

Achieving Wellness

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INSOMNIA (Part 1/3)

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.

SLEEP SECRETS

In part one of this three-part series we will address **PHYSICAL** tips for getting a better night's sleep.

1. Exercise for 30 min 4 days per week. It must be vigorous enough to produce sweat. Results may not be seen for 16 weeks, but remember that they will be seen.

2. Keep room temperature at 70°F or less.

3. Keep electrical devices at least 3 feet from the bed, and the alarm clock from view (it causes stress).

4. Lose weight. Increased weight is linked to sleep apnea.

5. A hot bath, shower, sauna, or hot tub before bed may help.

6. Avoid exercise 5 to 6 hours prior to bed if possible.

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!

7. Avoid a loud alarm clock as it is stressful. If you are getting enough sleep, an alarm clock should be unnecessary.

8. Get to bed as early as possible (ideally from 9-10). Our systems do the majority of their work from 11-1 (adrenals recover and gallbladders dump toxins).

9. Avoid stimulation before bed. Television, gripping books, or thinking about what needs to be done the next day stimulates the brain, making it harder to fall asleep.

10. Sleep in as close to complete darkness as possible. Light in the room can disrupt our circadian rhythm and our pineal glands' production of melatonin and serotonin. Get sunlight during the day.

11. Wearing socks to bed may help.

HEALTH
IS NOT A
CHANCE,
IT'S A
CHOICE



Our mission is to educate that a properly functioning nervous system and healthy lifestyle are vital to achieving wellness. Encourage someone you care about to get their spines checked today!