



## Effect of GERD on sleep and vice versa



Difficulty in falling asleep or maintaining sleep

GERD is seen more often in people with obstructive sleep apnea



## Why does this happen?



More stomach acid is secreted from late evening till midnight

Swallowing is less during sleep



Salivation decreases (it is alkaline and helps neutralize acid)

Food pipe motility is low when sleeping



## Best sleep positions to reduce the effect of GERD



It is best to sleep on the left side: The lower esophageal sphincter (LES) is above the stomach, and gravity helps acid move towards the stomach.

Sleeping on an incline (on the left side): The most gravity-favorable position to keep acid movement towards the stomach. Specially designed pillows for the purpose are available.



### References:

1. How to sleep with GERD; American Sleep Association(ASA).
2. Gastroesophageal Reflux Disease and Sleep Disorders: Evidence for a Causal Link and Therapeutic Implications; National Library of Medicine.
3. Acid Reflux (GER & GERD) in Adults; National Institute of Diabetes and Digestive and Kidney Diseases.
4. Nationwide epidemiological study on gastroesophageal reflux disease and sleep disorders in the Japanese population; National Library of Medicine.