

January 2024

# THE SOMNUS ODYSSEY

COMMUNITY EDITION

WELLNESS INSTITUTE FOR SLEEP & HEALTH NEWSLETTER

## THE SLEEP/GUT LINK



Sleep plays a pivotal role in maintaining overall health, and its impact extends to various facets of our well-being. As healthcare providers at WISH, we recognize the intricate connection between sleep and our digestive system. Establishing a foundation for sound sleep involves understanding how our digestive health is a key factor in achieving a good night's rest.

A balanced gut flora is crucial for unlocking essential sleep hormones, such as melatonin and serotonin. The gastrointestinal tract and its inhabitants are responsible for absorbing vital nutrients, including magnesium and calcium, which contribute to promoting quality sleep. Importantly, even the simple detail of meal timing can have significant influence.

### SUNLIGHT HACKS FOR SOUNDER SLEEP DURING WINTER STORMS

While natural sunlight is ideal, with programmable and adjustable lights, we can mimic this primal wake-up stimulus.

Waking up by light and gaining full-spectrum exposure early in the day helps kickstart our body's metabolic hormones, and facilitates wakefulness and alertness. It motivates us to be more active—a real chore in the dark and winter chill—and ultimately results in deeper and sounder sleep the next night.

Allow morning light to optimize your sleep-wake cycle and orchestrate your path to maintaining a well-rested symphony of life!

To ease our bodies into a restful state, consider the following tips:

**Timing Matters:** Aim to have your last food intake 3-4 hours before bedtime to allow for adequate digestion.

**Mindful Eating:** Make food choices that support digestive health and sleep, and understand why and how you eat (out of boredom, out of habit, true hunger, etc.)

**Caffeine Awareness:** Though it may not continue to give you that “boost” or “pump”, consuming caffeine in the afternoons and evenings still has effects that linger for hours, subtly hindering your ability to fall asleep and stay asleep.

At WISH, our mission is to promote optimal wellness by recapturing balance in the face of today's chaotic lifestyles. To help you achieve this, we have developed a simple and easy-access resource to seamlessly integrate into your daily routine. Our daily “exercise snack” card features quick 1-2 minute circuits of adjustable intensity that can be effortlessly blended into your day. Paired with a thoughtfully curated meal plan, this offering ensures that you receive and optimally use a high quality fuel-up!

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Self-care need not be a time-consuming endeavor; rather, it can effortlessly become a part of your current lifestyle. Discover how our tailored approach aligns with your wellness goals for the year. We are committed to supporting you on your journey to your best health!

## IS YOUR WEIGHT KILLING SLEEP?

One of the most common sleep disorders, obstructive sleep apnea, has long been tied to elevated body weight. Sleep apnea results from reduced or obstructed airflow during sleep, and, unmanaged, it poses significant health consequences.

Thus, a key strategy to mitigate this risk is through determined weight loss. Studies note that individuals with sleep apnea have experienced a substantial reduction in the severity of the condition and subsequent need for treatment by prioritizing and maintaining a healthy Body Mass Index (BMI).

The benefits of weight loss extend beyond addressing sleep apnea alone; they positively impact overall health and well-being. Noteworthy advantages include:

**Enhanced Sleep Quality:** Weight loss reduces the metabolic burden by many complex mechanisms and thus contributes to improved sleep quality, more restorative sleep, and reduced daytime fatigue.

**Blood Pressure Regulation:** Weight loss has been shown to safely lower blood pressure by itself, but even further improves control when combined with the resulting improvement in sleep apnea.

**Cholesterol Management:** Reduction in weight leads to lower cholesterol levels, which is an extremely important marker in cardiovascular health.

**Blood Sugar Control:** Body fat reduction improves our ability to regulate blood sugar levels through better production of and response to insulin. This has far-reaching implications on metabolism and sleep.

**Improved Mental Focus and Behavioral Health:** The holistic benefits of weight loss include improved cognitive function and mental well-being.

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Thus, prioritizing weight loss remains a pillar in the strategy of managing sleep apnea and improving overall health. In some cases, it can 'cure' the disease; in most others, it can significantly reduce the need for other forms of intervention. It's one of the few medical recommendations that has virtually no negative side effects, but offers enormous benefits in many aspects of our health. That fits right in to our goals of safe comprehensive care!

## WISH'S CONNECTION NEWS

Our team is diligently working to grow our network of accepted insurances. To stay informed, visit our website regularly for the latest updates on in-network carriers.

We understand the importance of insurance coverage in accessing healthcare services, and we are here to assist you. Feel free to reach out if you have any inquiries or if you do not see your insurance provider listed.

In addition to our monthly newsletter, we invite you to subscribe to our YouTube channel! We want to share helpful sleep tips and wellness advice. Let us know what you want to learn about so we can include it in upcoming videos. We are excited to play a part in the journey towards the best health for everyone!

FEBRUARY 21ST, 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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