

September 2016

# Today's Chiropractic Monthly Newsletter

## 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 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!



### The Insomnia Buster Juice

- 1 Cup of Spinach
- 1 Apple
- 2 Stalks of Celery
- 2 Kale Leaves
- 1 Beet

Directions:  
Juice everything together, pour into a glass, ENJOY!

## Today's Chiropractic Clinic

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~Serving Our Community Since 1990~

Office Hours:  
Mon/Wed/Fri: 8:30am-12pm & 2:30pm-6:30pm  
Tues: 8:30am-12pm & 2:30pm-5pm