



Spinalguy Chiropractic

Relief & Wellness Newsletter

MARCH 4, 2019

DR. TOM KELLY

MAY THRU OCTOBER

Mon: 8am-12noon, 3pm-7pm
Tues: 3pm-7pm
Wed: 8am-12noon, 3pm-7pm
Thurs: 3pm-7pm
Fri: 8am-12noon
Sat: 9am-12noon (twice per month in May, Sept and Oct, please phone)

NOVEMBER THRU APRIL

Mon: 8am-12noon, 3pm-7pm
Tues: 3pm-7pm
Wed: 8am-12noon, 3pm-7pm
Thurs: Closed
Fri: 8am-12noon, 3pm-7pm
Sat: 9am-12noon (twice per month, please phone)

Spinalguy Chiropractic

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We're on the Web!

www.spinalguy.com

A Good Night's Rest

The Sleep Help Institute.

Age, an old injury, and a failing mattress are only a few of the many sources of sleep-disrupting pain. But no matter the cause, the result is the same: sleep deprivation.

Any time you find yourself getting fewer than seven hours of sleep, your body changes the way it functions. The brain, immune system, and even your appetite and metabolism change as you lose sleep. And, the more sleep you lose, the more intense the effects become.

Given how impactful a lack of sleep can be, the best way to improve your sleep is to be proactive and incorporate pain management into your bedtime routine.

Start with a bedroom that's wholeheartedly devoted to sleep

The brain can be a funny thing. If you have gym equipment or electronics such as a television in the bedroom, your brain can get mixed signals and ramp up activity when you're ready for bed. Reserve your bedroom space both mentally and physically for sleep. If you want to further improve the conditions then block out light, lower the thermostat, and use a white noise machine to reduce distracting sounds.

Make bedtime a priority

It's easy to put off going to bed to scroll through social media one more time, watch one more episode on Netflix, or send an email before bed. We've all done it! But your body needs the predictability of a regular bedtime.

The brain will adjust the start of your sleep cycle based on your preferred schedule. By going to bed at the same time each night—even weekends—you schedule your sleep cycle so that your brain releases sleep hormones at the same time every night and strengthens your response to those hormones.

Did you know...

- **We offer laser therapy for soft tissue injuries involving shoulders, hips, knees, elbows or feet?**
- **Hydromassage is massage therapy without the therapist. All you have to do is take off your shoes!**

"Yesterday is a cancelled cheque; tomorrow is a promissory note; today is the only cash you have – so spend it wisely. "
- Kay Lyons

Stretch before sleeping

Taking a few minutes to stretch your body before getting into bed can help you get to sleep and wake up with less pain. You can use a set routine or build a program specific to your body's needs. Target areas in the body where you hold tension or there's pronounced "tightness," such as your neck, shoulders, back or hip. When you stretch slowly, you should feel tension in your muscles, but never pain. Stretching as little as two to three times a week can improve your flexibility and make a pronounced impact on pain. Stretching regularly also helps you maintain a normal range of motion, which is important for preventing injury as you move throughout the day.

Meditate before bed

Our final suggestion, it can be part of your bedtime or morning routine. Meditation has been shown to reduce the anticipation of pain, which may reduce the perception of pain itself. Mindfulness meditation can even trigger the body's relaxation response, which may reduce your heart rate and blood pressure.

If it hurts, see a chiropractor.

Stretching before bed is an effective way to decrease pain but sometimes it's not enough. If your pain is persistent, seek advice from a chiropractor.

Chiropractors are highly educated and specially trained musculoskeletal experts. Your chiropractor can treat aches and pains, as well as build customized stretching routines and whole-body wellness strategies in conjunction with your chiropractic treatment.

If you or someone you know is suffering, call our clinic at 403-278-7876 to book an appointment.



**Precious sleep....
It is important for our health**

If you wear
out your
body...

Where will
you live?



Eating—and drinking—for better sleep means more than just avoiding caffeine and heavy, heartburn-inducing foods at night. Certain foods and beverages could actually help you fall asleep faster and sleep more soundly. Here are some things to put on your grocery list for more restful nights.

Complex Carbs

Skip the white bread, refined pasta, and sugary, baked goods, which may reduce serotonin levels and impair sleep. Instead, choose stick-to-your-ribs whole grains for your bedtime snack: Popcorn, oatmeal, or whole-wheat crackers with nut butter are all good choices.

A Handful of Nuts

Nuts are a good source of heart-healthy fats. And almonds and walnuts, specifically, contain melatonin, a hormone that helps to regulate your sleep/wake cycle. Eating them can increase your blood levels of the hormone, helping you sleep more soundly.

Cottage Cheese

Foods that are high in lean protein, like cottage cheese, also pack the amino acid tryptophan, which may increase serotonin levels. Serotonin is a brain chemical and low levels of it can contribute to insomnia. To sweeten it up, top the cottage cheese with raspberries, which are rich sources of melatonin.

A Cup of Bedtime Tea

A nightly cup of tea (sans caffeine, of course) can be a perfect relaxing ritual. Chamomile, ginger, and peppermint are calming choices for bedtime.

From the National Sleep Foundation

Don't forget! Clocks spring forward on Sunday March 10th at 2:00am!



*"Success is a journey,
not a destination"*

~ Ben Sweetland