



Brampton: 220 Wexford Road Unit 2 Brampton, ON L6Z-4N7

Ph: (905) 840-WELL Fax: (905) 840 -LIFE

www.drjustineblainey.com

www.blaineywellness.com

How do YOU sleep at night?

By Dr. Ben Lerner, D.C.

Reportedly, John Lennon wrote the song, “How do you sleep?” as retaliation against what he felt was unethical behavior by his Beatles band mate, Paul McCartney. Today, however, the question, “How do you sleep?” is less about dealing with your guilty conscience or restless soul. Rather, it is more a common medical question followed by a diagnosis and subsequent medication. If you have trouble sleeping, there can be any number of causes.

In our high tech, fast food, double-espresso, 24 hour-a-day news world, it is actually a wonder that anyone gets any shut eye. While sleeplessness can, in very rare instances, come from an actual pathology, the epidemic is clearly lifestyle related. Think about just a few of the common factors brought on by “modern” living:

- If you cannot live without checking social media, updates, emails, and text messages all day, what makes you think your body can do it at night? Many people don't, and they actually get up to check their phone on the regular.
- Starbucks doesn't have a time-release mechanism in their caffeine so that your body knows to shut down at 10:15PM. Unless of course your glands are so burnt out by these legal, liquid amphetamines (LLAs) by then, that you simply pass out.
- Medications and the many chemicals found in food and personal care products can disturb physiology and throw sleep rhythms out of balance as well.
- 1,500 television channels, 24 hours a day, seven days a week, 365 days a year

According to the Centers for Disease Control (CDC) fifty to seventy million adults in the U.S. have what is now being diagnosed as “sleep or wakefulness disorder.” Because trouble sleeping is now labelled a condition or disorder, there is of course a drug for it. In fact, the IMS, which is a leading research firm that

tracks the sale of prescription drugs, found that in 2011, there were sixty million prescriptions written for sleeping pills, a number that is growing with leaps and bounds every year – it rose from 47 million to sixty million between 2006 and 2011. In other words, nearly everyone diagnosed with trouble sleeping is taking medication for it. This “condition” isn’t just being diagnosed in adults, either. A Wall Street Journal Article called, “So Young, So Many Pills,” revealed that 300,000 kids were also prescribed sleeping pills! My parents used to just say, “Shut up and go to bed.”

I get this problem. My wife falls asleep mid-sentence and I lie there trying to solve all of the problems of the universe for what can seem like hours. It can feel frustrating and make getting up the next morning and functioning throughout the day tough. Yet the solution to the complex health issues we face today are never easily solved with drugs. There’s no such thing as just, “a simple little pill to help you sleep.” In fact, a study done in 2012 that was published in the prestigious British Medical Journal (BMJ) found that those who were taking prescription sleeping drugs like Ambien were more likely to develop cancer and five times more likely to die within a period of two and a half years! Many other studies link multiple diseases and causes of death to this drug and the others like it. The solution to sleep, as tempting as it may be at 3AM, isn’t a life-shortening drug. Addressing your 5 Essentials and getting help from your local ML doctor is the best way, as Lennon also wrote, to “Give Peace a Chance.”

UPCOMING WELLNESS TALKS! SIGN UP NOW TO RESERVE YOUR SEAT!

December 14th, 2015 - Stretch Class with Terri

January 18th, 2016 - Max T3 Surge Class with Hannah

January 25th, 2016 - Dine with Doc with Dr. Justine

February 2nd, 2016 - Burst Training/Exercise Class with Terri

February 8th, 2016 - Partner Massage with our RMTs

February 15th, 2016 - Family Day - Free Skate and Party!

February 22nd, 2016 - Wellness Talk on Healthy Heart with Dr. Justine