



ADD WELLNESS GROUP • INTENSIVE TREATMENT PROGRAM • HEALTHY BALANCE • AUTISM SPECTRUM SERVICES • ASSESSMENT CENTER

SLEEP

Sleep is a health practice that we all need and at least 40 million people in the United States over the age of 40 have chronic sleep issues (National Institute of Neurological Disorders and Strokes, 2006). Two types of sleep exist, non-rapid eye movement and rapid eye movement. We additionally have 4 stages of sleep which start with the lightest sleep. At this stage, we can be awakened easily, the second stage our breathing and heart rates even out, body temperature drops and brain waves are uneven. The third and fourth stage of sleep is our deepest sleep and most important stages due to the release of growth hormone. Getting deep sleep is essential for us. Without this deep phase of sleep, we may begin to develop many health issues due to our immune system being weakened from lack of restful sleep and our cognitive functioning, mood, work life and overall quality of life may suffer. If you are an adult, teen or child sleep is crucial for overall functioning.

Teens and children are effected by sleep with even more challenges due to their growing bodies. Teens and children have been found to experience more illness and doctor visits than those without sleep issues (Meltzer, Plaufcan, and Mindell 2014). Executive skills development and functioning are effected by sleep issues which can contribute to attention in school and overall intellectual development (Williamson, Lanzilotta, Ambrulavage, Krasny, Marcus and Mindell 2017).

If you or your child are experiencing sleep issues it is important to get a thorough assessment and not just over step the process with medication that is taken to put you to sleep. Nutrition, exercise, stress and daily life may be contributing factors to sleep issues.

Our services include a thorough sleep assessment using tools that will assist us in developing a treatment plan to improve your sleep. You will be taught skills, given nutrition information and if needed natural supplementation to improve your sleeping ability.

