

Acid Reflux Support Guidelines

Nighttime

During sleep, gravity becomes one of your body's best natural supports. When the body is positioned correctly, it may help reduce the upward movement of stomach contents into the esophagus.

Elevate the Upper Body

Raising the head of the bed approximately **6–8 inches (15–20 cm)** may help support better nighttime digestion.

This can be done using:

- Solid wood bed risers or blocks under the bed legs
- Bed risers from home improvement stores
- Wedge pillows designed for reflux support
- Adjustable or motorized beds

A wedge pillow that supports the full upper body may be helpful for those who prefer not to elevate the entire bed.

Sleeping Position Matters

- **Left side sleeping is often preferred**
 - May help reduce nighttime reflux
 - Supports natural stomach positioning
- **Right side sleeping may increase symptoms**
 - Can allow stomach contents to move more easily toward the esophagus in some individuals

A body pillow may help maintain position throughout the night.

Evening Eating & Timing

Meal timing plays an important role in digestion and nighttime comfort.

General digestion timing:

- Light meals (fruit, toast): 1–2 hours
- Balanced meals: 3–4 hours
- Heavy, high-fat meals: 4–6+ hours

Key guideline:

Try to finish your last meal **at least 3 hours before lying down.**

Example:

- Sleep at 10:00 PM → last meal around 6:30–7:00 PM

This allows the stomach time to empty before the body enters a horizontal position.

Foods to Limit in the Evening

Some foods may increase nighttime discomfort for certain individuals:

- Fried or fatty foods
 - Heavy creamy sauces
 - Large or late meals
 - Sugary desserts
 - Carbonated drinks
 - Citrus juices
 - Tomato-based foods (sauce, juice, ketchup)
 - Chocolate
 - Mint and peppermint
 - Alcohol
 - Caffeinated beverages (coffee, black/green tea)
-

Helpful Evening Choices

- Lean proteins (chicken, turkey, egg whites)
 - Light cooked vegetables (zucchini, spinach, broccoli)
 - Small portions of whole grains
 - Herbal, caffeine-free teas
 - Still water (non-carbonated)
-

Simple Natural Support Habits

- Sugar-free gum after meals (non-mint) may help stimulate saliva
 - Stay upright after eating
 - Avoid lying down immediately after meals
 - Eat smaller, lighter evening meals
-

Important Note

These guidelines are for educational wellness support only and are not intended to diagnose or treat medical conditions. Always consult a qualified healthcare provider for persistent symptoms.

Wellness Support

If you would like personalized digestive wellness guidance, contact:

Wellness Solutions by Sonora
Creating Optimal Health Naturally