Wellness Essentials

Lack of Sleep Will Lead to Slower Injury Healing

A good night's rest is one of the best things that you can provide for your body. Restful sleep allows the body to shut down and recharge. When you sleep is when you heal. If you are not sleeping well you are likely not healing well, either. Unfortunately, sleep deprivation is a condition that plaques many Americans. Microtraumas that occur regularly throughout the day are typically regulated and corrected as we sleep and we wake refreshed and physically regenerated. After multiple nights of decreased sleep, the daily microtraumas will accumulate and the injury will last longer.

Allegany Chiropractic Center

Are you tired of fad diets that don't yield results? Ask us about the ITG Diet Plan!

Love your body and start exercising for your heart health. 30 minutes of moderate activity is best.

ITG Plan® Nutrition. Life!

How to achieve better sleep

1. Exercise Regularly
2. Avoid Caffeinated Beverages
3. Eat Dinner Before 6 PM
4. Go to Sleep at the Same Time Every Night
5. Keep the Room Cool
6. Find a Supportive Pillow

Dr. Audie Klingler DC

&

Dr. Teal Tritapoe DC

Finding the Right Pillow

1. Your head and neck should remain level with your mid and lower spine in side posture.
2. When lying on your back, your head and neck should remain level with your upper back and spine.
3. Choose a firm foam.