

THE SOMNUS ODYSSEY

COMMUNITY EDITION

WELLNESS INSTITUTE FOR SLEEP & HEALTH NEWSLETTER

UNVEILING A NEW YEAR OF WELLNESS:



As we step into a new year, our commitment to your well-being takes a groundbreaking leap with the launch of our wellness-focused IV clinic *Springs of Serenity* at WISH. At the heart of this innovative service is a dedication to elevating your rejuvenation journey, not just through hydration, but by addressing the holistic needs of your body, mind, and sleep.

IV hydration is designed to replenish your body with essential nutrients, vitamins, and fluids directly into your body, offering a swift and effective boost to your overall vitality. Whether you're recovering from a vigorous workout, combating fatigue, or simply seeking a revitalizing experience, our expertly crafted therapies cater to your unique wellness goals.

REVITALIZE YOURSELF

Embark on a personalized wellness journey by delving into the diverse offerings on our IV infusion clinic website at:

[IV Hydration | Wellness Institute For Sleep & Health \(wishcares.org\)](https://www.wishcares.org)

Experience the convenience of concierge IV offerings that cater to your busy lifestyle and replenish you in a location of your choice.

Discover a range of medical drip hydration packages, which are physician designed to enhance your health. Explore our diverse individual options and rejuvenation packages with customizable add-ons to suit your unique needs.

Together we will bring balance to your life, from the comfort of your home.

Elevate Your Wellness with our Exclusive Add-Ons:

1. Meal Planning for Diverse Diets:

Embark on a culinary journey towards good health with our weekly meal plans. Meals are curated to include various dietary preferences (e.g. seafood-free, vegan, etc.) or needs (kid-friendly, minimalist, etc.). Indulge in delicious, wholesome meals that complement your wellness experience, promoting sustained energy and overall health.

2. Tailored Exercise Plans for a Busy Lifestyle:

Say goodbye to the limitations of traditional gym memberships! Our fitness plans are crafted to be seamlessly integrated into your busy routine. Achieve your goals with "micro-workouts" that can fit into a 5 minute window.

3. Promoting Optimal Sleep Health:

Quality sleep remains the cornerstone of fostering a holistic approach to your wellness journey. Our team of medical sleep providers consistently welcomes both existing patients for ongoing sleep management and new patients seeking support for their sleep needs.

THE NIGHTCAP CONUNDRUM: DOES ALCOHOL REALLY HELP YOU SLEEP?

Let's tackle the misconception surrounding the use of alcohol as a quick ticket to sleep, and face the harsh reality of its impact on your sleep cycle.

Contrary to popular belief, relying on alcohol to induce sleepiness can be counterproductive. Consuming it too close to bedtime or in excess disrupts your sleep cycle, leading to early morning awakenings and an overall disjointed sleep experience, characterized by frequent awakenings and lighter sleep stages.

Alcohol wreaks havoc on every stage of sleep, with a specific emphasis on REM cycling. Frequent sleep disturbances or shortened sleep times often leave many individuals feeling unrefreshed upon waking, leading to daytime tiredness. It's common to find yourself yearning for a quick nap or dozing off during periods of inactivity. This sets off a harmful cycle by diminishing the drowsiness required to fall asleep at your usual bedtime. Does this then prompt the need for another drink or the search for a sleep aid, whether over-the-counter or prescription? Absolutely, and individuals may find themselves habitually relying on these "aids."

This vicious cycle can spiral further into chronic insomnia, intensifying the internal struggle to manage the challenge of getting sufficient sleep each night to fulfill daily responsibilities.

The complexity deepens when individuals combine alcohol with daily medications. This isn't merely ill-advised; it poses a potential health hazard. Not only does alcohol affect medication metabolism, it heightens central nervous system depression, thus increasing the risk of breathing difficulties. Your body's innate drive to breathe is compromised, emphasizing the need for caution when mixing medications and alcohol which can lead to fatality.

So, what's the solution? Often, seeking guidance from a sleep professional, in conjunction with your care team, proves to be the most effective approach.

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They can help untangle the issues contributing to sleep difficulties and set you on the path to restoring healthy sleep. Don't be misled into thinking that chronic insomnia lasting for decades can't be improved or resolved!

Relying on alcohol to address sleep difficulties is never the solution.

WISH'S CONNECTION NEWS

We have **partnered with your insurance carriers** to facilitate ease of access to high-quality sleep care for our community. This concerted effort is dedicated to breaking down the financial barriers expanding our ability to help more patients.

We advise you to consult our website or contact our office directly to ascertain the list of accepted insurance carriers for our practice. Our specialized staff is readily available to assist and provide detailed information for your individual needs.

We are thrilled to extend our expertise deeper into the community, fulfilling the long-anticipated awaited need for comprehensive sleep services.

Look for us in the **Camas Greet Magazine!**

JANUARY 17TH, 2024

Join us for the next
"Talking Sleep with Dr. Patel"

At 6 PM at the Camas Public Library

See you there!

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