

# MCKENZIE LAKE CHIROPRACTIC & MASSAGE THERAPY

## WHAT'S HAPPENING?

## OCTOBER 2018

### WE WOULD LOVE TO HEAR FROM YOU!



Please take a moment to visit our Facebook Page. LIKE the page and leave us a review. Once you have done that, invite your friends to visit and LIKE the page, so they get the same great information.

We post health and wellness tips weekly, as well as clinic events and promotions.

#### CLINIC HOURS:

**MON:** 10-12 & 3-7  
**TUES:** 2-7  
**WED:** 10-12 & 3-7  
**THUR:** 2-7  
**FRI:** 10-12 & 3-6  
**SAT:** Massage  
9 am – 1 pm  
Chiro: 9 am – 1 pm  
(Saturday Oct 20<sup>th</sup> only)  
**SUN:** 9 am – 1 pm  
Massage only

### A GOOD NIGHT'S SLEEP

Everyone knows there's nothing like a good night's sleep for feeling refreshed and alert in the morning. On the other hand, not getting the seven or eight hours of sleep that you need may leave you feeling grumpy and tired all day. But here's something you may not know: you have far more control over the quality of your sleep than you think.

Sleep is an important aspect of your overall health – both your body and mind rest and refresh while sleeping. If you have continued difficulty getting a good night's rest, consult a health professional, such as a chiropractor, who can help identify the problem and find solutions.

#### Choose a Good Mattress

Your mattress should be flexible enough to adapt to your body's shape, but firm enough to support your spine.

#### Test Your Pillow

Your pillow should keep your head and neck in line with your spine.

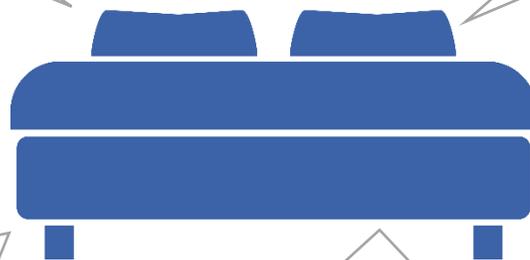
#### Don't Sleep on Your Stomach

Canada's Chiropractors recommend sleeping on your back or side. These positions allow your head, neck and spine to relax into their natural alignment

#### Get to Bed on Time

Try to go to bed at the same time every night – even on weekends – to keep your sleep cycle in a regular rhythm. Avoid naps, but if you must limit naps to under 30 min, and be sure to have your siesta before 3 pm.

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#### Light Up Your Life!

In the morning, open the curtains or blinds soon after you wake up. Bright light helps to regulate your natural biological clock.

#### Bedtime Rituals

Some people like a hot shower before bed, while others like to listen to relaxing music or read. Help your body wind down by avoiding caffeinated beverages, heavy meals, alcohol and vigorous exercise. They can all disrupt sleep. Studies have shown that when you finish your screen time 1 hour before bed, and switch to a no-screen activity, you are able to fall asleep quicker.