Back

澳洲脊椎专科医师(ACA)背部健康管理小贴士



Be mindful of your posture 保持良好的身体姿态

Don't disregard the importance of good posture – it keeps the body aligned and helps avoid excessive strain on ligaments and muscles. Good posture can help improve mobility, spinal health and quality of life.

不要忽视身体姿态的重要性——**正确的身体姿势有助于保持身体的平衡，避免韧带和肌肉过度紧张。**良好的身体姿态有助于提高身体活动能力、保持脊椎健康及提高生活的质量。

It is never too late to correct poor posture habits. Make it a priority to assess and correct your posture as you go about your day. Rather than slouching or hunching, try your best to keep your spine in a neutral position. It is also advisable to avoid sitting or standing in the same position for long periods.

纠正不良的姿态习惯永远不会太晚。每天工作时，**刻意留意并有意识的评估和纠正自己的身体姿态。**切勿无精打采呆坐或驼背，尽量保持脊椎处于直立状态，避免久坐久站或保持任何一个身体姿势过久。

It can be difficult to be mindful of your posture all the time so it may be a good idea to set alarms on your mobile phone to remind you. You can also use the Straighten Up app to set posture reminders and receive notifications about sitting right, stretching, taking breaks, drinking water and improving your posture.

时刻注意自己的身体姿态是很困难的，建议您在手机上设置闹钟提醒，实时接收关于正确坐姿、伸展、休息、喝水和改善姿势的提醒。日常生活中可以多关注一些健康资讯，更有效地管理自己的健康情况。



Just Start Walking 养成散步的好习惯

Walking for 30 minutes a day is a great way to improve your health and wellbeing. Not to mention, increase your cardiovascular fitness, strengthen bones, and reduce body fat, as well as mitigate the chances of developing osteoporosis over time. Most importantly, walking is great for your spine! Walking increases the stability of the spine and conditions the muscles to keep the body in an upright position. Walking basically nourishes the spinal structures by facilitating strong circulation, pumping nutrients into soft tissues, as well as draining harmful toxins. Not to mention, walking can be done at any time of the day and at your pace! It's a win for you and a win for your back.

每天散步30分钟是改善健康情况、提升幸福感的最好方法。**散步不仅有助于保护心血管、减少脂肪囤积、强化骨骼并减少骨质疏松症的患病风险；更有助于人体保持良好的脊椎状态。**行走过程中，身体肌肉始终保持紧张状态，可增强脊椎的稳定性；同时可促进血液循环，将营养物质输送到身体各软组织并排出身体内的有害毒素，以此达到滋养脊椎的效果。

此外，散步受时间和空间的限制较小，可结合自身情况，合理安排时间和速度。

脚下一小步，背部脊椎呵护一大步！



A good night sleep 高质量睡眠

Your spinal health can also be impacted by the way you sleep at night as well. From old mattresses, to incorrect sleeping positions.

睡觉方式不当也会对于您的脊椎造成一定影响。如：使用年限较久的床垫，以及不正确的睡姿习惯等。

Here are the most common sleeping positions and how to adjust them for better spinal health:

以下是最常见的几种睡姿，我们该如何调整睡眠习惯，保护我们的脊椎健康呢？

Stomach sleeping: Bad news for stomach sleepers, this is considered to be the worst sleeping posture and is not recommended. It puts unnecessary pressure on your neck due to twisting your head and the straining of your lower back. It can also cause pressure on your chest.

趴睡：最糟糕的睡眠姿势。趴睡时，由于头部与身体反向导致下背部收紧，造成颈部较大的压力，同时会压迫胸腔，阻碍呼吸的通畅，容易引起呼吸暂停等疾病，危害人体健康。

Side sleeping: This is generally considered a better sleeping position for a healthy spine. Try lying with your lower leg fairly straight and bend your upper leg or try placing a pillow between your knees and bending both your knees and hips slightly to position your pillow. This will reduce pressure placed on the spine and provide alignment.

侧睡：较为健康的睡眠姿势。侧睡时，应尽量保持小腿伸直、大腿弯曲的状态，建议在膝盖之间放置一个枕头，膝盖和臀部微微弯曲以固定枕头位置。这样将有助于保持脊椎的自然生理曲度，减轻睡眠姿势对脊椎造成的压力。

Back sleeping: Sleeping on your back can also help maintain a healthy spine. For extra support, place a pillow under your knees to keep to the natural curve of your spine

and reduce strain on your lower back. It is also important to ensure your head pillow is the correct height to reduce strain on the curves of your neck.

仰睡：较为健康的睡眠姿势。建议在膝盖下放置一个枕头，不仅有助于缓解腰背部压力，更有利于保持脊椎的自然生理曲度。仰睡时，需注意枕头高度的选择，避免对颈部造成较大的压力。



Stretching 伸展运动

Regular stretching can help maintain joint flexibility, improve stability and may also help relieve stiff muscles. It can also help with increasing range of motion but it is important to perform stretches correctly. Consult a healthcare professional to gain a better understanding of how to perform stretches correctly and to find out which stretches are best for you.

Take extra care when doing stretches that may require balancing and be sure to modify stretches to suit your ability level.

规律的伸展运动有助于保持关节的灵活性、提高身体稳定性，有效缓解肌肉僵硬等情况。掌握正确的伸展运动方法十分重要，我们建议您咨询当地专业的医疗保健人士，结合自身的情况，找到最合适自己的锻炼方法。

由于伸展运动对身体的平衡性要求较高，运动过程中可根据自身情况随时进行调整。

The Australian Chiropractors Association (ACA) will be asking Australians to get more mobile with Mobility Month!

ACA Mobility Month 由澳洲脊椎专科医师精心设计的伸展类锻炼动作，可帮助改善身体的柔韧性、平衡性以及增强身体力量。（训练动作可参见造梦者官方视频：《造梦者每天4个小训练改变身体紧绷状态》。）

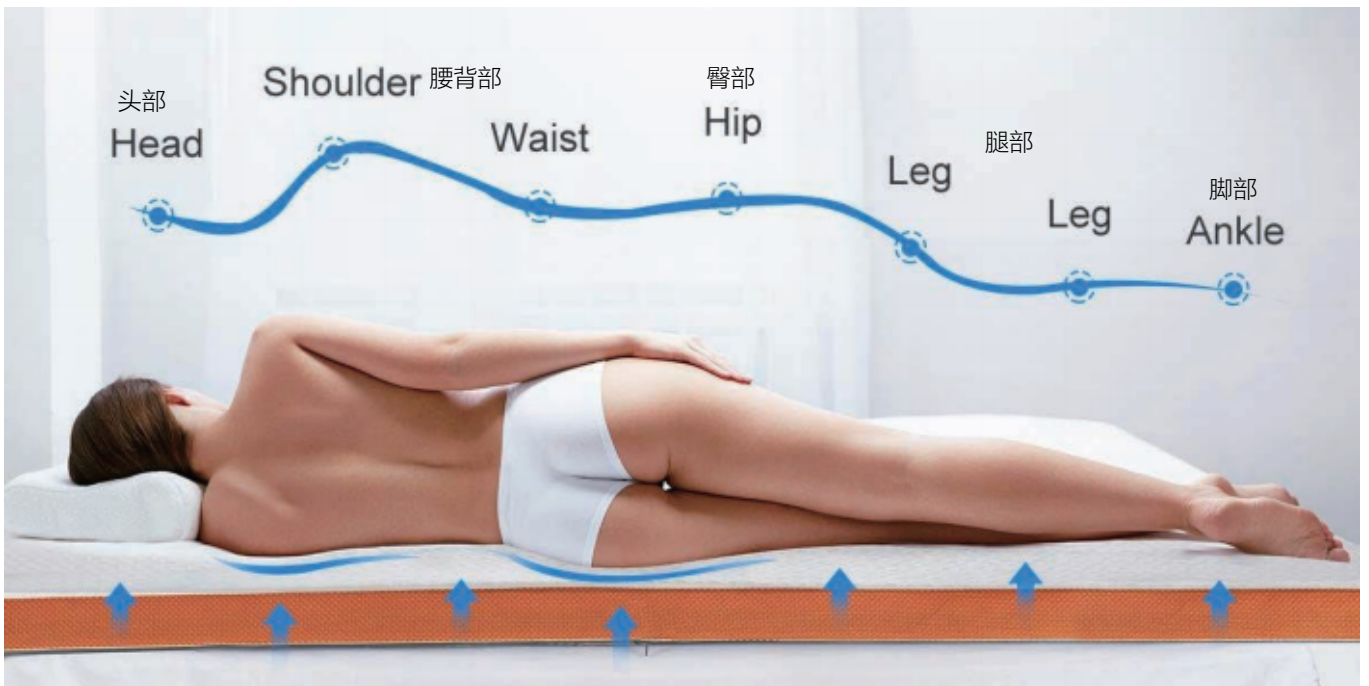


SleepMaker and the Australian Chiropractors Association have a longstanding partnership, working closely together for over 25 years to help improve the Chiropractic health of Australians. The SleepMaker mattress has been designed to deliver outstanding Chiropractic support, each mattress in the collection has been tailored to relieve pressure points and support spinal alignment for an amazing night's sleep.

造梦者与澳大利亚脊椎专科医师协会(ACA)紧密合作研究人体脊椎健康保护管理已超过25年，旨在帮助澳大利亚人预防、改善及管理脊椎健康。25年来，造梦者是全球唯一一个受到澳大利亚脊椎专科医师协会 (ACA)官方认可的床垫品牌。

由澳洲脊椎专科医师协会与造梦者共同研发的ACA专业护脊系列 (ACA COLLECTION)：精准计算人体睡眠过程中各身体部位的压力释放点，模拟真实的睡眠场景和睡眠习惯进行定点设计，可适应人体睡姿调整，始终为脊椎提供良好支撑，呵护整夜睡眠。





THREE SLEEPING SYSTEM, WE'VE GOT YOUR BACK!
三大睡眠核心技术，守护您的脊椎健康。



All-round Support System
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五区灵动支撑系统+边缘加固泡绵系统
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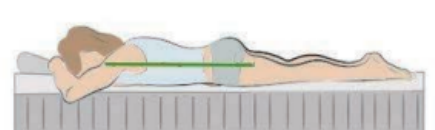
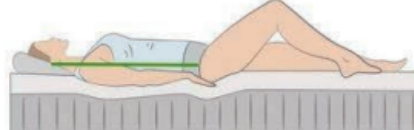
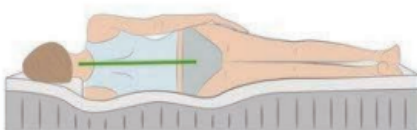
Kulkote 酷爽29°C专利技术
+黄金羊毛纤维温控层，
解决睡眠温度困扰，
温湿调控
睡眠温度更智慧



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Ultra-Fresh超清爽抗菌抑螨保护技术
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睡眠微环境更安全



Chiro Plus

极脊好梦 舒适款



高度: 34cm 软硬度: 7(偏软)

恪守经典创新升级, Chiro Plus极脊好梦 舒适款既有高密度弹簧系统提供科学舒压的全新体验, 同时又不失专业护脊床垫恰到好处的舒适呵护。



抗菌抗螨面料



Dry超干爽面料



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美利奴羊毛



云端呼吸绵



酷爽29°C记忆绵



Climatex®
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五区独立袋装高密度
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Chiro Firm

脊好梦 承托款



高度: 26cm 软硬度: 3 (硬)

ACA权威认证和专业设计, 贴合人体曲线, 科学护脊, 舒适透气的身下小环境, 带来久违的畅快安睡。



抗菌抗螨面料



Dry超干爽面料



空气凝胶绵



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云端呼吸绵



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Chiro 脊好梦



高度: 31cm 软硬度: 6 (适中)

关爱自己,从宠爱你的脊椎开始。Chiro脊好梦深度睡眠疗愈疲惫的身体,随时体验完美的贴合与强力支撑带来的整晚安睡,一觉醒来,能量满格。



抗菌抗螨面料



Dry超干爽面料



空气凝胶绵



美利奴羊毛



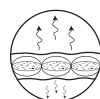
五区沙漏弹簧



云端呼吸绵



酷爽29°C记忆绵



Climatex®
温控纤维层

Chiro Contour Firm 脊康硬



高度: 33cm 软硬度: 3 (硬)

脊椎亚健康会带来不同程度的困扰,颈肩、腰部需要包裹感更好,支撑力更强的脊康床垫带来修复性的睡眠,让身体处于无压舒爽中。



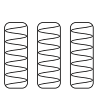
抗菌抗螨面料



空气凝胶绵



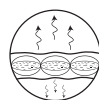
美利奴羊毛



五区独立袋装高密度
弹簧系统



云端呼吸绵



Climatex®
温控纤维层

SleepMaker[®]

—— 澳洲造梦者床垫 ——



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