**Benefits of Sleeping with Your Legs Elevated**

You are well aware of the fact that we think adjustable beds are more than just a piece of furniture, they are a lifestyle accessory that can greatly benefit individuals who choose to make use of them. When you really start to think about it, so much of our time is spent in bed. Over the course of a person’s life, literal years are spent lying in bed, so why not try to make the best use of this time. To us, this means it is in most people’s best interest to make sure their bed is not only comfortable to sleep on but that it also provides auxiliary benefits. In today’s post, we are going to cover a topic we have not covered before – the benefits that sleeping with your legs elevated can have on your health.

**Relieve Those Legs**

Using an adjustable bed to comfortably sleep with the legs elevated can give the body some much needed healing time during the night for those dealing with varicose veins, leg swelling, sciatic nerve pain, and other medical conditions that affect the legs. Throughout the day, gravity is constantly working to pull down the body. This causes many symptoms such as having a sore back, tired legs, and poor circulation as the blood in the body struggles to travel back up the legs toward the heart and brain. Sleeping with the legs elevated allows the body to, quite literally, take a load off and works to rejuvenate an individual by pumping venous blood back toward the heart and other vital organs. As the blood circulates to these areas, a person’s body will feel more relaxed and peaceful and healthier sleep can occur. Below, we have listed some of the benefits of sleeping with elevated legs and some of the conditions this form of sleeping can help to alleviate.

**Overall Better Blood Circulation**

Even though it might sound odd, sleeping with the legs elevated can actually go a long way in achieving better blood flow to the legs and feet. Placing the legs and feet in a position above the heart assists in helping gravity move the blood from the lower half of the body up to the heart. This allows the heart to more effectively circulate fresh blood and reduces the amount of work it takes for the heart to pump blood throughout the body. As a result, a person experiences smoother blood flow and provides their heart with an environment in which it can rest.

**Minimize Chronic Back Pain Symptoms**

If you suffer from chronic back pain, whether from localized joint pain or a temperamental sciatic nerve, sleeping with elevated legs helps to minimize the symptoms associated with this condition. As the body’s longest nerve, the sciatic nerve can cause quite a bit of discomfort to an individual when it becomes inflamed. The sciatic nerve follows the spinal cord down the back, into the buttocks, and then down into both legs. When this nerve becomes irritated by compression or inflammation, it can create leg pain, lower back pain, and even numbness in the feet and legs. The symptoms of this condition can be alleviated by lying on the back with the knees elevated. While this isn’t always the easiest position to achieve in a normal bed, an adjustable bed makes it easy for a person to perfectly position their knees to reduce the amount of pressure the lumbar discs exert on roots of the sciatic nerve.

**Reduction of Edema in the Legs and Feet**

Edema, or swelling of the legs caused by extra fluid buildup, is a painful condition that affects millions of people across the country every single day. Edema can be caused by something as simple as standing for extended periods of time or, in more serious cases, can be an indicator of congestive heart failure. No matter the root cause of the condition, sleeping with the legs elevated can work to reduce the amount of fluid that builds up in the feet and legs throughout the day.

**Alleviate Symptoms of Lymphedema and Varicose Veins**

When a person suffers from varicose veins, the veins allow blood to pool and waste products to gather under the skin, creating an accumulation of toxins and pressure within the affected limb. This can result in legs that feel heavy, tired, and painful. As the day goes on, these symptoms tend to get worse as gravity works to keep the blood and toxins in the surrounding leg tissue. Additionally, varicose veins can cause problems beyond the legs. If left alone, varicose veins can result in lymphedema (damage to the body’s lymphatic system). The lymphatic system works to collect the lymph tissue fluid from the body to transmit it back through the bloodstream. If the system is struggling to do this, swelling of the feet and toes can occur. Luckily, raising the legs at the end of the day and sleeping with the legs elevated can help relieve the symptoms of varicose veins and can work to reduce the amount of swelling associated with lymphedema.

**Learn More About Our Adjustable Beds**

Thank you for taking the time to read our blog on the benefits of sleeping with raised legs. While there are many options available to elevate the legs at night, we here at Flexabed feel that an adjustable bed is the easiest option. With an adjustable bed, you aren’t just stacking pillows under your legs and hoping for the best. Instead, you have a functional piece of furniture specifically designed to make the raising of the legs during sleep comfortable and easy. If you would like to learn more about our adjustable beds or you would like to speak to a sales representative to see which bed is perfect for you, please get in touch with us by giving us a call at 516.378.0119. Flexabed adjustable bed provides you won’t want to go back to a normal bed ever again!