

D'ARCY WELLNESS

INSOMNIA-RELIEF PROGRAM

How to get a good night's Sleep



- Nearly two-thirds of adults in the U.S. (62%) experienced a sleep problem a few nights per week or more during the past year.
- Specifically, more than one-half of the adults surveyed (58%) report having experienced one or more symptoms of insomnia a few nights per week or more within the past year.
- One-third (33%) of adults say they get fewer than 6.5 hours of sleep per night during the workweek.
- National Sleep Foundation, 2000

- 60 million Americans a year have insomnia frequently or for extended periods of time.
- Insomnia affects
 - 40 percent of women
 - 30 percent of men.



National Institute of Neurological Disorders and Stroke, NIH Publication No. 06-3440-c, 2006.

Pharmaceuticals for Sleep

- 20% of American older adults use some form of sleep aid, including prescription or over-the-counter drugs or alcohol.
- 15% use such aids every night.

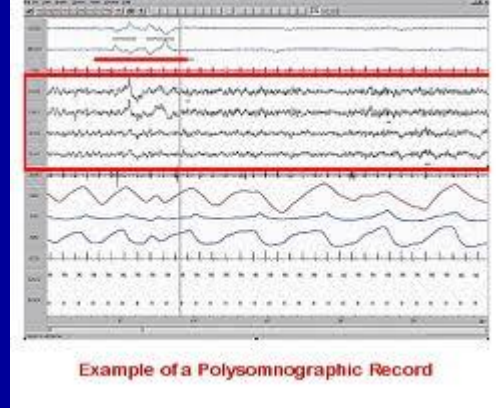


Insomnia

- **64 million Americans** regularly suffered from **insomnia each year.** The United States Department of Health and Human Services stated in 2007
- **Insomnia is 1.4 times more common in women than in men.**

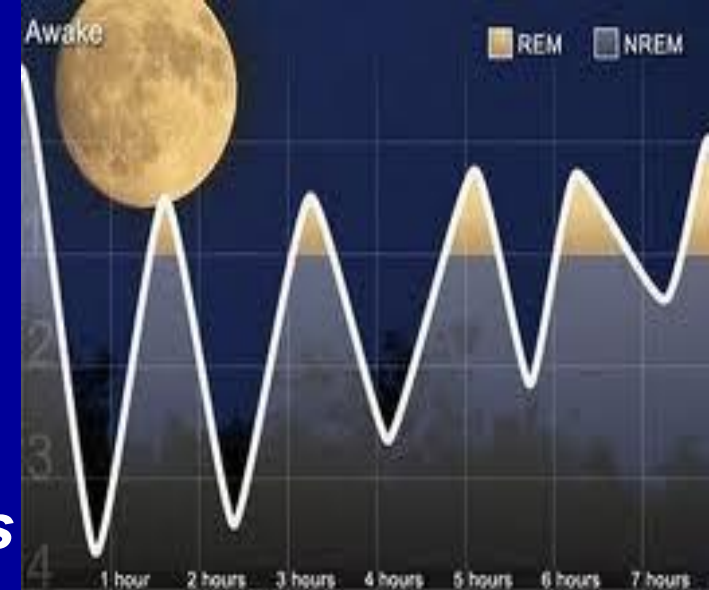
The Purpose of Sleep

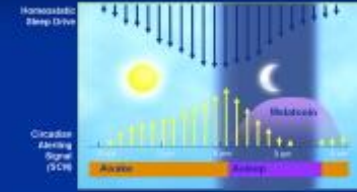
- *Restoration/Detoxification*
- *Memory Processing*
- *Anabolic/Catabolic Cycle*
- *Preservation*
- *Other Reasons*



Stages of Sleep

- *Phase I: Transition State*
 - *Phase II: Theta Waves & Spindles*
 - *Phase III: Delta & Theta Waves*
 - *Phase IV: Delta/Deep Sleep*
 - *Phase V: REM*
-
- *A complete cycle lasts 90-110 minutes*
 - *Most people have 3-5 REM cycles per night*
 - *Infants spend 50% of their time in REM*
 - *Adults spend about 20% in REM*
 - *REM decreases with the aging process*





Sleep Brain Chemistry

As Serotonin Decreases Melatonin Increases

Factors that Increase Serotonin

- ***Food***
- ***Medications***
- ***Light***
- ***Cell Phone use***

Factors that Decrease Melatonin

- ***Food***
- ***Medications***
- ***Light***
- ***Cell Phone use***



The Effects Insomnia



- Depressed Immune System
- Lapse of Attention
- Slow Thinking
- Irritability
- Poor Memory
- Poor Judgment
- Anxiety & Depression
- Increase in Accidents
- Decrease in Work Productivity

Causes of Insomnia

- *Lack of Exercise*
- *Shift Work*
- *Frequent Urination*
- *Chronic Pain*
- *Medications (Rx)*
- *Menopause*
- *Sleep Apnea*
- *Jet Lag*
- *Cell Phone Use*
- ***STRESS !!!!!***

Insomnia & Work Productivity

Presenteeism

Lack of Focus

Mistakes & Accidents

Interpersonal Difficulties

Poor Attitude

Inspection Failure Rate

Absenteeism





Stress & Insomnia



- *Work responsibilities*
- *Finances/debt*
- *Marital issues*
- *Family issues*
- *Health issues*
- *Elder care issues*
- *Retirement issues*
- *Other issues*



Common Environmental Sleep Stealers



- Light
- Noise
- Room Temperature
- Television, Computers
- Sleep Partners
- Pets
- Others

Sleep Disorders



“Insomnia is very common. Try not to lose any sleep over it.”

Integrative Medicine for insomnia



- herbal medicine,
- vitamin,
- lifestyle changes,
- massage therapy,
- behavioral therapy,
- meditation,
- acupuncture,
- relaxation,



Sleep Tips

- maintain a regular wake time
- avoid excessive time in bed
- avoid naps, except in shift workers
- use the bed only for sleeping and intimate contact
- avoid nicotine, caffeine, and alcohol before bedtime
- exercise regularly early in the day
- do something relaxing before bedtime
- do not watch the clock
- eat a light snack before bedtime if hungry



47 Million
Massages
Per Year in
US

- **-2002 numbers project that the massage therapy industry will grow faster than average through 2012**
- **-90 studies on the positive effects of massage-for example:**



Massages for Stress and Insomnia

- **Massage stimulates the release of hormones (such as Enkephalin) which help to block pain signals to the brain. Endorphins are also released. These are sometimes called "feel good" hormones.**

During a massage, it usually takes about 15 minutes for the blood levels to begin to rise, effects linger long after the treatment has ended and can last up to 48 hours..

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Insomnia



“I also have trouble sleeping. I don’t understand why. No one I talk to seems to have any trouble falling asleep.”



Stress:

- **84% of Doctor Office of all Doctor office visits are Stress related**
- **80% of workers feel stress on the job,**
- **14% felt like striking a coworker in the past year, but didn't;**
- **25% have felt like screaming or shouting because of job stress,**
- **10% are concerned about an individual at work they fear could become violent;**
- **9% are aware of an assault or violent act in their workplace and**
- **18% had experienced some sort of threat or verbal intimidation in the past year.**

Stress

The perception of a physical or psychological threat and the perception that the individual's responses are inadequate to cope with that threat

Stress: What's so different about today's workplace?



- Growing psychological demands as we increase productivity demands and work longer hours
- The need to gather and apply growing amounts of information
- Job insecurity
- Demographic changes such as aging workers, female participation in the workforce, and the integration of a growing population of ethnic and racial minorities into the workplace
- The need for both men and women to balance obligations between work and family as women enter the workforce worldwide

• <http://www.stressdirections.com>

“Going postal” Tragic term for work stress



Relaxation Technique

- Stress is involved in over 80% of conditions treated at Doctor's offices.
- Relaxation can improve how your body responds to stress by:
 - Slowing your heart rate, meaning less work for your heart
 - Reducing blood pressure,
 - Slowing your breathing rate,
 - Reducing the need for oxygen,
 - Increasing blood flow to the major muscles,
 - Lessening muscle tension.





True Wellness

true-wellness.com integrative, innovative wellness
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Stress-Relief, Digital Tool Box



Stress-Relief, Digital Tool Box AT www.true-wellness.com

- Stress-Relief Program Tools consists of:
- 1. Video.
- 2. Audio Download--20 minute relaxation technique.
- 3. Workbook--PDF Natural Stress Relief Workbook.
- 4. Power Point Presentation.
- 5. Stress Evaluation.
- 6. Dietary Supplement Protection



NATURAL STRESS RELIEF MIND-BODY PROGRAM:

- The mind is the most powerful pharmaceutical factory on the planet and we need to train it to be on our side.
- Research into Clinical Relaxation techniques has proven that 20 minutes of a progressive relaxation technique, sweeping the mind through the body, relaxing as it goes, can dramatically lower stress.
- Example: Dr. Herbert Benson's research
- **77% improvement on mean sleep-onset latency**
 - Multifactor behavioral treatment of chronic sleep-onset insomnia using stimulus control and the relaxation response. A preliminary study.
 - [Jacobs GD](#), [Rosenberg PA](#), [Friedman R](#), [Matheson J](#), [Peavy GM](#), [Domar AD](#), [Benson H](#).



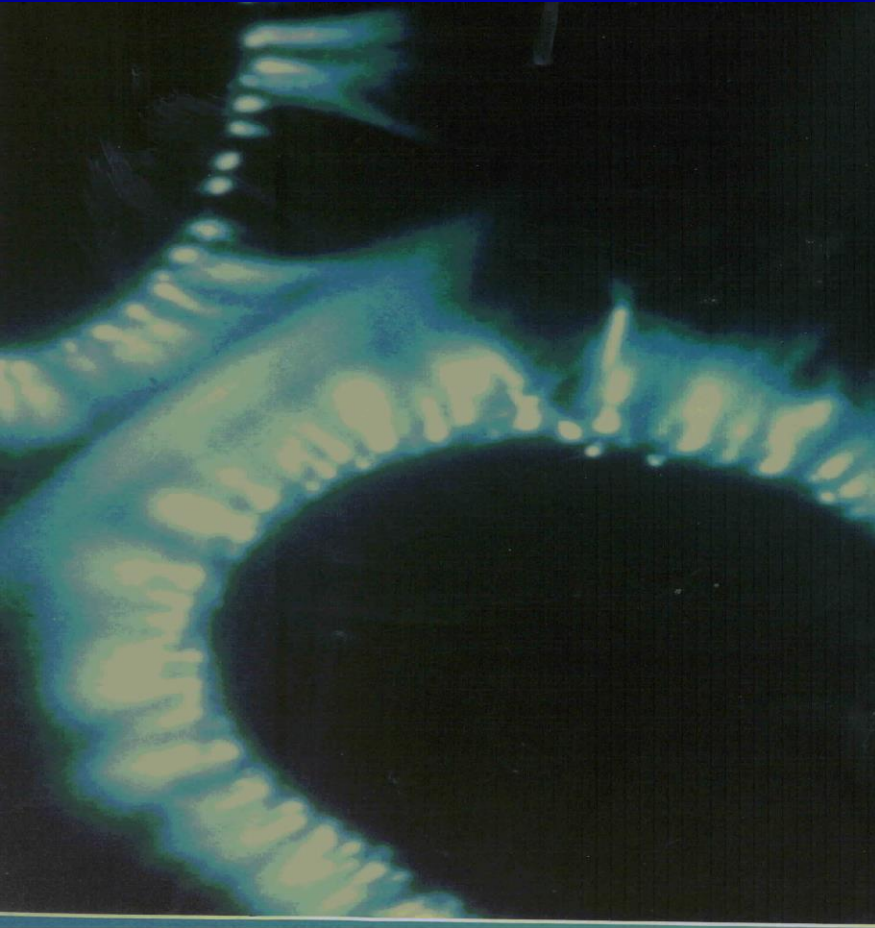
Guided Relaxation Technique: 20 minutes a day

- 20 minutes of Guided Relaxation a day can improve how your body responds to stress by:
 - Slowing your heart rate, meaning less work for your heart
 - Reducing blood pressure,
 - Slowing your breathing rate,
 - Reducing the need for oxygen,
 - Increasing blood flow to the major muscles,
 - Lessening muscle tension.

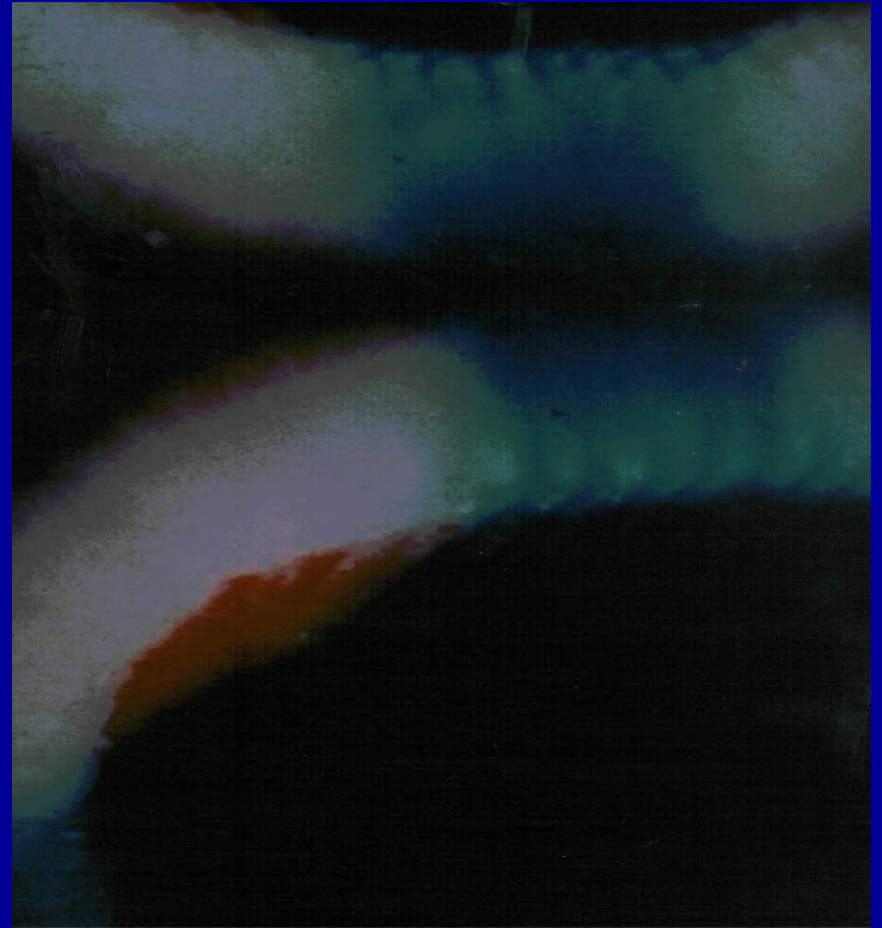


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Energy Mind and Body



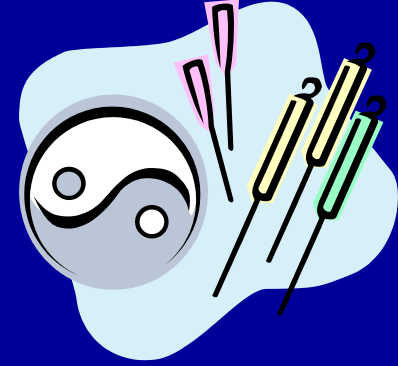
Anger



Love

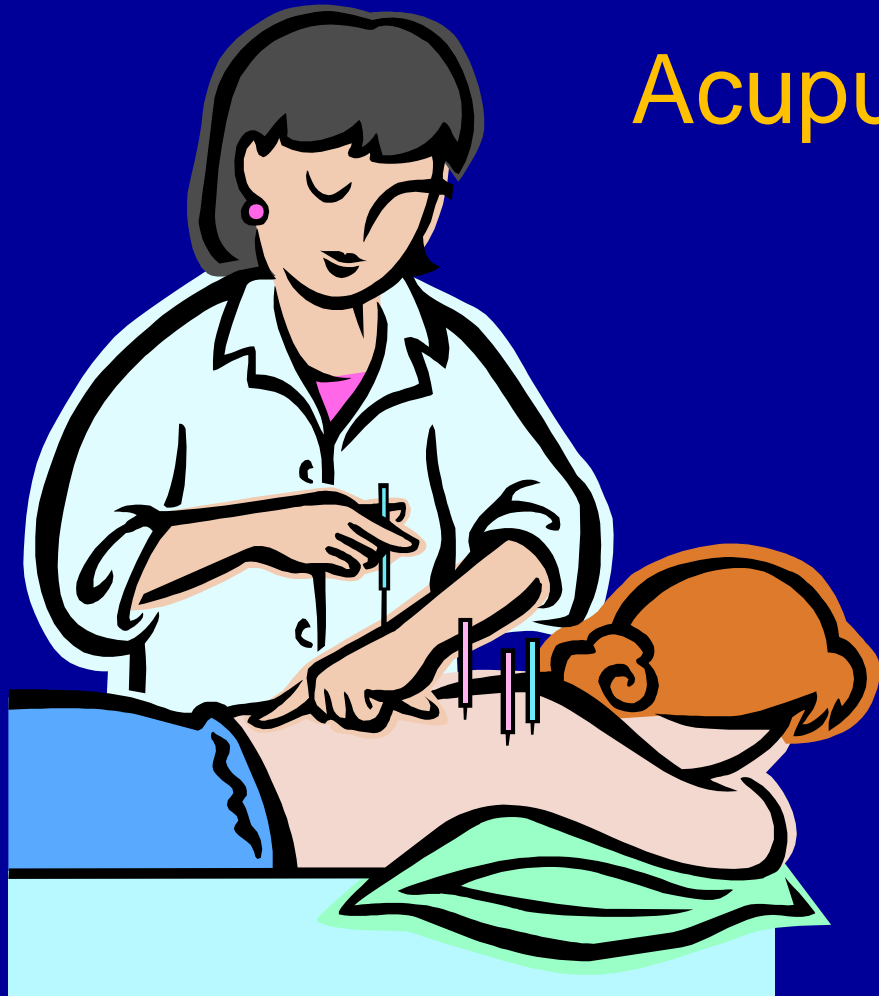
A Kirlian photograph on the wall of my office, shows two thumbs, of two different people, which photo shows are angry at each other, and which one shows the energy field of love to each other?

Acupuncture in the United States



- The report from a Consensus Development Conference on Acupuncture held at the National Institutes of Health (NIH) in 1997 stated that **acupuncture is being "widely" practiced--by thousands of physicians, dentists, acupuncturists, and other practitioners--**for relief or prevention of pain and for various other health conditions.
- According to the 2002 National Health Interview Survey--the largest and most comprehensive survey of complementary and alternative medicine (CAM) use by American adults to date—
 - **an estimated 8.2 million U.S. adults had ever used acupuncture, and**
 - **an estimated 2.1 million U.S. adults had used acupuncture in the previous year.**

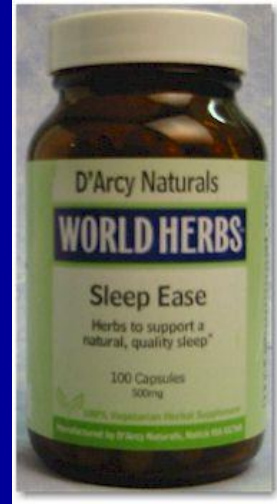
Acupuncture helps insomnia



- increases nocturnal melatonin secretion.
- reduces Insomnia and Anxiety.
- According to The Journal of Neuropsychiatry and Clinical Neurosciences 2004,



Herbs that Support Sleep



- **Sleep-Ease** combines herbs from three continents to help the body to sleep naturally without dangerous side-effects.
- *Valerian* is included to support natural calmness.
- This formula helps to **support the parasympathetic nervous system**, gently over time to help create and induce climate a climate of calm in the nervous system.



Supplements to Support Sleep



Melatonin is a natural hormone nutrient that is synthesized from the amino acid tryptophan by the pineal gland in the back of the brain. Melatonin also occurs in small amounts in a variety of foods.

- Supports regulating sleep/wake cycles
- Supports normal immune function
- Antioxidant support

Most of the research on melatonin has focused on its role in maintaining normal sleep/wake rhythms. The perception of daylight in the eyes is a signal for the pineal gland to inhibit melatonin synthesis and release. At night or in the dark, the body's melatonin production rises. The rise in plasma melatonin is thought to be responsible for bringing on sleep. Nocturnal melatonin production is highest in children and begins to decline from adolescence on until it is virtually absent in the elderly*.