



# How Poor Sleep Can Contribute to Neck Pain and Solutions

Neck pain is a common issue that affects many individuals, often stemming from various causes, including injuries, poor posture, and stress. However, poor sleep quality is one frequently overlooked factor contributing to neck pain. How you sleep, your head and neck position, and the type of pillow you use can significantly impact your neck's health. For those experiencing neck pain in Omaha, seeking professional treatment might be essential for relief, especially if the pain persists.

Learn more - <https://healthhumble.com/how-poor-sleep-can-contribute-to-neck-pain-and-solutions/>