



Natural Solutions That Work

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Sleep Health

Let's Start Repairing

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Sleep and Life's Stresses

Stress is universal, this can come from a range of things like constantly staying up late to work on office/school projects, checking on small children in the middle of night to hormonal changes. The trouble arises when the Adrenal Glands are activated too often and we memorize an abnormal waking time which leads to physical strain from stress.

The Adrenal Glands react to stress loads. They produce the “get up and go” hormone called Cortisol. We are suppose to produce Cortisol in the morning and have minimal output at night. This hormone allows your body to go into REM/dream like sleep where your body can **rest** and **repair** throughout the night.

The goal is to dream and feel refreshed in the morning letting us know we had restorative sleep to **repair muscles, organs, and other cells along with strengthening our immune system.**

Things to talk about

- **Adrenal Glands** - Memorized abnormal pattern from everyday stresses can disrupt sleep.
- **Food Allergies** - Can also keep you awake throughout the night because of an upset digestive system.
- **Hormones** - Can be out of balance. Low progesterone will stress the Adrenal Glands leading to disruptive sleep.
- **Omega 3 and Vitamin D** - Low levels can stress the brain and damage mental capabilities over time.
- **Something to try** - Stop looking at electronic devices 45 minutes before bed time and/or read with a green light (Diachromatic 38 Green found at the hardware store) 20 minutes before bed time.

**Schedule your appointment today
to discuss sleeping better**