

Esophageal acid exposure shorter with left lateral sleep position

February 15 2022



(HealthDay)—During sleep, the left lateral decubitus position is

associated with shorter esophageal acid exposure time and faster esophageal acid clearance, according to a study published in the February issue of *The American Journal of Gastroenterology*.

Jeroen M. Schuitemaker, M.D., from University Medical Centers Amsterdam, and colleagues measured the concurrent [sleep position](#) using a sleep position measurement device in 57 patients referred for ambulatory pH-impedance [reflux](#) monitoring and examined the impact of sleep position on nocturnal gastroesophageal reflux.

The researchers found that compared with the right lateral position and the supine position, acid exposure time was significantly shorter in the left lateral position (median, 0.0% versus 1.2 and 0.6%, respectively). Significantly shorter esophageal acid clearance time was seen in the left lateral decubitus position versus the supine and right lateral positions (median, 35 seconds versus 76 and 90 seconds, respectively).

"These findings provide a rationale for interventions aiming to promote the left lateral decubitus sleep position to alleviate nocturnal esophageal acid exposure and reflux symptoms," the authors write.

One author disclosed financial ties to the biopharmaceutical and medical device industries, including Side Sleep Technologies, which provided the sleep position measurement devices.

More information: Jeroen M. Schuitemaker et al, Associations Between Sleep Position and Nocturnal Gastroesophageal Reflux: A Study Using Concurrent Monitoring of Sleep Position and Esophageal pH and Impedance, *American Journal of Gastroenterology* (2021). [DOI: 10.14309/ajg.0000000000001588](https://doi.org/10.14309/ajg.0000000000001588)

Copyright © 2022 [HealthDay](#). All rights reserved.

Citation: Esophageal acid exposure shorter with left lateral sleep position (2022, February 15)
retrieved 25 April 2024 from
<https://medicalxpress.com/news/2022-02-esophageal-acid-exposure-shorter-left.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.