

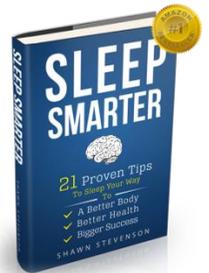
Difficulty Sleeping? We Can Help!

We have many clients who struggle with their sleep. For those who wake frequently or have difficulty falling asleep, we have many recommendations and therapies which can help. If you've struggled with poor sleep for years, DON'T DESPAIR. We've helped people who had tried many techniques with no relief, and who thought there was no cure for their sleep issues. You CAN improve your sleep holistically.

Approaches to Improve Your Sleep Naturally

Learn the best 'sleep hygiene'.

"[Sleep Smarter](#)" is a highly regarded book on improving your sleep without medications. It has 4.5 stars out of five on Amazon, and has been positively reviewed by over 300 people. While you may recognize many of the tips in the book as standard sleep hygiene suggestions, some were not well known before the book was published. Here are some of the unique tips included in the book:



Magnesium Spray.

Magnesium has a wonderfully calming effect on the nervous system. It helps one have a longer and deeper, more restorative sleep. It is also great for anxiety. Another side benefit: When sprayed on tight muscles, it helps relieve the tension. Try the brand "Ease" at Amazon.com.

Magnesium. Neuromag contains Magnesium Threonate, which helps people sleep deeper and for longer periods. In addition, this herb was proven to boost mental energy. As reported in the journal *Neuron*, researchers have demonstrated enhancement in its subjects' learning abilities, working memory, short and long-term memory, and even quality of sleep. Community Acupuncture carries Designs for Health Neuromag, which we sell for \$35/bottle. Each bottle contains 90 capsules, recommended dosage is 3 per day at bedtime.



Get early morning sunlight.

You may ask, "How can sunlight help sleep? That sounds backwards." Early morning light helps reset your circadian rhythm and prepares you for sleep later that night. It tells your brain that in about 14 hours, your body will again be ready for sleep. It is best to get outdoor light early in the morning (before 8:30am) for at least 20+ minutes. Even if it is overcast, outdoor light is still significantly more important than what you can typically get indoors. Can't get outside? Buy a full spectrum light and use it to read or get ready for work in the morning. The OttLite line of products is designed to replicate sunlight indoors. Their products are available at Bed Bath & Beyond and Amazon.



Avoiding any 'blue' light at least 90 minutes before bed.



"Blue" light is typically emitted from TV's, computers and cell phones. Even in the evening, this type of light triggers the brain to wake up and get the day started---even though you will soon be getting to bed. If you absolutely must use computers at night it is best to get special glasses that block out those bands of light. Do a Google search for UVEX, which is a company that creates blue-light filtering glasses for late-night working.

Schedule your best sleep time.

The time of day that people get the most restorative sleep is generally between 10 pm and 2 am. (Though this will fluctuate a little according to the time of year). It is best to aim to be in bed during these times. Many studies show that people who work night/swing shifts are more likely to suffer from numerous health issues regardless of how much sleep they get at other times. If you must do late night shift work, read the book "Sleep Smarter" on how to mitigate the impact of those late nights on your health.



Questions? Ask your acupuncturist or call us at 314-772-4325