



Sleepless in G-Town

Dear Dr. Brechtel,
I am having a little trouble sleeping (mild insomnia) and could use some suggestions.

Dr. Malott-Brechtel

You're not alone, as between 10-15 % of Americans have a similar complaint. Chronic sleeplessness can lead to fatigue, an inability to cope with stress, and immune suppression. Here are some steps that should increase your likelihood of sleeping well.

Exercise Regularly, but not within 6 hours of bedtime. **Avoid Caffeine** after Noon-it's a nervous system stimulant. **Avoid Alcohol**-while relaxing, it disrupts sleep patterns. Keep **regular sleep hours**-your body likes consistency. **Stay off the Computer** or TV right before bed-it stimulates the mind. **Avoid large, late meals**. If you have to eat within two hours of bed time, make it a snack. And, **try yoga or meditation**, to quiet the mind. Supplements that may be helpful are L-theanine, magnesium, and melatonin. Happy zzzzz's.

Dr. Mary Malott-Brechtel is a chiropractor and Board Certified Clinical Nutritionist and can be reached at (409) 744-2225 or via www.malottchiropractic.com