

BACK²NORMAL *be* responsible.™ MONTHLY TOPIC

March 2017

restore, regenerate & repair

WITH A GOOD NIGHT'S SLEEP

We all know the importance of a good night's sleep. Eight straight hours and we feel like a new person - rested, relaxed and ready to take on the challenges of the day. But most of us just don't sleep well. In fact, it's estimated that 50-70 million US adults have sleep issues.

Most alarming, this lack of sleep is causing more stress, decreasing our quality of life and causing havoc on our physical and emotional health.



When we are experiencing proper sleep cycles and allowing our body to get into REM (Rapid Eye Movement) sleep our bodies are able to regenerate, repair and recover at a more accelerated rate. Essentially, we are helping the body do what it needs to do - better.

So what's keeping us up at night?

Here are a few things you may relate to:

- Stress and anxiety
- Pain
- Sleep Apnea
- Sleeping posture
- Poor pillow/mattress support
- Medications
- Caffeine or alcohol
- Health issues, such as Restless Leg/ Narcolepsy
- Chemical imbalances
- Overstimulation before bedtime

If our body or mind is overburdened, then how do we get a better night's sleep?

There are some easy things you can begin to implement and see if your sleep improves. If these solutions do not help, then there may be an underlying medical reason for your trouble sleeping and would require further medical evaluation.

Try incorporating these suggestions today:

- Prepare your bedroom for sleep by making it dark and quiet
- Take a warm Epsom salt bath with a few drops of lavender oil before bed
- Stretch and perform breathing exercises around bedtime
- Get assistance with better sleeping postures and use of a supportive mattress and pillow
- Implement a healthy eating plan
- Limit drinking liquids a few hours before bedtime (no caffeine or alcohol)
- Incorporate meditation, restorative yoga and/or prayer

- Exercise regularly during the day
- Don't go to bed angry, communicate openly and resolve disagreements
- Journal before bed and include one thing you are grateful for that day
- Limit electronics/TV a few hours before bedtime
- Incorporate redox molecule supplement to help with cellular communication
- Incorporate **BEMER** pulsed wave therapy (see below)

In today's world, there are multitudes of interferences to our bioelectric system, the energy in and around our bodies, which can throw our bodies out of homeostasis, our natural steady state. BEMER stands for Bio-Electro-Magnetic-Energy-Regulation and uses PEMF (pulsed electromagnetic field) to deliver specific pulsed wave signals to the body that increase circulation, help oxygen and nutrients be delivered to the cells more readily, and enhance the disposal of cellular waste and toxins. This allows for quicker healing and recovery, and optimized function of the body.

One of these optimized functions is sleep. REM sleep is vital for the body, it is only during this type of sleep that our brain and organs regenerate. So if we are not getting REM sleep our bodies cannot properly regenerate and heal and our risk of chronic, degenerative disease increases. BEMER sessions can help restore and rejuvenate our sleep cycles, allowing our bodies to de-stress at the end of the day, sleep more soundly, improve REM sleep, and wake feeling more invigorated and ready to take on the day.



To read and learn more about the power of BEMER technology and the different types of sessions available visit our website or call our center to schedule your session today. **Sweet dreams!**

Contributed by Carly Mertz, Yoga and Meditation Instructor & Wellness Coordinator currently brings her experience in business operations, marketing and communications, and customer service to the front desk. She is currently enrolled in a 500-hour Registered Yoga Teacher training program to strengthen her studies and expertise. She is passionate about helping others and centers her life and teaching philosophy around self-care, balance, and mentality.

productofthemoth

Using Calming Essential Oils for a Better Night's Sleep

Many essential oils are rich in compounds that have well known relaxing properties. Before sleep essential oils can be diffused aromatically in the bedroom, used topically and some can be taken internally to calm the nervous system, promote relaxation, and lead to a more restful sleep. Here are some great oils to try at bed time.

- Lavender
- Cedarwood
- Vetiver
- Roman Chamomile
- Marjoram
- Bergamot
- Sandalwood
- Ylang Ylang

To learn more about essential oils and there benefits call us or visit our website.

