



1 IN 3

OF AMERICAN ADULTS ARE NOT GETTING ENOUGH SLEEP

# HALF

OF U.S. CHILDREN DON'T GET ENOUGH SLEEP

# THE SIGNIFICANCE OF GOOD SLEEP

A good night's sleep is critical for good health, yet it's been reported that one in three of American adults are not getting enough sleep on a regular basis. Studies have also shown that half of U.S. children don't get enough sleep with 73% of high school students included in that number. 2

These statistics are significant as ongoing sleep deprivation has been correlated with profound short and long-term health complications. Poor mental health (depression/anxiety), poor concentration, obesity, diabetes, colorectal cancer and coronary heart disease have all been linked to ongoing issues with sleep.<sup>3</sup> In addition, a lack of rest also puts you at risk for diminished work and school performance, increased falls due to effects on balance and car accidents due to profound fatigue behind the wheel.

73%

OF HIGH SCHOOL STUDENTS DON'T GET ENOUGH SLEEP



# **REJUVENATION REQUIRES REST**

Sleep is the time that the body rejuvenates, repairs and heals itself, removes toxins and allows the brain to process new daily information and form long-term memory. Effective slumber consists of specific stages with several cycles of lighter and deeper sleep that usher in physiologic changes throughout the night. The body accomplishes important work during this time that includes changes in brain activity, heart rate, blood pressure, nervous system activity, muscle tone, blood flow to the brain, respiration, kidney function, endocrine function (hormones) and metabolic activity. Sleep has also been connected with immune function.

Though numbers can vary slightly for different people, as a general rule adults require a minimum of 7-8 hours of sleep per night. For kids, it is recommended that ages 6-12 need 9-12 hours of sleep per night, and teens from 13-18 years require 8-10 hours of sleep per night.<sup>5</sup>

#### **KIDS AGED 6-12 NEED:**

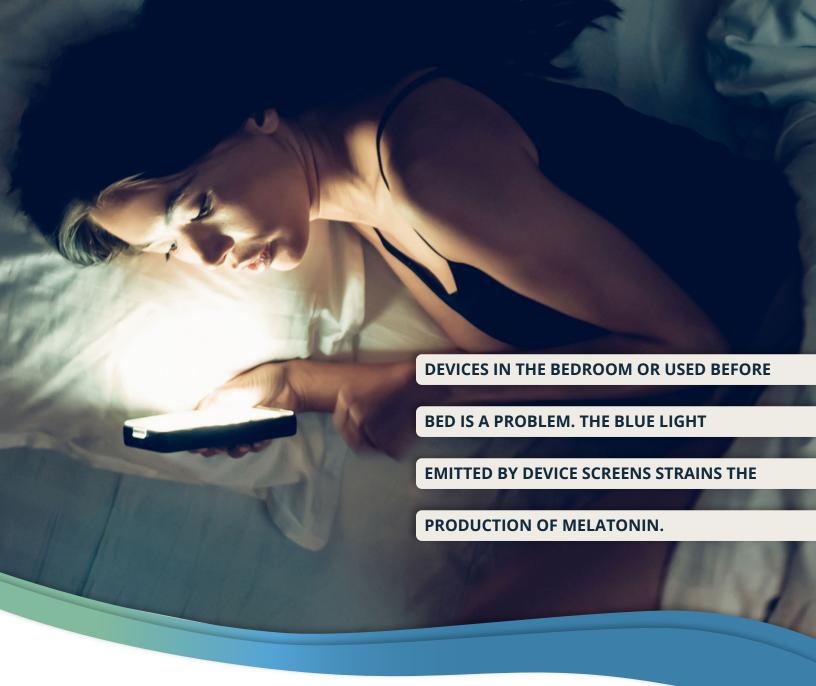
9-12 HOURS OF SLEEP PER NIGHT

#### **TEENS AGED 13-18 NEED:**

8-10 HOURS OF SLEEP PER NIGHT

#### **ADULTS NEED:**

HOURS OF SLEEP PER NIGHT



## **TOSSING AND TURNING?**

Moving around during the night is common. You may change positions between 3 and 36 times per night. These subtle movements are normal and typically don't interrupt the cycle of sleep.

If you're fully waking up several times a night it could be situational such as having a new baby in the house, stress, over active thinking (worry), eating too close to bedtime, drinking alcohol or consuming caffeine. Certainly, many health conditions can keep you awake as well.

Yet other causes may go unrecognized. Nutrient imbalances or deficiencies can keep individuals awake as they may lead to cramping or affect the production of neurotransmitters needed for sleep. Devices in the bedroom or used before bed is also a problem, the blue light emitted by device screens strains the production of melatonin, a hormone in the body that controls your sleep-wake cycle.<sup>6</sup>



## **TIPS FOR POSTURE AND POSITION**

Poor sleep posture can lead to discomfort and is a common contributor for all causes of sleep loss. Proper body positioning is an ideal place to start to begin the quest for a good night's sleep.

- Head fully supported at the base of the skull with a
  position that encourages the curve of the neck. Unless
  you have a medical condition requiring your torso to be
  propped up, lay flat and only use one good pillow.
- Spine in alignment during sleep. Watch for awkward leg positions which can create a twisting strain on the back.
- If sleeping on your back, put a small support under the knees to keep them slightly flexed and take pressure off the low back.
- When sleeping on your side, utilize a body pillow between
  the knees to relieve stress on the low back and hips

- As you change positions during the night, get in the habit of carefully shifting your spine as a unit versus making excessive twisting motions.
- When you rise out of bed in the morning, avoid quick jerking and twisting motions. Strive to keep the spine straight, roll to your side, keep your knees bent and gently swing your legs to the floor to get up.
- If you have back pain, try to avoid sleeping on your stomach which can put extra pressure on your low back and require much more rotation in your neck.



**DOCTORS OF CHIROPRACTIC (DCS) CAN HELP** 

PATIENTS OF ALL AGES RECOGNIZE THE

SIGNS OF SLEEP DEPRIVATION AND PROVIDE

NATURAL STRATEGIES FOR RELIEF THAT

DIMINISH THE NEED FOR PAIN KILLERS OR

POTENTIALLY HARMFUL SLEEP AIDS.

## A REMEDY FOR REST

Providing a safe and natural approach to sleep problems is needed more than ever. Prescription sleep medications have been reported to cause dependency, sometimes within just a few weeks of use. Reports also show that widespread misuse of common over-the-counter sleep aids can cause serious health risks.

Doctors of chiropractic (DCs) can help patients of all ages recognize the signs of sleep deprivation and provide natural strategies for relief that diminish the need for pain killers or potentially harmful sleep aids. DCs can help determine a patient's individual causes for sleep dysfunction, recommend optimum positions for sleep, provide relaxation strategies and advise about proper mattress and pillow support. Neuromusculoskeletal care from a DC increases joint mobility and reduces aches and pains. DCs can also make recommendations for dietary changes, herbal formulas to promote relaxation or vitamin/ mineral supplements<sup>8</sup> if needed.



- 1 CDC 1 in 3 adults don't get enough sleep. A good night's sleep is critical for good health. https://www.cdc.gov/media/releases/2016/p0215-enough-sleep.html
- 2 American Academy of Pediatrics. Study: 73% of high school students not getting enough sleep: January 25, 2018 https://publications.aap.org/aapnews/ news/13792
- 3 CDC. Do your children get enough sleep? Graphic. https://www.cdc.gov/chronicdisease/resources/ infographic/children-sleep.htm
- 4 Short- and long-term health consequences of sleep disruption Goran Medic,1,2 Micheline Wille,1 and Michiel EH Hemels1 Nat Sci Sleep. 2017; 9: 151–161. Published online 2017 May 19 https://www.ncbi.nlm. nih.gov/pmc/articles/PMC5449130/
- 5 Short- and long-term health consequences of sleep disruption Goran Medic,1,2 Micheline Wille,1 and Michiel EH Hemels1 Nat Sci Sleep. 2017; 9: 151–161. Published online 2017 May 19. https://www.ncbi.nlm. nih.gov/pmc/articles/PMC5449130/

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- 7 Using medication: What can help when trying to stop taking sleeping pills and sedatives? Created: April 20, 2010; Last Update: August 10, 2017; Cologne, Germany: Institute for Quality and Efficiency in Health Care (IQWiG); 2006. https://www.ncbi.nlm.nih.gov/books/
- 8 The relationship between micronutrient status and sleep patterns: a systematic review Xiaopeng Ji,1,\* Michael A Grandner,2 and Jianghong Liu1 Public Health Nutr. Author manuscript; available in PMC 2017 Nov 7.Published in final edited form as: Public Health Nutr. 2017 Mar; 20(4): 687–701. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5675071/

Foundation for **Chiropractic Progress** 



OPTIMIZING YOUR SLEEP POSTURE FOR A BETTER NIGHT'S REST

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