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A Natural Way

Family Health Clinic

Sleep Health

The Health of the Family = The Health of the Community*

*Sheila P. Davis, PhD, RN,
FAAN, FNP-c: Editor*

*Melvin Davis, PhD, Assistant
Editor*

*A Natural Way Family Health
Clinic*

*6760 Gary Road, Byram, MS
39272*

www.patienthelp.care

O: 769-572-5158

F: 769-235-6839

Sleep Well. Yes you can!



**60 million US adults have frequent difficulty sleeping and only 10% of those with difficulty seek medical attention. Are you one of those? If so, this information is for you!

Indirect costs from insomnia (difficulty and lack of sleep) are estimated at \$60 billion annually which include:

- Presenteeism (people are at work, but not productive)
- Increased risk of long-term disability

The Science of Sleep

a) Sleep onset

1. Darkness triggers the release of melatonin
2. The skin temperature rises and the core (inside) temperature begins to cool
3. The blood pressure begins to drop
4. Cortisol levels begin to drop

b) Mid sleep to awakening

1. Melatonin begins to decrease in level
2. Skin temperature begins to cool down
3. Core body temperature begins to warm up
4. Blood pressure begins to rise and cortisol levels rise

Four Types of Sleep Disorders

1. Behaviorally induced insufficient Sleep Syndrome (BISS)
 - a. Voluntary restriction of sleep time
 - b. Longer sleep duration on the weekend
 - c. Disparity between sleep needed and sleep actually obtained
 - d. Associated with:
 - i. Younger age
 - ii. Alcohol abuse
 - iii. Longer work hours
 - iv. Stress
 - v. Depression
2. Insomnia
 - a. Difficulty initiating and/or maintaining sleep
 - b. Daytime consequences
 - c. Adequate sleep opportunity
 - d. Ongoing for at least three months and occurring at least three times/week
 - e. Associated with:
 - i. Fatigue, malaise, sleepiness
 - ii. Concentration/memory impairment
 - iii. Decreased motivation
 - iv. Mood disturbances
 - v. Physical symptoms: headaches, GI distress
 - vi. Persistent worry about sleep
3. Obstructive sleep apnea
 - a. Recurrent apnea or hypopnea (periods of not breathing)
 - b. Associated with:
 - i. Overweight, obese
 - ii. Metabolic syndrome
 - iii. High blood pressure
 - iv. Loud snoring
4. Restless Leg Syndrome
 - a. Feeling the urge to move the legs, which occurs when an uncomfortable sensation in the legs happens when one rests (sitting or lying down)
 - b. Movement urges are worse in the evening than during the day
 - c. Symptoms have no physiological basis
 - d. Associated with:
 - i. Periodic movements of sleep
 - ii. Fatigue
 - iii. Disruptions of sleep
 - iv. Periodic involuntary and jerky movements of limbs while awake or at rest

POOR SLEEP may increase your chances of developing:

- Breast Cancer
- Prostate Cancer
- Colorectal Cancer
- Major Depression
- Obesity, etc.

TIPS TO BETTER SLEEP HEALTH

1. Actions and sleep environment
 - a. Use bed for **sleep and sex** only (Take the TV out of your room)
 - b. Establish regular sleep cycle for bedtime and wake time
 - c. Engage in habits to normalize your body temperature
 - i. Bath/shower
 - ii. Non-caffeinated tea/beverages
 - iii. Minimize digital displays, charger lights
 - iv. Alarm clock out of sight
 - d. Light exposure
 - i. Increase daytime exposure to sunlight; ideally outdoors/open sky
 - ii. Increase daytime physical activity
 - e. Each hour get up and move – get some physical activity
 - f. Take a short walk in the afternoon outside
 - g. One hour before bedtimes, turn off most artificial lights (computers, TV, Games, overhead lights, etc.); turn on dimmer lights
 - h. Dietary
 - i. Eliminate your nighttime caffeinated beverages and snacks
 - ii. Limit daytime drinks that are caffeinated
 - iii. Avoid alcoholic drinks, especially within a 3 hour period of bedtime
 - iv. Avoid high sodium food at night. Why? They raise your blood pressure (high sodium foods also include processed foods such as potato chips, and most snack foods)
 - i. Practical Tips
 - i. Develop a bed time, wind down routine
 - ii. **Stop** working or doing stimulating activities at least one and one-half hours **before** bedtime
 - iii. Reduce all stress and negative emotions prior to lying down: Forgive, release anger, make peace, smile, laugh, enjoy your family, make out your to-do list for the next day at least one hour before bedtime, check in with all members, have family talk time – family worship, share your love, and enjoy the fact that you **are** loved.

****Reference:** Kelly. & Shull, J. (2018). Foundations of Lifestyle Medicine: The Lifestyle Medicine Board Review Manual. 2nd Edition. ACLM: AIH Ardmore Institute of Health

ANNOUNCEMENT

VEGAN SUPPER CLUB MEETING

Sunday, November 4, 2018

3:00 – 4:30 pm

A Natural Way Family Health Clinic

Botanicals that Aid with Sleep

There are numerous plants that aid with sleep. Plants commonly used include:

- Valerian (*Valerian officinalis*)
- Passion Flower (*Passiflora incarnate*)
- Hops (*Scutellaria Lateriflora*)
- Chamomile (*Matricaria chamommilla*)

Of the plants listed above, the most clinical research has been done on valerian. At least 20 double blind clinical studies have substantiated valerian's ability to improve sleep quality and reduce the time needed to fall asleep. Studies confirm that valerian is as effective at bringing on sleep as small doses of barbiturates or benzodiazepines (Hadley, S., Petty, J. (2003), Valerian. *American Family Physician*, 67, 1755-1758.)

Sleep Remedy

When you are worried and cannot sleep

Count your blessings instead of sleep



Scriptural Promises to Claim for Health Restoration

- I can do all things through Christ who strengthens me. Philippians 4:13
- And He said unto me, My grace is sufficient for thee: for My strength is made perfect in weakness. 2 Corinthians 12:9
- God, your God, will restore everything you lost; he'll have compassion on you; he'll come back and pick up the pieces from all the places where you were scattered. Deuteronomy 30:1 – 3 MSG
- But my God shall supply all your need according to His riches in glory by Christ Jesus. Philippians 4:19
- Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us. To Him be glory in the church by Christ Jesus to all generations, forever and ever. Amen. Ephesians 3: 20-21

A Natural Way Family Health Clinic
6760 Gary Rd./PO Box 720448
Byram, MS 39272

Drsheila777@gmail.com

(O) 769-572-5158

(F) 769-235-6839

www.patienthelp.care

Office Hours:

Tue, Wed, Thu 9:00 am-5:00 pm

Sundays by Appointment (Only)

***Disclaimer: Health information provided is for Educational purpose only. Please confer with your Primary Care Health Provider prior to implementing changes in health care practices.**

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A Non-Profit Business with an Alternative Natural Health/ Lifestyle Medicine Approach