



8 Tips for Better Sleep If You Have Acid Reflux

Acid reflux, also called as gastroesophageal reflux disease (GERD), affects millions of people worldwide. Dealing with heartburn and other uncomfortable symptoms can make it difficult to get a good sleep. However, there are several effective strategies to help you get better rest, even if you're experiencing acid reflux. In this article, we'll discuss eight tips that can help you ease nighttime heartburn and improve sleep quality.

Learn more - <https://healthydietpro.com/8-tips-for-better-sleep-if-you-have-acid-reflux/>