

Insomnia

The Body Uses Sleep to Regenerate Energy

Sleep is essential to life. Without it, the nervous system cannot function efficiently. Lack of sleep for prolonged periods of time can cause serious brain and cell damage, as well as psychological problem.

Each person has a sleep rhythm based on age and individual characteristics. Although the amount of sleep required may vary among persons and no one person will necessarily get exactly the same amount of sleep every night, an individual is bound by his body's requirements. Like a bank, his brain keeps an accurate check of sleep intake and demands repayment if the account is short.

When the individual's sleep-to-awake ratio is out of balance, mental and physical degeneration can take place.

Chronic Sleeplessness May Be A Symptom of Physical Disorder

There are numerous reasons for inability to sleep, or just as important, inability to sleep soundly. The most obvious are hypertension and worry. However, in many cases, sleeplessness may be an early symptom of a physical disorder. Correcting a functional deficiency often removes the cause of sleeplessness.

Special note should be given to sleeping soundly. Experts who have done intensive research into human sleep patterns have learned that there are cycles with take the person through various stages of sleep. Where the ability of the individual to reach the deep sleep stage is obstructed, it has been noted that physical and mental health have been impaired, regardless of the amount of total sleep obtained.

Lack of sleep is, therefore, a symptom of an existing problem. However, if allowed to continue, it can in itself be the cause of additional problems of mental and physical degeneration.

What Should One Do About Insomnia?

1. Visit a Doctor of Chiropractic

The first and most important step is to determine whether the insomnia has been caused by some physical or functional disorder.

Because sleep is regulated by a nerve function and influenced by the vital organs of our bodies, which in turn are controlled by nerves, in many cases the cause of the insomnia can be traced to a spinal nerve involvement. The

Doctor of Chiropractic is a specialist in nerve function. Through adjustment, he can frequently restore normal nerve function and relieve a major cause of insomnia.

2. Learn to Relax

In addition to offering basic treatment to correct your problem, the Doctor of Chiropractic may offer advice on the art of relaxation.

He may suggest mental and physical approaches to relieve you of sleep-fighting tensions.

3. Get Exercise and Recreation

You can often turn off nervous tension by walking, swimming, playing golf, and participating in sports that offer moderate exercise. Engaging in a hobby that takes one's mind completely off his work and himself is also helpful.

The body craves for a change of pace. Therefore, if you are an office worker, seek more vigorous activities; if you are a laborer, seek activities that utilize your mind. The object is to strive for a relaxed mind and body.

4. Establish Regular Sleeping Habits

Most people have a tendency to take sleep for granted. yet, the body cannot function properly without it - and when the individual willfully or unwillingly loses sleep, the body suffers.

You should establish a sleep habit. Try to go to sleep at the same hour every night. Make yourself as comfortable as possible. Make certain the bedroom is well-ventilated. Try to develop the habit of closing your mind to all thought, for the bed is no place for reflection, worry or meditation. Do those things prior to going to bed that are most relaxing to you - listen to soothing music, read or take a warm bath.

Facts About Insomnia

- 1. Sleep is essential to life, because it enable the mind and body to regenerate.**
- 2. Insomnia is often an early sign of a physical or functional disorder.**
- 3. Sleeping pills can be dangerous. They will not cure the cause of sleeplessness and are often habit forming, requiring greater and greater dosage.**
- 4. Sleep is regulated by the nerve functions and influenced by the vital organs.**

5. The Doctor of Chiropractic copes with the problem of insomnia by correcting causative factors. He does not use dangerous drugs or medications.

Answers to Questions Frequently Asked About Chiropractic

Q. What is a Doctor of Chiropractic?

A. A Doctor of Chiropractic is a physician employing a method which gives particular attention to the structural and neurological aspects of the body in the prevention and treatment of health problems.

Q. What is the training of the present day Doctor of Chiropractic?

A. Training requires a minimum of two years of preprofessional education plus four years of professional instruction in anatomy, biochemistry, microbiology, pathology, physiology, public health, roentgenology, clinical disciplines and other related health sciences. This training, which is comparable to that of other health practitioners, leads to a D.C. (Doctor of Chiropractic) degree.

Q. What are the educational requirements and licensure standards for a Doctor of Chiropractic?

A. A majority of state licensure laws require two years of general college preparation in addition to four years of professional education. After completing the prescribed course of study, the Doctor of Chiropractic must pass a state examination to obtain a license to practice.

Dr. Spresser has 12 years of college education combining his Bachelor, Master, and Doctor of Chiropractic degrees. He is also an emergency medical technician.