



## Sleepless Nation Negotiation

Ah.....sleep, blissful sleep. Do you remember the days where sleep was all about relaxing, slipping into your PJs and sleeping for hours on end? When you had all the time in world to sleep as long as you wanted? If you are a teenager, that might be right now! Actually, there are physiological reasons for this. When the body undergoes rapid periods of physical growth, as an infant for example, or a teenager, or even an adult who engages in demanding physical activity, the amount of calories and the amount of sleep the body needs increases dramatically. This serves to fuel the processes of growth which are occurring at a faster rate than normal. At the root of these processes are hormones, and by simply not getting enough sleep, growth and renewal can be significantly compromised.

As you mature into adulthood, your body does not grow as quickly as it does in the case of the infant, adolescent, or teenager and consequently, the need for longer periods of sleep typically decreases and your body instinctively adjusts. Now as an adult, you begin to take on more responsibilities, and rightfully so! We all need to find productive uses of our energies to contribute to the world in helpful and meaningful ways. Having a strong work ethic and a responsible family life are indeed fulfilling and rewarding to everyone involved. **The problems start when you begin to view sleep as something negotiable**, that it is not as important as the hours you spend while awake. To make things worse, you tend to experience more stress as an adult, and this can develop into chronic insomnia if healthy sleep habits are not consistently practiced (more on this later!).

Sleep allows the body to repair, regenerate and renew itself, night after night. Without sufficient sleep, as many studies show, mood becomes disturbed, weight tends to increase, alertness and energy levels decline, you age quicker, and numerous other imbalances appear. It is remarkable how it seems as though you can 'get by' without sufficient rest, but if it continues for too long it will catch up with you and your health will be compromised.

So, how much sleep do you actually need? Studies show that when people are allowed to sleep naturally, without interferences such as outside noise or an alarm clock, they gravitate towards sleeping an average 7.5 – 8.5 hours. If a sleep imbalance is present, know that there is a reason for this. Ask yourself, what is behind this symptom? Are there energetic imbalances that could quickly be corrected through changes in nutrition and exercise? Is there too much uncompensated stress, where massage therapy may be of tremendous benefit? Do you have too much bottled up energy that could be healthfully managed through a consistent exercise program?

These are questions that we would like to help you answer in a way that is specific to you and your life. *The Spa on Green Street Wellness Program* offers lifestyle solutions to address your sleep imbalances, helping your body to regain its ability to relax and sleep



deeply. The spa lifestyle seeks to achieve balance, leading to a greater and enhanced sense of well-being.

-Ricardo Boye, ND, CNC  
Wellness Program Coordinator