

BETTER SLEEP MEANS BETTER HEALING

CHIROPRACTIC ADJUSTMENTS RELEASE SLEEP HORMONES

Healing requires sleep. Chiropractic adjustments unlock specific hormones required for good sleep. The body needs sleep in order to recover and initiate restoration from the trials and stress of everyday living. Most people know the importance of sleep but do not grasp the magnitude of sleep's impact on health. The same people who acknowledge a need for sleep often compromise rest in favor of extra work or time spent invested in the busyness of life. The fallout results in a lack of sleep which detrimentally impacts every aspect of life and disease.

Regularly achieving less than adequate amounts of sleep destroys a person's health. Continued sleep shortages contribute to depression, heart disease, lowered immunity, obesity, and type-2 diabetes. Millions of people explore numerous trips to doctors and pharmacies in search of drugs and recommendations for better quality sleep. Americans spent an estimated \$41 billion on sleep aids and remedies in 2015; that amount expects to grow to \$52 billion by 2020. **The issue of acute sleep deprivation impacts people more prevalently today than at any time in history.**

A recent study determined that over 1/4th of people have trouble falling asleep or staying asleep. Nearly 70% of people struggle to fall asleep at least one time per week. Stress and anxiety rob people of the very remedy needed to combat diseases caused by stress and anxiety. Most people do not function well with less than seven hours of sleep. Daily routines convince people that they aptly manage on less than seven hours but the truth remains uncompromised by busy schedules. Most sleep sufferers do not realize or acknowledge the problem and never understand that improved sleep drives so many aspects of quality healing and life.



Chiropractic offers a research-based solution. Research completed in 2015 linked an increase of specific sleep-related hormones following a spinal adjustment. Chiropractic improves hormone chemistry throughout the entire body by adjusting misaligned areas of the spine which hinder mobility and nervous system communication. An intimate relationship between the brain and nervous system exists in every person's spine. The nervous system directs all healing and function throughout the body by communicating through the spinal cord. The bones of the spine surround and protect the spinal cord and direct nervous system functions. Copious amounts of neurons lace the spine and communicate with the brain every single second. Clear communication requires appropriate alignment and movement of each spinal vertebra. Misaligned vertebrae produce a static-type message to all organs and tissues leading to imbalance and alterations in the release of hormones, including sleep hormones.

Chiropractors do not cure sleep challenges. Chiropractors locate areas of misalignment and immobility in the spine which produce stress in the nervous system. These places of interference (called subluxations) hinder the body's potential to communicate, heal, and perform at maximum capacity. Chiropractors help men, women, and children of all ages reduce stress in the nervous system through the appropriate application of specific, pain-free adjustments. The resulting benefits unlock health potential that optimizes all activities from work to a restful night's sleep.