

Eight Hours Sleep for Health and Vitality

Research shows if we are sleep deprived, our health is seriously compromised. Sleep promotes our innate ability to heal. Getting eight hours of solid sleep is the foundation of pain relief. Less sleep is simply not adequate to allow proper tissue repair.

One group where studies of sleep quality have found the greatest impact is fibromyalgia patients. In one study, it was found that increased pain sensitivity is associated with greater sleep disturbances. Another study by Bernadine Healy, M.D., found quality and length of sleep to be as high a risk factor in coronary heart disease as smoking and high blood pressure. Surprisingly, the control group in the study also saw significant decrease in their blood pressure!

So, how do we go about improving our quality of sleep? We can start by creating a more relaxing environment in our bedroom. Consider changing the colors and visual patterns in your bedroom to cool tones and simple, peaceful images. Invest in high quality sheets and pillows. Look for a scientifically engineered sleep CD with Theta brain wave patterns imbedded in the music. Use a water fountain to create ambient sounds for sleeping. Make your bedroom a sleep sanctuary.

In a study designed to examine the effects of massage versus relaxation therapy on sleep, substance P, and pain, only the massage therapy group reported an increase in the number of sleep hours and a decrease in their sleep movements. In addition, substance P levels decreased, and the patients' physicians assigned lower disease and pain ratings and rated fewer tender points in the massage therapy group.

The best resource I have found for education and information regarding sleep is Jacob Teitelbaum, M.D. His web site is www.vitality101.com and he has many effective sleep recommendations as well as detailed directions for how to use them. To schedule a massage or a health consultation, please contact Rebekah at 678-779-9102. For more information on how to improve your health naturally, go to www.wrighttouchweb.com and click on articles.

Best of health to you,

Rebekah F. Wright, LMT