

What can you do at home?

Sleep Disorder

Sleep is a critical aspect of our overall well-being, and disruptions to our sleep patterns can have a significant impact on our health and quality of life. Unfortunately, many people experience sleep disorders that make it difficult to fall asleep or stay asleep throughout the night. Fortunately, there are several things that you can do at home to help manage your sleep disorder and improve your quality of sleep.



6 Actions We can do

1. Establish a regular sleep schedule: Going to bed and waking up at the same time every day helps regulate your body's sleep-wake cycle. Try to stick to this schedule, even on weekends.

2. Create a relaxing sleep environment: Make sure your bedroom is cool, dark, and quiet. Use blackout curtains, earplugs, or a white noise machine to block out any distractions.

6 Actions We can do

3. Avoid stimulants: Avoid caffeine, nicotine, and alcohol, especially in the evening. These substances can disrupt your sleep and make it harder to fall asleep.

4. Limit screen time: Exposure to the blue light emitted by electronic devices can interfere with your body's production of melatonin, a hormone that regulates sleep. Avoid using electronic devices for at least an hour before bedtime.

5. Practice relaxation techniques: Deep breathing, meditation, and yoga can help you relax and prepare your body for sleep.

6. Exercise regularly: Regular exercise can help regulate your sleep-wake cycle, but avoid exercising too close to bedtime as it can make it harder to fall asleep.

In conclusion, experiencing sleep disorders can be frustrating and negatively affect your quality of life. However, there are several things you can do at home to manage your sleep disorder and improve your quality of sleep. If your sleep disorder persists, it's essential to speak with your healthcare provider to receive proper treatment.

Insomnia

How Acupuncture Works for Insomnia?

Insomnia is a sleep disorder that affects millions of people worldwide and can have a negative impact on daily life.

In this article, we will explore how acupuncture can be used to treat insomnia and improve sleep quality.



According to TCM, insomnia is caused by an imbalance in the body's energy, which can be corrected through acupuncture. Acupuncture can stimulate the body's nervous system and release natural painkillers, such as endorphins. This can help reduce pain and promote relaxation, leading to improved sleep quality.

Additionally, acupuncture can help regulate the body's circadian rhythm, which can also improve sleep patterns.

Benefits of Acupuncture for Insomnia

1.Promotes Relaxation

Acupuncture can promote relaxation by reducing tension in the muscles and calming the mind. This can help reduce anxiety and promote a sense of calm, which can be helpful for those who struggle with falling asleep due to stress or anxiety.

2.Reduces Pain

Pain can be a major factor in insomnia, as it can make it difficult to fall asleep and stay asleep.

3.Has Few Side Effects

Unlike many prescription sleep medications, acupuncture has few side effects and is considered a safe and natural way to treat insomnia. This makes it a great option for those who prefer natural remedies or are sensitive to the side effects of medication.

4.Can be Used in Combination with Other Treatments?

Acupuncture can be used in combination with other treatments for insomnia, such as cognitive-behavioral therapy or sleep hygiene practices. This can enhance the overall effectiveness of treatment and improve sleep quality.

Thank you.

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