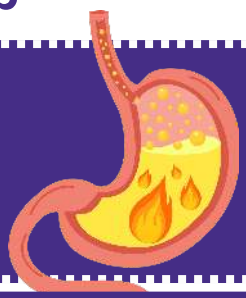
GERD Symptoms At Night

Why Acid Reflux Worsens While You Sleep

GERD: Gastroesophageal Reflux Disease

- Stomach acid flows back into the esophagus
- More frequent & severe than occasional acid reflux (GER)
- Often confused with heart burn



GERD vs Acid Reflux

- **GERD**
  - Occurs 2+ times/week
  - Ongoing discomfort
  - Often needs medication or lifestyle changes
  - Can lead to esophagitis, tooth erosion, and sleep disorders
- **Acid Reflux**
  - Happens occasionally
  - Triggered by food or a meal
  - Relieved with over-the-counter products



25%

- Up to 25% of people with GERD report sleep disruption[1]
- Nighttime GERD has greater risk of Barrett's Esophagus (esophageal cancer)[2]

Who's at Higher Risk?



- Overweight/obese
- Pregnant
- Smokers or alcohol/caffeine users
- Having a hiatal hernia
- Low fibre/high sugar diets
- Large meals before bed
- Inactive lifestyle

Common Nighttime GERD Symptoms







- Chest burning or throat discomfort
- Regurgitation (food or sour liquid)
- Chronic cough
- Trouble swallowing
- Worsening asthma

Why it Gets Worse at Night

- Gravity doesn't help when lying flat; easier for acid to flow back
- Saliva decreases : less acid neutralization
- Swallowing slows : acid stays in esophagus longer
- Slower stomach emptying
- Higher stomach acidity

MANAGING NIGHTTIME GERD

- Don't eat 2-3 hours before bed
- Elevate the head of your bed 6-8"
- Sleep on your left side
- Eat slowly
- Keep a food diary; avoid trigger foods
- Avoid tight waistbands
- Maintain a healthy diet



More options to try:





- Diaphragmatic breathing
- Probiotics[3], fibre (psyllium), ginger
- Melatonin
- Acupuncture[4]

See your doctor if:



- Reflux happens multiple times/week
- You wake often from GERD
- Over-the-counter medication doesn't work
- You have pain, weight loss, or difficulty swallowing

By understanding nighttime GERD and symptoms, you can take control and start sleeping better.



1. J Clin Gastroenterol 2020 Sep;54(8):663-674. doi: 10.1097/MCG.0000000000001382.
2. https://www.niddk.nih.gov/health-information/digestive-diseases/barretts-esophagus/all-content#s1morelikely
3. Clin Nutr ESPEN. 2022 Dec;52:340-352. doi: 10.1016/j.clnesp.2022.09.015. Epub 2022 Sep 20.
4. J Clin Gastroenterol. 2021 Mar 1;55(3):207-217. doi: 10.1097/MCG.0000000000001455.

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