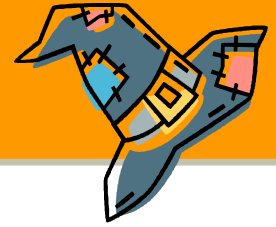


# OCTOBER 2007



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## National Chiropractic Month

October is National Chiropractic Month! Although many people have heard of chiropractors and the profession is becoming more accepted in our society, many people continue to have misconceptions and misunderstandings about what chiropractic care truly is and what we, as chiropractors, do.

Every year, we celebrate National Chiropractic Month, and the American Chiropractic Association chooses a subject to highlight so that chiropractors can provide education for the public. This year the subject is Quality Sleep. This newsletter will provide information about sleep and the importance of quality sleep.

The American Chiropractic Association (ACA) publishes significant amounts of information about chiropractic care, patient education, and doctor education. One such fact sheet that the ACA publishes is "[Facts about Chiropractic](#)". In this sheet, these facts are highlighted to help provide information to the general public: (information taken directly from this fact sheet)

***Chiropractic offers a conservative, non-invasive, and preventative approach to health care. As evidence supporting the effectiveness of chiropractic continues to emerge, consumers are turning in record numbers to chiropractic care a non-surgical, drug-free treatment plan.***

A few interesting facts on this increasingly popular form of health care:

- Chiropractic is the largest, most regulated, and best recognized of the complementary and alternative medicine (CAM) professions. (*Meeker, Haldeman; 2002; Annals of Internal Medicine*)
- There are more than 60,000 active chiropractic licenses in the United States. All 50 states, the District of Columbia, Puerto Rico, and the US Virgin Islands officially recognize chiropractic as a health care profession.
- According to a study published in the January 2006 issue of the medial journal *Alternative*

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*Therapies in Health and Medicine*, approximately 7.4% of the population visited a doctor of chiropractic in 2002. In 2002, US adults relied more on the conservative care offered by doctors of chiropractic, than of yoga, massage, acupuncture, or other diet-based therapies.

- Doctors of Chiropractic undergo at least four years of professional study at one of 16 chiropractic colleges accredited by the Council on Chiropractic Education (CCE), an agency recognized by the US Secretary of Education. In addition, Doctors of Chiropractic must pass national board examinations and become state-licensed prior to practicing.
- In national surveys, patients favor chiropractic over medical care for back or neck pain. Patients routinely rate Doctors of Chiropractic highly in skill, manner, and explanation of treatment.
- Chiropractic treatment is a covered benefit in many traditional insurance policies. In fact, according to some reports, as many as 87% of all insured American workers have coverage for chiropractic services in their health care plans.
- Chiropractic care is achieving more and more integration into today's health care system. Just a few notable examples of chiropractic integration include the chiropractic department at the National Naval Medical Center in Bethesda, MD., the successful Complementary and Alternative Medicine Center at the National Institutes of Health, and the doctors of chiropractic who work as consultants to the Office of the Attending Physician at the US Capitol Building. Furthermore, the federal government provides chiropractic benefits for veterans, military personnel and Medicare patients.

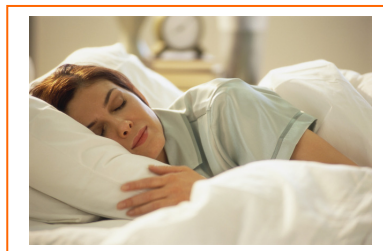
## Importance of Quality Sleep

National Chiropractic Month is a nationwide campaign held each October. This year's activities will focus on the importance of quality sleep, as well as mattress and pillow selection/ergonomics. A good night's sleep is an essential part of a healthy lifestyle; however, an estimated 70 million Americans complain of sleeplessness.

Again, the ACA has provided much information about sleep as well as mattress and pillow selection. The information from the ACA fact sheet entitled "**Facts About Sleep**" follows: (information taken directly from this fact sheet)

- One third of your life is spent sleeping
- The quality and quantity of your sleep have a direct effect on your daytime performance. The quality of your sleep can also affect your mood and vice versa.
- Approximately 70 million people in the US are affected by a sleep problem. About 40 million Americans suffer from chronic sleep disorders, and an additional 20-30 million are affected by intermittent sleep-related problems. However, an overwhelming majority of sleep disorders remain undiagnosed and untreated. (*National Commission on Sleep Disorders Research, 1992*)
- Sleep deprivation and sleep disorders are estimated to cost Americans over \$100 billion annually in lost productivity, medical expenses, sick leave, and property and environmental damage. (*National Sleep Foundation*)
- The National Highway Traffic Safety Administration conservatively estimates that 100,000 police-reported crashes are caused by

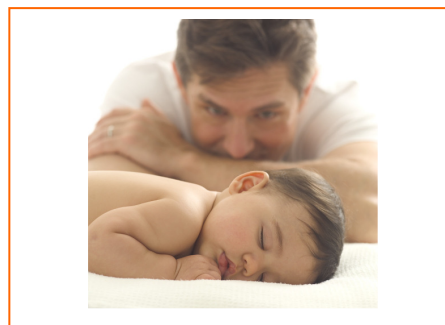
*"Approximately 70 million people in the US are affected by a sleep problem!"*



*One-third of your life is spent sleeping.*

drowsy drivers each year. (That is about 1.5% of all crashes.) These crashes result in more than 1,500 fatalities and 71,000 injuries and result in an estimated \$12.5 billion in diminished productivity and property loss. (*Knipling and Wang, 1996*)

- Anything less than five minutes to fall asleep at night means you are likely sleep deprived. The ideal is between 10 and 15 minutes, meaning you are still tired enough to sleep deeply, but not so exhausted you feel sleepy during the day.
- As a group, 18-24 year olds who are sleep deprived suffer more from impaired performance than older adults.
- Experts say one of the most alluring sleep distractions is the 24-hour accessibility of the internet.
- A new baby typically results in 400-750 hours lost sleep for parents in the first year.



*A new baby results in 400-750 hours of lost sleep for parents in the first year.*

## Tips for Good Night's Sleep

**Set a Schedule:** Go to bed at a set time each night and get up at the same time each morning. Disrupting this schedule may lead to insomnia. "Sleeping in" on weekends also makes it harder to wake up early on Monday morning because it re-sets your sleep cycles for a later awakening.

**Exercise:** Try to exercise at least 20-30 minutes each day. Daily exercise often helps people sleep, although a workout soon before bedtime may interfere with sleep. For maximum benefit, try to get your exercise about 5-6 hours before going to bed.

**Avoid Caffeine, nicotine, and alcohol:** Avoid drinks that contain caffeine, which acts as a stimulant and keeps people awake. Sources of caffeine include coffee, chocolate, soft drinks, non-herbal teas, diet drugs and some pain relievers. Smokers tend to sleep very lightly and often wake up in the early morning due to nicotine withdrawal. Alcohol robs people of deep sleep and REM sleep and keeps them in the lighter stages of sleep.

**Relax before bed:** A warm bath, reading, or another relaxing routine can make it easier to fall asleep. You can train yourself to associate certain restful activities with sleep and make them part of your bedtime ritual.

**Sleep until sunlight:** If possible, wake with the sun, or use very bright lights in the morning. Sunlight helps the



*A warm bath can help you relax and make it easier to fall asleep.*

body's internal biological clock reset itself each day. Sleep experts recommend exposure to an hour of morning sunlight for people having problems falling asleep.

**Don't lie in bed awake:** If you can't get to sleep, don't just lie in bed. Do something else, like reading, watching television, or listening to music, until you feel tired. The anxiety of being unable to fall asleep can actually contribute to insomnia.

**Control your room temperature:** Maintain a comfortable temperature in the bedroom. Extreme temperatures may disrupt sleep or prevent you from falling asleep.

**See a doctor if your sleeping problem continues:** If you have trouble falling asleep night after night, or if you always feel tired the next day, you may have a sleep disorder and you should see a doctor. Most sleep disorders can be treated effectively, so you can finally get that good night's sleep you need.

## Six Ways to Ruin a Night's Sleep

These tips are from Newsweek Magazine, August 17, 2007. These six habits can seriously disrupt quality sleep.

**Early Bedtime:** Going to bed early may deter good sleeping. Going to bed before (or soon after) the sun sets does not align your circadian rhythm (the natural sleep-wake cycle of the body). It is recommended that you wait until you are drowsy to fall asleep, and then wake up at the same time each morning. This gives your body a set schedule.

**Bedroom Gadgets:** Computers and televisions should be left outside the bedroom. Keep electronics outside the bedroom in order to keep the bedroom a restful place.

**Having a Nightcap or Two:** Drinking alcohol before bed may make you sleepy, but instead of a deep sleep, you will get about 4 hours of light sleep and wake feeling tired and unable to go back to sleep.

**Working Until Bedtime:** If you are having difficulty sleeping, yet working or checking email right before bed, you might need time to "shut your mind down." Put a time barrier between work and sleep and that should ensure less stressful sleeping.

**Watching the Clock:** Watching the time pass by while you are laying awake does not help, it does, however, cause more anxiety about the time you are spending awake. Instead of laying there counting minutes, get up and do something calming such as reading until you get tired. Then try going back to bed.

**Dark Mornings:** Get bright lights for the morning. Your body needs to know when its time to be up and about. Keeping it dark during your morning routine does not help your body get ready for the day.

## Choosing A Good Mattress and Pillow

A mattress should provide uniform support from head to toe. If you have gaps between your body and the mattress, you are not getting the full support that you need.

If you have had significant life changes, you may need to get a new mattress. Such changes can include: losing or gaining significant amounts of weight, changing sleeping partners, or having a medical condition that changes the way you sleep.

Turn your mattress every few months so that the body indentions are kept to a minimum. Turn it in the same direction each time to keep from turning it right back to where you started.

Replace your mattress every 5-8 years. If you are uncomfortable when you wake, it may be time for a new mattress.

A 2003 study published in *The Lancet* found that people who slept on mattresses of medium firmness were twice as likely to report improvement in low back pain symptoms than those who slept on firm mattresses.

Look for a mattress that is designed to conform to the spine's natural curves and to keep the spine in alignment when you lay down.

The mattress should be designed to distribute pressure evenly across the body to help circulation, decrease body movement and enhance sleep quality. Also, the mattress should be designed to minimize the transfer of movement from one sleeping partner to the other.

When shopping for a new mattress, give each one a trial before you buy it. Wear comfortable clothing and lay down on each mattress for a minimum of 5 minutes to get a feel of the firmness. Also - toss and turn on the mattress to get a feel for that too. Take your partner with you and try the mattress together. The only way you will know if it works for the two of you is to try it out in the store first. (Most stores are completely comfortable with a few minutes of "trial" for people, just don't try to take an afternoon nap in the store.)

Pillows should be selected so that while you are lying on your side, your head, neck and shoulders all remain level with your mid-back and lower back. When lying on your back, your head and neck should remain level with your upper back and spine. Avoid thick or thin pillows that do not allow proper alignment of your head and neck to your spine.

Choose a pillow with firm foam materials that press back and support the head. If you sleep on your side with one arm propped under the pillow, that is a clue that you are not getting the support that you need from that pillow.

The pillow that you choose should support your head in different positions. It should also minimize pressure points on the head.

## Current Events at LifeArts – Howard Chiropractic, PC

Thank you for continuing to read these newsletters. As always, if you have a specific topic you would like more information about, please let me know and I would be happy to provide information for you.

Since October is National Chiropractic Month, I am offering the opportunity to **win a FREE MASSAGE!** This opportunity is for both new patients and current patients.

For my current patients - every time you refer someone to my office, and they become a new patient (in the month of October) - your name will be placed in the drawing for a free massage. Refer your friends and family!!

For new patients - every new patient that begins care in October will have his/her name in a drawing for a free massage.

I am currently working on my certification for Nutrition and Wellness Counseling. I am designing a program to assist those interested in adopting a healthy eating and exercise program. Adapting habits of healthy eating and exercise will allow you to reach and maintain a healthy weight, gain strength and energy, and help your body function at a more optimum level.

I have not completed my plans for this program as of yet because I want to have all of the pieces in place before I offer the service. However, if you think you may be interested in these services, you are welcome to call me at 296-2196 or email me at [lifearts@alltel.net](mailto:lifearts@alltel.net) to be placed on my list for people to contact once I have the program designed.

Have a great October and **HAPPY HALLOWEEN!**