

TIP OF THE MONTH



Getting the Most Out of Your Sleep

June is Safety Month and this week, the National Safety Council is focusing on Sleep Wellness. Having a restful night of sleep is physically restorative, allowing tissues to heal and grow. Sleep replenishes the energy needed for the next day, impacts our mental

health by reducing stress and anxiety and leads to improved decision making and alertness. Poor sleep habits can increase the probability of fatigue, lower energy levels and the ability to focus, and increases the risk of depression.

RECOMMENDED HOURS OF SLEEP BY AGE

- 6-13 years: 9-11 hours
- 14-17 years: 8-10 hours
- 16-64 years: 7-9 hours
- 65 and older: 7-8 hours

TIPS FOR AN IMPROVED QUALITY OF SLEEP

- Reduce the use of tablets and screened devices that may keep work-related stressors at the bedside. Try to spend the 30 minutes prior to sleep device-free.
- Get in a routine. If you are not sleeping the recommended duration, try going to bed 10-15 minutes earlier each week.
- Use the “do not disturb” feature on devices. Morning alarms can be utilized in this mode.
- Set a “curfew” for when device use should cease each night.

If pain is the main culprit keeping you awake at night, consider sleeping in a new position. Taking the pressure off of your hips and back while you sleep can help you wake up feeling more well rested.

POSITIONS TO CONSIDER WHILE SLEEPING

Most studies have shown that one of the best sleeping positions is on the back with a pillow underneath your legs. While many patients complain that this sleeping position is painful or causes snoring, others have found relief due to the many benefits. Sleeping on your back puts less stress on your head, neck and spine and makes it easier for your spine to maintain a neutral position. It also helps fight acid reflux due to the elevated position of the head and the position of the stomach being below the esophagus (Health Magazine, 2011). Sleeping on your side can also decrease stress on your back. Sometimes a pillow between your legs or under your trunk may also be beneficial to decrease stress on your back.

For an in depth look into different sleeping positions take a look at one of [previous newsletters here](#). If you are waking up with pain, call us. We can take a look at problem areas and provide a program that will work to help you waking up feeling refreshed and ready for the next day.

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



“It’s no coincidence that four of the six letters in health are ‘heal.’”

— Ed Northstrum

TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

We will ensure that they will receive great care and have a positive therapy experience with us!

A RECIPE FOR YOU

Oralia’s Homemade Salsa

Oralia’s homemade salsa is a favorite with her friends and family. So here’s to a cool refreshing snack or appetizer to enjoy on a hot afternoon. Note: If you like spicy salsa add chopped jalapenos or serrano peppers.



Ingredients:

- 1 yellow onion
- 4 medium tomatoes
- 1 bunch cilantro
- 1 can stewed tomatoes
- 2 large avocados
- 1 8 oz can “inexpensive” tomato sauce (with garlic, if available)
- 2 limes
- Tony Chachere – Original (season-all)

Directions:

1. Chop the onion, tomatoes, cilantro and avocados, and mix with the canned tomatoes and sauce in a bowl.
2. Squeeze the two limes and add Tony’s seasoning to taste.
3. Chill in the fridge.

*If you prefer a souper salsa just add water until you receive your desired consistency.

