

Achieving Wellness

Victoria Family Chiropractic

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INSOMNIA (Part 2/3)

Insomnia describes difficulty falling or staying asleep, waking too early, or waking feeling unrefreshed. 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 part two of this three-part series we will address **MENTAL/EMOTIONAL** tips for getting a better night's sleep.

1. Listen to a relaxing CD. Try white noise or one with sounds of an ocean or forest.
2. Read a relaxing book. Avoid stimulating books such as mysteries or suspenseful novels as they may keep you reading for hours.
3. Wind down before bed. Try to avoid activities that get you mentally or physically engaged before bed.
4. Don't think about what needs to be done tomorrow. A racing mind is sure to keep you awake.
5. Get out into nature. Sometimes nature can ground us, helping us keep our lives in

perspective.

6. Pray. Be grateful for what you have.
7. Journal. Write down your thoughts before bed.
8. Keep your bed for sleeping.
9. If you are anxious about something, visualize. Visualize your success 5 minutes after the event, how you feel after your success, what you smell, how people will respond to you, and what you see. Do this repeatedly.
10. A technique called Emotional Freedom Technique (EFT) may help. First find what your thoughts are centered around. Then repeat a phrase in your mind while gently tapping yourself. Go to www.mercola.com for info.

**HEALTH
IS NOT
CHANCE,
IT'S A
CHOICE**



**We wish you and your families a season full of love and happiness!
Happy Holidays and Peace on Earth from the staff at Victoria Family
Chiropractic.**