

Tired of Not Being Able to Sleep?

Sleep deprivation is such a chronic condition these days that you might not even realize you suffer from it. Science has now established that a sleep deficit can have serious, far reaching effects on your health.

For example, interrupted or impaired sleep can:

- Dramatically weaken your immune system
- Accelerate tumor growth—tumors grow two to three times faster in laboratory animals with severe sleep dysfunctions
- Cause a pre-diabetic state, making you feel hungry even if you've already eaten, which can cause you to gain weight
- Seriously impair your memory; even a single night of poor sleep—meaning sleeping only 4 to 6 hours—can impact your ability to think clearly the next day
- Impair your performance on physical or mental tasks, and decrease your problem solving ability

When your circadian rhythms are disrupted, your body produces less melatonin (a hormone AND an antioxidant) and has less ability to fight cancer, since melatonin helps suppress free radicals that can lead to cancer. This is why tumors grow faster when you sleep poorly. Impaired sleep can also increase stress-related disorders, including heart disease and depression.

Sleep deprivation prematurely ages you by interfering with your growth hormone production, normally released by your pituitary gland during deep. Growth hormone helps you look and feel younger and helps your body's natural repair mechanisms.

HOW TO GET A GOOD NIGHT OF SLEEP:

Prepare for sleep like you would prepare for anything else. Have a ritual and stick with it for the best results.

1. **Stick to a schedule.** Get up and go to bed at the same time everyday, keeping a consistent schedule, helps your body set it's internal rhythm.
2. **Sleep only at night.** Try to avoid taking long daytime naps. Short naps are ok however.
3. **Exercise.** It's a proven fact that exercising in the morning or afternoon for 30-45 minutes helps you sleep better. Your body uses the sleep period to recover its muscles and joints that have been exercised. Exercise stimulates the body and aerobic activity before bedtime may make falling asleep more difficult.
4. **Taking a hot shower, bath, or sitting in hot tub BEFORE bed** helps bring on sleep because they can relax tense muscles and raise your body temperature. Your body temperature will fall at bedtime after your bath/shower and signal to your body that it is time to rest.
5. **Avoid eating just before bed.** Give yourself at least 2 hours from when you eat to when you sleep. This allows for digestion to happen (or at least start) well before you go to sleep so your body can rest well during the night.

6. **Avoid caffeine after lunch time.** Caffeine is a stimulant and will keep you awake, so it is best to avoid caffeinated drinks (tea, coffee), chocolate, or other products/supplements containing caffeine.
7. **Read something spiritual or uplifting.** Don't watch something stimulating prior to going to bed. Shows that get your adrenaline going right before going to sleep, including the news, do NOT help you relax. Avoid reading something that is suspenseful or you may be tempted to stay up for hours!
8. **Have the room slightly cooler and dark.** A slightly cooler temperature at night is more conducive to a restful slumber. Having a fan circulating in the air can also help. You also want to make sure your room is very dark. Even the tiniest amount of light (like your clock/radio) can disrupt your internal clock and your pineal gland's production of melatonin and serotonin. Cover your windows with blackout curtains to ensure complete darkness, especially in the summer.
9. **Sleep in silence.** Sleep with no music or TV to get more peaceful rest.
10. **Avoid alcohol before bedtime.** Although it may make it easier to fall asleep, it causes you to wake up during the night. As alcohol is digested your body goes into withdrawal from the alcohol and this can cause night time awakenings.
11. **Turn down your thermostat.** When you sleep, your body's internal temperature drops to its lowest level, generally about four hours after you fall asleep. Scientists believe a cooler bedroom may therefore be most conducive to sleep, since it mimics your body's natural temperature drop.
12. **Regular adjustments/massage.** Get regular body work including adjustments and massage to help keep your back and neck more relaxed and flexible. This will make you more physically comfortable and be able to get a good night of REST!



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