

**This
Issue!***Healthy Sleep**Supplements for a
Goodnite Sleep**Sleeping Habits***Supplements
Help Your
Zzz's**

Vitamin B's: Vitamin B-6 aids in the production of tryptophan, which is an amino acid needed to produce serotonin, a hormone that encourages a healthy slumber. B-6 is found in liver, fish, fruits and healthy starch vegetables. Vitamin B-12 aids in healthy levels of melatonin which in turn gets your body to rest. Healthy foods with B-12 are fish, fortified breakfast cereal, yogurt, and eggs.

Vitamin D: This is also known as the "Sunshine Vitamin". It is important to get your dose of 15-20 minutes of sun whether exercising, gardening or just enjoying the outdoors.

Vitamin E: If you have restless leg syndrome, taking Vitamin E can help with your body's need to exert energy and

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Fall into Healthy Sleep

Dear Patients and Friends,

One of the most important health issues as we slowly age, is getting enough sleep. Nightly rest is a form of recuperation time when growth and development take place naturally in the body, as well as, healing. We all know how important it is to get a good night sleep, and yet, 40 % of the adult population are sleep deprived and once you lose sleep it cannot be made up. In this issue, we will discuss the importance of sleep and ways in which you can increase your quality of sleep.

Scientists have discovered an ever-increasing positive role that a good night sleep plays on our body's basic functions. These include immune function, higher metabolism, enhances memory and learning, cell growth and repair, as well as, emotional health. There has also been a link between those who have adequate sleep and eating a much healthier diet. Athletes have shown to improve in speed, accuracy and reaction times when sleeping 6-8 hours. Napping during the day has also shown to reduce stress and improve mental well-being.

Lack of sleep can lead to a myriad of physiological and mental dysfunctions including drowsiness, irritability, inability to concentrate and to perform complex tasks. Sleep deficiencies can cause high blood pressure which can lead to more stress. Lack of sleep also affects memory, decreases physical performance, slows reaction time and can lead to metabolic diseases such as thyroid disease, obesity and diabetes.

One of the most important things to remember is that sleep is a requirement for good health and wellness. The average adult, according to the National Sleep Foundation, requires anywhere between 6-9 hours depending on age and activity level. Seniors that are sedentary require the least; between 6-7 hours. Adults with a more active lifestyle should get 7-9 hours of sleep. It is also important to understand ways in which your body can get more quality rest such as proper diet, activity and vitamin and herbal supplements.

In the office, we review the symptoms



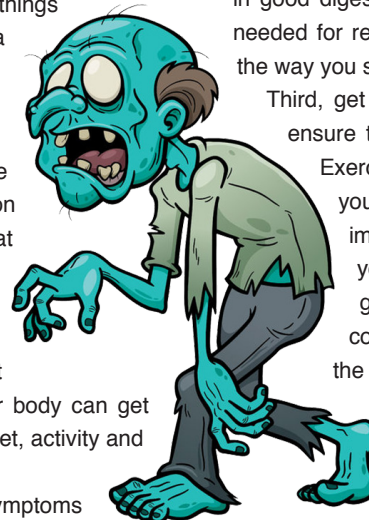
responsible for sleep. The first is a proper functioning spine and nervous system. Make sure your spine is in alignment which insures minimal stress on your nervous system. Scheduling regular wellness adjustments can enhance your quality of sleep and improve the blood flow in the nervous system by correcting any misalignments and subluxations. A hyperirritable nervous system leads to poor sleep.

Second, is giving your body the right diet to enhance a much deeper sleep. Reduce the sugar, sweets, refined flour products and food additives from your diet. There are studies that show eating food low in fiber but high in saturated fat and sugar can result in reduced quality and duration of sleep. Eating a healthy diet means avoiding caffeine two hours prior to rest and avoiding low sugar foods. This will ensure your body is prepared to sleep. A good diet will balance blood sugar and aid in good digestion which helps produce the hormones needed for rest. Remember that how you eat affects the way you sleep.

Third, get on a regular exercise program that will ensure that you are tired before you go to bed.

Exercise helps your blood flow while increasing your metabolism. Physical activity can improve how long you sleep and how deep you sleep. It is important that your body get into a deep resting period. The more consistent your body gets physical activity, the more your body will be ready for that good deep rest. Do not exercise later at night because the extra stimulation may keep you awake.

The fourth way to get proper sleep is



GEO has products that help you...

restlessness. Eating dark leafy greens, nuts, seeds, fish and fruit are ways to give your body Vitamin E.

Calcium: Considered to be nature's tranquilizer as it triggers a deeper state of sleep. It helps the brain use tryptophan to manufacture melatonin, which induces sleep. Foods like yogurt, kale, spinach and soybean products can help you get the calcium you need.

Magnesium: This vitamin is needed to absorb the calcium and acids in calming the nerves and relaxing of muscles. You can get magnesium from eating food like avocados, leafy vegetables, tuna fish, nuts, seeds and even dark chocolate. Other supplements to consider are ginkgo biloba, glycine, valerian root and lavender have been shown to enhance your quality and regularity of rest.

(Reference: activebeat.com, factly.com, sleep.org, healthline.com)



to manage your stress. Stress can lead to an increase in blood pressure making it more difficult to get your body at rest. This keeps more people from a good night sleep than anything else. Ironically, the fact that stress prevents you from getting enough rest can lead to more stress. Research has shown that a lack of sleep can increase irritability and anxiety. It is very important for your health and wellbeing to find ways for your mind to be at ease. Focus on relaxation, listen to some calm and soothing music and most important do not take your stresses to bed with you. I guarantee they will be there in the morning!

We at GEO Chiropractic Clinic always have health and wellness at the center of our practice. Here are 15 Natural Recommendations to help you get a Good Night Sleep. These include:

1. Go to sleep and get up at the same time every day. In other words, be consistent so that you have a better set sleep cycle. Benjamin Franklin said, "Early to bed, early to rise makes a man healthy, wealthy and wise!"
2. Do not eat after 8p.m. Digestion stimulates your nervous system and it will lower the hormones that affect your resting state. It also does not help if you suffer from reflux.
3. Drink a glass of water 2 hours before you go to bed.
4. Stop watching television or working on the computer for 1 hour before bedtime. Blue light has a stimulatory effect on the nervous system and causes insomnia.
5. Prepare your room for sleeping. It should be dark. The best temperature for sleeping is 70 degrees Fahrenheit.
6. Make sure you sleep on your sides or back; not on your stomach.
7. Have adequate covers and a pillow that fits the

contour of your posture.

8. Turn your alarm clock away from your sight and use an alarm that is soothing, not startling.

9. Stay away from caffeine beverages after 6p.m. Caffeine is a stimulant and has an excitatory effect on your nervous system. Watch for stealth caffeine such as herb tea or chocolate.

10. Avoid alcohol at night. It is a depressant had an inhibitory effect on the deeper stages of sleep. That is why after a night of drinking, even though you think you slept well, you wake up exhausted and hung over!

11. Dim the lights in your bedroom 1 hour before sleep time to prepare your environment for sleep.

12. Go to the bathroom before bedtime, so you avoid having to get up during the night.

13. If you are older and have circulation issues wear socks to bed to keep feet warm.

14. Read something inspiring or spiritual before bedtime. It will ease your mind and settle your thoughts.

15. If you need supplementation to put you to sleep, there are several that work well. They include the amino acid L-Tryptophan, Myocalm PM which has calcium, magnesium and valerian root or Melatonin. Remember research shows prescription sleeping pills will only give you about 1-hour extra sleep with 3 pages of side-effects including insomnia, depression and thoughts of suicide.

Remember sleeping is a very important factor of health. Getting enough rest keeps your body healthy, your mind more balanced and alert, and can help reduce weight, stress and health issues. Once you lose sleep you cannot gain it back. I hope these recommendations will help you to get a better night sleep. Pleasant dreams!

(Information provided by WebMd.com, Sleep.org, National Sleep Foundation, Chiro-med.ca)