

Natural Healing Express Weekly

Column Volume 5

Sleep Issues Part One – Can't Sleep?

Are you one of those folks are having trouble sleeping? Lately, we have been seeing more and more of our clients demonstrating sleep deprivation tendencies. There are many possibilities as to why this could be occurring and to seek an appropriate answer for you, we once again turn to Bio-Individuality. What works for you may not work for someone else, and what is causing your disturbance may be exactly what helps another to fall asleep and stay asleep.

First of all, realize you are not alone. As reported by Elizabeth Somer, current research estimates 95 percent of adults experience some form of insomnia during their lifetime. One out of every three people report difficulties in falling asleep or staying asleep and 70 percent believe they do not routinely get enough sleep.

So, to begin let's find out whether or not you are truly sleep deprived by taking a short quiz. Please check the number if it applies to you.

_____1.I fall asleep five minutes after my head hits the pillow at night.

_____2.I drink caffeinated beverages such as coffee, tea, sodas during the day to stay alert and often have an alcoholic beverage at night to relax.

_____3.Getting up in the morning is not easy. I sleep through my alarm or turn it off and go back to sleep.

_____4.I am easily irritated by minor upsets or am grumpy with family members or co-workers because I am tired.

_____5.I have trouble keeping my eyes open when I drive in the late afternoon or at night.

_____6.I have trouble concentrating and even nod off occasionally during the later afternoon and evening.

_____7.I would participate in more social events or hobbies if I wasn't so tired.

_____8. I have had two or more bouts with the common cold, flu, and/or other minor health nuisances in the past six months.

If you check three or more of the above questions, it is probable you are sleep deprived. With sleep deprivation, we look to a myriad of factors, but mostly concentrate of lifestyle habits that contribute to poor sleeping habits. Here are a few questions to ponder. Are you drinking caffeinated coffee, teas, sodas or frequently eat chocolate or take medications that contain caffeine? If so, these are a major

component leading to sleep deprivation. Do you smoke or exposed to someone who smokes? This is another leading factor. Do you eat a large or spicy meal in the evening prior to bed? Hello Beano?

Then let's chat about stress. Are you under a lot of stress at work and/or home? And do you work more than 9 hours a day or more than five days a week? Not only is a stress a major factor is most disharmonies of the body, it is the leading reason why folks aren't sleeping. Worry and stress are a 1 -2 punch.

Learning your specific Bio-Individuality regarding sleep is the first step in the right direction. Eating foods that are helpful to proper sleep patterns is critical (we will discuss these next week). Exercising at least three times a week for approximately 30 minutes is very helpful. Remember, however, not to perform your workout prior than two hours before expecting to turn in, working out raises the blood pressure and your body needs time to recover.

Taking time to laugh and to relax during the week is one of the most overlooked healers of the body. Whoever said Laughter is the best medicine truly knew someone about the human spirit. So here is a funny for you. And for the moment, we are keeping this G- Rated.

Title: Is it Worth It?

Man: I got this great new hearing aid the other day.

Woman: Are you wearing it now?

Man: Yes, cost me \$4,000.00, but it's top of the line.

Woman: What kind is it?

Man: Twelve thirty.

Egad. Next week, we will address the foods to eat to help with sleep deprivation.

This week, try to find a little time to giggle and set aside some time for yourself. Call us and schedule a massage (815-990-8732) on Saturday from 9am to 3pm at the newly designed Natural Whole Life Institute.

As always, we look forward to your questions and comments. To schedule an appointment to have your nutrient levels checked please contact us at Natural Healing Express 815 990 8732, Susan@naturalhealingexpress.com or stop by at 204 W Main St, Lena, IL 61048.

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