



The Importance of Sleep

There is a Chinese proverb that states, “only when one cannot sleep does one know how long the night is.” Nearly everyone has had at least one restless night that allows them to judge the validity of this proverb.

Sleep is essential to health and well-being. During sleep the body repairs the stresses and strains of the day. Without a full night’s sleep, the body suffers. Lack of sleep affects the immune and nervous systems, patience, thinking, memory, judgment and the ability to read and understand directions.

For children, a good night’s sleep is even more important. During deep sleep, a child’s body releases growth hormone, and consistent healthy sleep habits

improve learning ability.

Many of us are not getting a healthy night’s sleep consistently. Surveys conducted by the National Sleep Foundation found that 60 percent of adults report having sleep prob-



lems a few times a week, and more than 40 percent of adults experience daytime sleepiness that interferes with daily activities a few times per month.

Television and computers add to the difficulties that many people have with falling or staying asleep.

Computer use has been found to interfere with sleep patterns more than stress. Another culprit is extensive or late-night television viewing.

Experts suggest for better sleep that you go to bed at the same time on weekdays and weekends. Before bedtime, develop a relaxing sleep ritual, such as a warm bath. Avoid stressful or stimulating activities — such as balancing a checkbook, computer games, watching television, or exercising just before bed. When possible, take a 30-minute afternoon nap to reduce sleepiness and improve your performance and mood. Finally, be sure to sleep on a comfortable, supportive mattress and pillow.

-Excerpts from www.acatoday.org

Signs of Insomnia

- ◆ Taking more than 30 to 45 minutes to fall asleep
- ◆ Waking up many times each night
- ◆ Waking up early and being unable to get back to sleep
- ◆ Waking up feeling tired

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Tackling Tension

TAKE A PHYSICAL BREAK.

Exercise, walk, or otherwise interrupt your routine for five minutes or so on a regular schedule throughout the workday.

GET PLENTY OF SLEEP.

Try not to work extra hours at home. If you must, then stop at least an hour before you intend to go to bed. Work on a hobby to

take your mind off the job before you go to sleep.

LEARN TO RECOGNIZE STRESS.

Watch for indicators such as increased smoking, drinking, or disturbed sleep. If you see these warning signals, work to identify the stress.

STAY WITH A PROBLEM.

Don't switch to something else and leave it unsolved. Step back and reflect on it objectively before pursuing a conclusion.

CLARIFY YOUR PERSONAL VALUES.

Recognize when it pays to fight or when it pays to yield.

FACE UP TO YOUR TENSIONS.

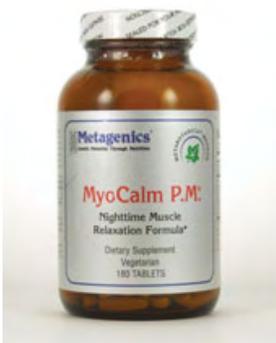
Accept the fact you have them and have to reduce them. This will help minimize the organic effects of stress.

Health Facts

- A person will die from total lack of sleep sooner than from starvation. Death will occur at about 10 days without sleep, while starvation takes a few weeks.
- On average, a person spends 122 days out of a year sleeping
- Every two thousand frowns creates one wrinkle
- On average, a person breathes 23,000 times per day
- The length from your wrist to your elbow is the same as the length of your foot.
- Each person has a unique tongue print.
- A sneeze can exit the body at speeds in excess of 100 mph.



Vitamin Support for Restful Sleep



Many muscle-relaxing natural sleep supplements contain only one or two herbs. **MyoCalm P.M.** contains four herbs that are known to be helpful in treating sleep disorders. This formula combines passionflower, valerian, hops and lemon balm.

Passionflower is included for its properties of inducing a feeling of tranquility and its effect of calming muscle tension.

Valerian has been used for centuries to induce calmness and relieve sleeplessness. It has been suggested that valerian may be more appropriate for long-term use than sleep medications.

Hops have a calming effect on the central nervous system and are often used for restlessness, while lemon balm supports immune system function and encourages muscle relaxation.

MyoCalm P.M. also includes a 2:1 ratio of magnesium to calcium. These are essential components in the formula that aid in reducing muscle cramping, spasm, tension and occasional sleeplessness.

If you are interested in learning more about **MyoCalm P.M.**, please speak with one of the Atlas Orthogonal doctors.

Pillow Talk

Comfort

Choosing the right pillow is of utmost importance in getting a good night's sleep. Remember these tips when selecting a pillow that is right for you.

If you sleep on your side, your head, neck and shoulders should remain level with your mid and lower spine. When lying on your back, your head and neck should remain level with your upper back and spine.

If upon waking, you find yourself sleeping on your side with one hand propped under your pillow, that is a clue that you are not getting the support you need.

It is often suggested for side sleepers to try a firm pillow since it provides extra support to the head and neck, whereas back sleepers may prefer a medium-firm pillow because it will cradle your head

while still allowing it to sink to the perfect level of alignment.

In today's market, the consumer has a nearly endless choice of pillow styles and options. When selecting the pillow that is right for you, remember that there is no "universal fit." Find one that is consistent with the size and shape of your body and provides you with a comfortable night's sleep.

When selecting a pillow, look for one that will:

- ☾ Keep the spine in natural alignment
- ☾ Support the head
- ☾ Support different sleep positions, including side or back sleeping (It's best to avoid sleeping on your stomach altogether.)
- ☾ Eliminate pressure points



Ms. Helen's Reading Recommendation:

The Invitation by Oriah Mountain Dreamer

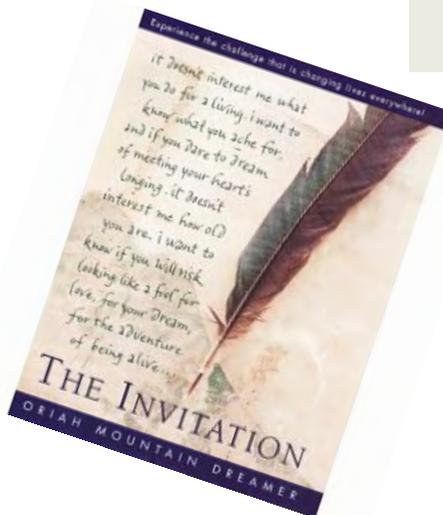
The author, Oriah Mountain Dreamer, sits down one night after returning home from a party. She reflects on the evening and is saddened to realize that her interactions have been filled with the "usual social conversation" and she feels she did not truly interact with the other guests at the party.

In fact, she realizes this is how many people live throughout their life. Worried that she may also be guilty of these mindless interactions, she is led to imagine herself as an old woman reflecting on the way she has lived her life. She wonders if she will be able to answer, "Yes. I loved well."

The beautiful poem she writes then becomes the outline for her book, each stanza the basis for a chapter.

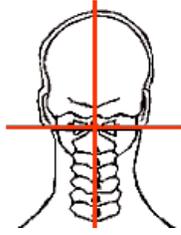
The Invitation truly becomes an

"I want to know if you can be alone with yourself and if you truly like the company you keep in the empty moments."



invitation to its reader to live life more fully, more aware, and more passionately. It is nearly a plea from its author to join her in more deeply connecting with others by sharing more openly and more meaningfully.

In reading this thought-provoking text, we are reminded of some simple truths such as, "We don't earn love...We are loved for who we are, not for what we do."



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www.atlasorthogonalchiro.com

Get Orthogonal!

Just a Few Reminders

- ◆ Please remember to turn off your cell phone and pager before entering the treatment room.
- ◆ We do provide after-hours and emergency care. Please note that after-hours and emergency appointments incur an additional after-hours/emergency investment above the standard care investment.
- ◆ Our office hours are:

Mondays

7:45 AM—12:30 PM ,
2:00 PM— 5:00 PM

Tuesdays

7:45 AM—12:30 PM ,
2:00 PM— 5:00 PM

Wednesdays

1:00 PM —5:00 PM

Thursdays

7:45 AM—12:30 PM ,
2:00 PM— 5:00 PM

Fridays

7:45 AM—12:30 PM

Give Yourself Happiness

Experts say that your capacity for happiness is only as great as your ability to give and express love. So give...

- ...the gift of your time.
- ... the gift of a good example.
- ... the gift of acceptance of the other person.
- ... the gift of seeing the best in the other person.
- ... the gift of the gift of privacy.
- ... the gift of giving up a bad habit.
- ... the gift of self-disclosure.
- ... the gift of helping someone learn something new.
- ... the gift of really listening.
- ... the gift of fun.
- ... the gift of letting others give to you.

Give yourself freedom to grow and change. Love yourself enough to quit procrastinating; quit anything that holds you back.

You deserve the freedom to try and the freedom to fail. Offer yourself freedom to grow — even (especially) when you fail.

- *New Woman*

