

Achieving Wellness

Victoria Family Chiropractic

Dr. Cale Copeland

592-5553

INSOMNIA (Part 3/3)

Insomnia describes difficulty falling or staying asleep, waking too early, or waking feeling un-refreshed. It is estimated that 82 million Americans suffer from this: approximately 25% of the population! If this is you, this 3-part series may help.

Sleep takes 1/3 of your life! Some functions that take place during sleep are the release of growth hormone, restoration of energy, strengthening of the immune system, experiencing of vivid dreams during REM (rapid eye movement) sleep, the consolidation of memories.

A recent study in *Nature* revealed that our brains are very active during sleep, restructuring memories and allowing us to be more insightful

and better at problem-solving.

We know that there are serious consequences to our physical and mental health when we don't get enough sleep, including increased risk for accidents (studies have shown that someone who has been awake for 24 hours has the same mental acuity of as a person with a 0.1 blood alcohol level), altered hormone levels, increased risk for obesity and mental illness (especially depression), accelerated aging, and increased risk for cancer and diabetes.

Ideally, people should aim for 7 to 9 hours of sleep with 7 hours being the minimum.

Research indicates that a sleep debt can paid-off by spending longer than 8 hours in bed!

SLEEP SECRETS

In the final installment of this three-part series we will address **CHEMICAL** tips for getting a better night's sleep.

1. Eat a high protein snack before bed. This can provide L-tryptophan (amino acid) needed to produce melatonin and serotonin. Consume with a small piece of fruit to help it cross the blood-brain barrier.

2. Reduce or avoid as many drugs as possible. Most conditions can be helped with a healthy lifestyle and chiropractic. Consult your medical doctor before stopping any prescription drugs.

3. Avoid caffeine and alcohol. Caffeine after noon may keep you awake. Alcohol may help you fall asleep but people commonly wake up several hours later.

4. Avoid foods you may be sensitive to. Common examples may be wheat or dairy.

5. Avoid fluids several hours before bed so you don't wake up to use the bathroom.

6. Get sunlight and use full spectrum fluorescent bulbs. This increases melatonin.

7. Avoid sugary snacks before bed. Blood sugar levels dropping can wake you up.

8. Normalize your bedtime. Try to go to bed and wake up at the same time every day (including weekends).

9. Focus on what you want, and remember we live our lives through our nervous system so follow your program of care.

HEALTH
IS NOT
CHANCE,
IT'S A
CHOICE



We wish you and your families a season full of Love, Happiness and Health! Happy Holidays and Peace on Earth from the staff at Victoria Family Chiropractic.