

# Healthy Lifestyle Guide

A publication of Zager Chiropractic Services  
(830) 393-6554 www.zagerchiro.com

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## Sleep Deprivation and Chronic Fatigue

Most people know that you should get a good night's sleep, but many people are unable to achieve this consistently. Many people also don't realize all of the physical effects and symptoms of not getting this important sleep.

This article will go over the effects of not getting good sleep on a regular basis, as well as, strategies you can use to improve your sleep.

First let's talk about what is good sleep.

The majority of people need to have between 7 and 10 hours of sound sleep a night. Children need even more since their brains are developing and their bodies are growing.

You should be able to fall asleep within 20 - 30 minutes and you should be able to sleep all through the night, **feeling refreshed in the morning**. Many of my patients tell me they sleep well, but when asked if they feel refreshed in the morning they answer no - which means they are not getting "sound" or body healing sleep. If you are sleeping for 7 hours a night, but are waking up every 2 hours or so - you are not getting restful or healing sleep.

Typically in an adult if you go for more than 3 or 4 nights of poor sleep, you will start to feel the effects of it. The longer you have poor sleep - the more symptoms you feel and the more intense the symptoms will be.

Symptoms of sleep deprivation, sleep fatigue or chronic fatigue can include any of the following: feeling like you are in a fog, difficulty concentrating, memory problems, vague

aches and pains, headaches, muscle tension, tiredness irritability/edginess, inability to tolerate stress, learning and/or social problems, frequent infections, blurred vision, alterations in appetite (wanting or craving sugary foods), depression, breathing disorders, decreased productivity (can't seem to accomplish anything and/or no interest in doing things). You can see that the list of symptoms is pretty long and varied.

Not everyone will experience all of these symptoms, and even the symptoms can vary on a day to day basis for one individual. What can you do to get better sleep?

There are several strategies for improving your sleep, the first step is to look at why you are not getting good sleep - is it be-

cause you are in pain and keep waking up because of the pain, or are you a parent with young children at home who wake you up for help, or have you never had or developed good sleeping habits, or are you thinking about all those stressful things in life and you just can't get to sleep until you are exhausted?

You must try to correct or manage that instigating issue, as well as work on getting more restful sleep. For many health issues - not getting adequate sleep will in turn worsen your health issue (because the body can't heal) which usually also makes it more difficult to get good sleep and everything becomes a vicious cycle. So we must try to stop both parts of the vicious cycle.



## Good Sleep Basics

### *Develop a simple bedtime routine which includes:*

- ◆ Go to bed at roughly the same time each night.
- ◆ Make your bedroom pleasing and enjoyable - don't put your office in your bedroom.
- ◆ Make your bedroom dark - the more light you have around you, the more the body thinks that it is not sleep time.
- ◆ Do not watch extended periods of television before sleeping.
- ◆ Don't eat anything, or drink anything (especially things that have caffeine - sodas or chocolate), or exercise just before bedtime.
- ◆ If you have back problems, sleep on your sides with pillows large enough to fit between your shoulders and your head. If you have neck problems, sleep on your back with a smaller height pillow.



### *What other things can you do:*

- ◆ If you can see dips in your mattress - you need a new mattress.
- ◆ Exercise in the afternoon or morning - at least 3 hours before bedtime. Exercise will burn off some excess energy which allows your body to prep itself for sleep. You should shoot for at least 30 minutes of aerobic exercise (walking, swimming, bicycling, etc.) If you can only do 5 or 10 minutes initially because of pain or poor health issues, start with multiple 5 or 10 minute blocks - once in the morning and once in the afternoon until you can build up more time. You will find that even doing some light aerobic exercise will also help your daily energy levels and is excellent for your heart and circulatory system.
  - ◆ If you have been chronically sleep deprived, you might consider a sleep vacation, which means taking multiple naps over a couple of days. Laying in bed or on the couch in your jammies and letting your body fall asleep. This should only be for 1 or 2 days at the most. If you are constantly finding yourself asleep on a regular basis—you should get checked out by a doctor.
  - ◆ You can use white noise cds (ocean sounds, rain falling, etc.) to give you monotonous background sounds to help relax you and help you go to sleep.
- ◆ Try a couple of relaxation techniques just before your sleep time while you are in bed. Focus on your breathing, slowing it down and relaxing all your muscles. ***Check out our website for more relaxation techniques.***



## Turkey and Ham Tips for the Holidays

### Cooking Tips

Wear comfortable shoes that have good support (like good tennis shoes).

Remember to face whatever you are making (do not twist or stand to the side).

When lifting heavy pans (with turkeys in them), make sure you face the item and use your legs when bending down to put it in your oven. Better yet have your husband or teenage son put it in or take it out of the oven!

Don't try to do it all yourself - have the kids help out. I always remember peeling the carrots, potatoes, and sweet potatoes when I was a child.

Remember to have fun and laugh



### *If you do hurt your back:*

Put ice on it., 10—15 minutes at a time.

Do some simple stretches - the back rocks are the best ones.

You can lay down or sit, but make sure you do move around and keep motion in the back. You don't want to "stiffen" up.

You can use some biofreeze, or mineral ice to help take some of the sting out.

***And of course, see your chiropractor!***

## Foods/supplements that can promote sleep.

- ⇒ **Vitamin D** has also shown an ability to help, not only with sleep, but also with managing chronic pain.
- ⇒ **Chamomile tea** - is a good afternoon or evening relaxant (Hence the name in many chamomile teas are "Sleepy time").
- ⇒ **Tryptophan** is an amino acid that helps the body get into the sleep mode. Milk, lettuce, and turkey all have tryptophan in them; however, usually not enough to help with chronic sleep deprivation.
- ⇒ **5-HTP** - is the precursor for tryptophan, as well as the precursor for serotonin, dopamine, and norepinephrine all of which help sleep, level out and improve your mental mood, and help with pain management.
- ⇒ **Melatonin** - also helps promote sleep. One of the ways to get melatonin is to make sure that you get at least 10 - 15 minutes of sunshine a day (without sunscreen), this will also give you some Vitamin D.
- ⇒ *If you are taking medications, you should check with your doctor before trying these supplements to make sure there are no conflicts.*



***These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.***



*Zager Chiropractic Services*

## Christmas Party

December 15th

from 5 PM until 7 PM

At 2840 Business Loop

181 N, suite 140

Floresville TX

*Come and enjoy some Holiday Cheer  
with us as we look forward to another  
great year!*

Check out our webpage

**[www.zagerchiro.com](http://www.zagerchiro.com)**

for more articles and information.

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### **Office Hours:**

Monday 9 am - 6 pm

Tuesday 9 am - 3 pm

Wednesday 9 am - 6 pm

Thursday 9 am - 3 pm

Friday 9 am - 6 pm

Saturday by appointment