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The worst thing in the world is to try to sleep and not to. F. Scott Fitzgerald

Notes from My Desk: Notes on Sleep

We live in a fast-paced society. The average person is on the go, loaded up on caffeine to get through the day. When you add stress to the mix, it is easy to see why one in eight people suffer from insomnia in the U.S.

Acupuncture can help to relax the central nervous system and aid the body to re-establish the natural circadian rhythms of the body.

Try these tips to relax the body before bedtime:

- Foods containing tyramine (bacon, cheese, ham, aubergines, pepperoni, raspberries avocado, nuts, soy sauce, red wine) might keep you awake at night. Tyramine causes the release of norepinephrine, a brain stimulant. Caffeine and refined sugar are also stimulants to be avoided before bedtime.
- If you get hungry close to bedtime, eat something that triggers the hormone serotonin, which makes you sleepy. Carbohydrates such as toast or cereal will do the trick.
- Take some deep breaths from the low abdomen to activate the parasympathetic nervous system, which regulates our ability to sleep. You can put lavender oil on a napkin and inhale the aroma to enhance the effects.
- If work or thoughts from the day preoccupy your mind at night, keep a “worry journal” next to your bed to jot down things that need to be addressed.

Come in and see the dramatic results in your well-being with acupuncture. If you have any questions, feel free to email me or call.

Find more of Monique’s nutrition, health and well-being tips at www.acusolution.com.

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