

## The Quarterly

Issue 1 - Quarter 3 , 2024

### FEATURE ARTICLE

## Why We Sleep

This thing called sleep - a good night's shut-eye - can improve our mental clarity, and help to make us healthier, happier, slimmer, more attractive, and even help us to ward-off cancer. A restful sleeping cycle can even add years to your life. Thankfully, there are things we can all be mindful of to improve our sleep.

Do you think you got enough sleep this past week? Can you recall the last time you woke up without an alarm clock feeling refreshed, not needing caffeine? If the answer to either of these questions is "no", you are not alone. Two-thirds of adults throughout all developed nations fail to obtain the recommended eight hours of nightly sleep. In fact, The World Health Organisation (WHO) has now declared a sleep loss epidemic throughout industrialised nations. Even with my own small research of our new clients, at least half of you complain about interrupted sleep.

Society's apathy towards sleep has, in part, been caused by the historic failure of science to explain why we need it. Don't worry too much about science's lack of explanation but rest assured that your body is clever, that it knows what it's doing. The body wants to sleep so trust that basic need.

Miss out on good sleep habits and you set yourself up for a weaker immune system, Alzheimer's disease, desire to eat more due to hormone imbalances, and most major psychiatric conditions, including depression and anxiety and emotional irrationality. The shorter you sleep the shorter your lifespan.



If you have lost control of your sleep rhythm, the good news is that you can reclaim it - with some habit breaking discipline. Some things help your sleep, while some things harm it.

Smartphones - there is a dark side to modern light and it's keeping you awake. A great antidote to this is of course getting off your screen an hour before sleep but this is not always possible.

Reducing our exposure to 'blue light' from screens is key as it disturbs melatonin production – a hormone critical for sleep. I suggest at the very least making sure that smartphones and tablets are set to 'night shift' mode during the evening time. This automatically changes the light to be less blue and in turn 'warmer' - like a sunset. Another option is to buy some 'blue light glasses' for evening use as these block out blue light.

Alcoholic night caps – these might help you fall asleep, but you will then tend to wake up around 2am in the morning. Your body's biochemistry quickly adopts habit forming patterns and "wants" alcohol if you do it habitually.

Take a hot shower or bath before sleeping - a hot bath initiates the body's internal cooling mechanism which is great for sleep because the body cools off when sleeping.

Sleep deprivation has become such an issue that even the Guinness Book of World Records has stopped recognising attempts to break the sleep deprivation record.

Occasionally I've heard people say, "I will sleep when I'm dead". Why push yourself so much during your life? Nature has perfect rhythms and since your body is not separate from nature, it's a beneficial rule of thumb to adopt the pace of nature. Nature has a 24-hour circadian rhythm and so do you.

You can't 'catch up on sleep'. A camel can go without drinking water for days on end because they store water differently than us humans. But no animal can go without sleep, and we certainly don't build up reserves of sleep. Sleep is not simply like charging your smartphone full of electricity. So much repair, regeneration, and cleansing, of both your brain and body, goes on when you sleep. That's also why your urine is darker in the morning, as you get rid of toxins during your sleep. Furthermore, your brain is still active when you sleep, and now scientists propose that much of what you have learnt during the day gets processed at night.

Tips to help you sleep.

### **1) Get your bedroom right.**

Give attention to the atmosphere of your bedroom. Science tells us to sleep in a dark room at about 18 degrees Celsius. The temperature that you sleep in is one of the key factors in determining the quality of your sleep. Use dull lighting before going to bed, and if possible, place your electronic devices to charge in another room to where you sleep. If you use your phone as an alarm, then consider going 'old school' and buying an alarm clock.

## 2) Avoid Caffeine in the afternoon or evenings.

Caffeine has a half-life of 12 hours, so it makes falling asleep naturally more difficult. And for those who can be asleep 10 minutes after a double espresso, you might fall asleep, but you will not enter the deep phase of sleep properly even if you remain asleep all night long.

## 3) Set a sleep routine.

Your body's circadian rhythm establishes a regular routine for your body, and you should adhere to that for your sleep. Try to go to bed at the same time each night.

Let's get a good night's rest!

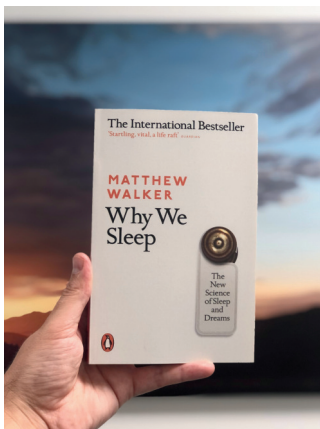
Dr Steve

## A new habit.

Study your sleeping patterns. It matters. Within the brain, sleep enriches a diversity of functions including: our ability to learn, memorise, and make logical decisions. Sleep restocks the armory of your immune system. Sleep makes all your other efforts to be healthy way more effective than if you have poor sleep patterns.

## New additions to the lending library.

Please take books from our lending library. We will be adding more as the months and years roll on, but for this quarter, we have one new book that might spark your interest.



### Why We Sleep

A fascinating read written by neurologist Matthew Walker on losing and gaining control of your sleep rhythm... the benefits of a good night's sleep are almost unparalleled by other efforts to improve your health. After reading this you'll never think of your bedtime in the same way again.

EARLY TO BED AND  
EARLY TO RISE,  
MAKES A MAN  
HEALTHY, WEALTHY  
AND WISE

Benjamin Franklin

## Our visiting artist.

Please meet Nancy Tschetner – not just a local Pukete resident and client of Blue Sky Chiropractic, but also an international award-winning artist.

When you look at Hamilton artist Nancy Tschetner's detailed scenes of nature, it's incredible to think that they are made from sand! Over the last 20 years, Nancy has developed a distinctive style that relies on the use of over 150 different shades and structures of New Zealand and international sand.



Nancy reflects that, "Each grain becomes part of a larger image that represents the strength and vision that can be achieved when we come together." With the sparkly texture and depth of the sand, Nancy brings any subject to life and captures the distinctive attributes of that special being and the fleeting magic of a place or memory. Her pieces often incorporate mixed media, such as crushed glass and shades of gold leaf, to highlight certain details and colours not available through sand alone.

Nature is Nancy's biggest inspiration. Through the healing power and beauty of the natural world, Nancy also aims to connect viewers with nature on a deeper level.

"I like to remind people of the importance of our valuable relationship to Mother Nature. It is this connection that enriches our lives. Every day when I begin my work, I do so intending to remind people to slow down. I see my work as a small but significant part of the healing process that takes place when we reconnect with ourselves, with nature, and with each other."

For more information, please visit Nancy's website: [www.nancyschetner.com](http://www.nancyschetner.com)

## An introduction.

Here at Blue Sky Chiropractic, we are pleased to be able to introduce one of our clients - experienced massage therapist Dawn Burke. Dawn will be sharing our space and looking after her massage therapy clients in our upstairs space.

Chiropractic care and massage therapy complement each other beautifully, both working to support natural healing, recovery, and wellness.



Dawn has over 20-years of experience as a Therapeutic Massage Therapist – both as a tutor to massage therapy students, and in running her own busy clinics. She offers and uses a range of techniques and approaches to be able to best help each person feel better and get great results.

For more information, or to book in – please call or text Dawn on: 027 475 9406.

## Music Matters - Find your rhythm.

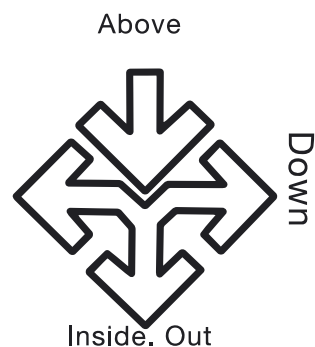


We have a great suggestion as far as music goes to help induce a good nights sleep. "Weightless" by Marconi Union has won the worlds most relaxing song 4 years in a row and it helps lower your hear rate. Enjoy....

## The naked truth about your body - it is clever.

Your body has a natural sleep rhythm. With the brain, sleep enriches a diversity of functions, including our ability to learn, memorise, and make logical decisions and choices. Your brain and body both detoxify while you sleep.

Your body does this from 'Above-Down, Inside-Out'.



## What's on.

Dr Steve will be giving a 'Half-hour to Health' talk twice a month in the office at Blue Sky Chiropractic.

When:

- 1:30 pm on the 2nd Thursday of each month
- 6:30 pm on the 4th Tuesday of each month

Everyone is welcome, including guests. Please book in advance through reception.

**Of timeless appeal -**

## **The 33 Principles of Chiropractic.**

**Principle #1 “The Major premise -  
A Universal Intelligence is in all matter and continually gives  
to it all its properties and actions, thus maintaining it in existence”.**

Simply put, there exists an intelligence/cleverness everywhere – throughout the entire universe. Your body is constantly “swimming” in this cleverness. This cleverness enters your body through the nervous system. Chiropractic adjustments allow an easier capacity for your body to receive this cleverness and allow it to flow through your body.

**Principle #2 “The Chiropractic Meaning of Life -  
The expression of this intelligence through matter is the Chiropractic  
meaning of life.”**

This means that the difference between a perfect expression of this universal intelligence through you, and your current state, is the interference found in your body (your matter).

“Innate must flow fully, freely and naturally” - B. J. Palmer.

A FIT BODY, A CALM  
MIND, A HOUSE FULL  
OF LOVE. THESE  
THINGS CANNOT BE  
BOUGHT - THEY MUST  
BE EARNED

Naval Ravikant

## Can Chiropractic help with...?

Most of you ask me about your sleep. It's become a real problem as the pace of life seems to have no end. Most of us get into bed with our minds racing and our body still in 'go-go mode', even late at night. Although I would never claim to fix any symptom that you are suffering with, ask yourself these two questions:

"Do you think that you would sleep better if your brain and body were calmer and more balanced, with more grace and ease?"

"Have you experienced, or do you believe, that chiropractic adjustments lead to more calmness and balance in your brain and body, with more grace and ease?"

From the answers to these questions, you can draw your own conclusions around sleep, with a potentially calmer mind, and a more relaxed body.

## On your behalf.

We are proud to have been one of the sponsors for 10-year-old Tate Burdon as he competed in May at the 2024 World BMX Championships in South Carolina, USA.

Tate and his family have been clients at Blue Sky Chiropractic throughout the last couple of years, and it is during this time that Tate has taken up BMX racing with his local club in Te Awamutu. It's been amazing to see Tate's quick progression through competitions at different levels - from regional, to national, and now to international level at the World Championships!

Good luck on your BMX journey Tate – we've got your back!





## Your post adjustment rhythm.

There are 4 habits you can adopt to complement your chiropractic care. These habits will account for at least 30% of the effectiveness of your adjustments.

1. Stand on both legs evenly.
2. Sit on both hips evenly.
3. Drink a glass of water immediately.
4. Go for a short walk before sitting.

\*If you can, take a nap and let your body 'digest' the adjustment while the natural cleverness of your body goes to work.



## Are we connected?

Follow along with our Instagram posts and receive gentle reminders of how your body works best.

 @blueskychiropractic



## Next quarterly issue...

## Your body is clever

To make an appointment you can:

- call us: 07 808 6144
- email us: [the.team@blueskychiropractic.co.nz](mailto:the.team@blueskychiropractic.co.nz)
- send us a message through our website: [www.blueskychiropractic.co.nz](http://www.blueskychiropractic.co.nz)