

# Today's Chiropractic Weekly Handout

## How Important Is Sleep Anyway?

Dr. Charles M. Laycock

An old Chinese proverb states, "Only when one cannot sleep does one know how long the night is." Anyone who's ever experienced an occasional bout with insomnia—and that's most of us—can relate to this all too well.



In fact, surveys have shown that between 40 and 60 percent of the general population has trouble sleeping. Daily stress and worries, pressures from job and family, body aches and pains caused by uncomfortable beds or pillows, and a host of other issues can keep a person from getting enough quality sleep.

Sleep is critical to good health and functioning, so lack of it is a serious matter. "Sleep is one of the most important functions of the brain," says Frederick R. Carrick, DC, PhD, president of the American Chiropractic Association's Council on Neurology. Through it, our bodies recharge and renew for the next day's challenges.

*Chiropractic care can provide you with a different approach to your sleeping problems—without the use of sleeping pills, which leave many people in a mental haze the next morning. To start, here are a few helpful tips they would recommend for the sleepless in Seattle (or any city, for that matter):*

- Exercise regularly. Exercising in the morning is best, but if you must exercise in the evening, do so at least two or three hours before bedtime. Any later, and your increased heart rate can interfere with your sleep.
- Limit your intake of caffeinated beverages such as coffee, colas and tea—try to avoid them altogether late in the day and near bedtime. In addition, for each cup of caffeinated beverages you drink each day, drink an equal amount of water (in addition to your regular water intake).
- If you have trouble sleeping and then get thirsty, drink some water at room temperature (cold water may disturb the digestive system).
- Eat an early dinner. Eating after 6 p.m. may interfere with sleep as your body works to digest the food you've eaten.
- Go to bed at the same time each night and get up at the same time each morning. The routine will help your body know when it is time to rest.
- Keep your bedroom at a cool, comfortable temperature and try to make it as dark as possible when you're ready for bed.

### **Chiropractic Care Can Help...**

If you continue to experience pain and discomfort at night or have difficulty falling asleep, schedule an appointment with our office! Chiropractic care treats many different spinal problems, including those that can interfere with a restful night's sleep. If needed, we can also offer nutritional and ergonomic advice that can help improve the quality of your sleep.

**Sweet Dreams!**

**Today's Chiropractic Clinic**

614 S. 225th Street

Des Moines, WA 98198

206-878 BACK (2225)

[www.todayschiropractic.net](http://www.todayschiropractic.net)

**Office Hours:**

Mon/Wed/Fri: 8:30am-12pm & 2:30pm-6:30pm

Tues: 8:30am-12pm & 2:30pm-5pm

~ *Serving The Community Since 1990* ~