

January 2012

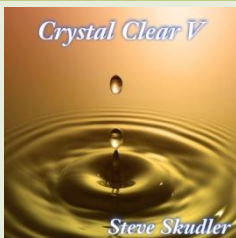
## Speaking of...Mindful Wellness Healthy Sleeping Positions...

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Dear Jacky,

The new year starts with so many resolutions. One that may not be on your list, but will help you in so many ways is changing your sleep position. Our guest author, Dr. Chris Coffman, a certified Chiropractor for many years, gives you great information on healthy sleep positions. Thank you, Dr.Coffman, for this enlightening information.

Out with the old and in with the new... to continue receiving my new newsletter, wellness videos, helpful tips, plus even more stress relieving ideas please [click here](#) or enter your information using the "Sign-Up" buttons in this newsletter . Don't miss out, I've got a lot of exciting ideas to help you improve your wellness in 2012.

You'll also notice I've redesigned my website to make it easier for you to find products, articles, my blog, plus many more suggestions to keep you healthy, visit [www.MindfulWellnessMassageandBodywork.com](http://www.MindfulWellnessMassageandBodywork.com).

Here's to a healthy, restful year...

Jacky

### Healthy Sleeping Positions...

By Dr. Chris Coffman



I slept face down for years until I injured my neck. I then forced myself to sleep on my back, but it was not easy. So, why did I change?

Sleeping face down with your head turned to the side causes the curve in the neck to decrease which can then cause a multitude of health problems. A decreased curve increases the chance of neck pain and causes spinal degeneration. It also stretches the spinal cord which then alters messages from the brain to the rest of the body and can affect organ function. This position also tends to aggravate lower back problems.

Other positions which can be detrimental to the body are sleeping with your arms raised over your head. This can exert pressure on the nerves and blood vessels which go down your arm and cause them to tingle or fall asleep and prevent a good night's rest. Sleeping with the wrists flexed can also cause tingling or numbness in the hands which can wake you up. This can be prevented by wearing a wrist support.

website. These make a wonderful addition to your music collection.

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### Contact Us

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The best position to sleep in is on your back with the head flat on a low pillow or on a cervical pillow with bolsters. A big pillow under the knees helps support the lower back and may help prevent you from rolling over. The next preferable position is sleeping on your side with both knees bent in a fetal position and your head in a neutral position. A pillow between the knees and ankles in this position helps reduce the stress on the hips and lower back. Some people with spinal problems have difficulty sleeping on their back or on their side and have to sleep in any position that is comfortable. If you experience back or neck pain while you sleep it is possible you have a spinal problem or need a new mattress. The proper sleeping position and a good mattress can help you get a good night's rest and improve your energy!

If you have any questions feel free to email me at [westchesterchiro@fuse.net](mailto:westchesterchiro@fuse.net).

Dr. Coffman is Certified Chiropractor in Whiplash and Spinal Trauma, Chiropractic Biophysics, and Pediatrics and the Webster Technique. For more information visit our website at [www.westchesterchiro.com](http://www.westchesterchiro.com).

## Start your bedtime routine with a calming bath...

On a regular and frequent basis, I recommend to my clients that they take a therapeutic bath.



The first "level"... of a therapeutic bath is the warm water. Just taking a leisurely soak in the tub is a wonderful and very effective way of calming the body and reducing aches and pains.

[The next step...](#)

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## Bedtime/Quiet Time Spray...

Create your own Bedtime/Quiet Spray by following the directions below.

### Ingredients:

- 4 oz. [Trigger Spray Bottles](#): These bottles work perfectly for this spray and are easy for little hands to operate!
- Essential Oils: Use [lavender oil](#), or your favorite calming blend. You will need 10-20 drops of oil for each spray.
- Water: Distilled water works best. You will need approximately 4 oz. (1/2 cup).

### Instructions:

1. Add 10-20 drops of essential oil to your glass bottle.
2. Fill the rest of the bottle with distilled water.
3. Screw the trigger-sprayer onto the glass vial and shake to combine the liquids. Spray the mixture into the air at bedtime to help soothe and calm, shaking before each use to re-combine the oil and water.

### Extra Ideas:

1. Place these bottles on a bed-side table for children to use during the night to spray away bad dreams and other night-time fears!
2. Take the clip from the neck of the triggersprayer (that keeps it from

spraying during travel), and place it on the spout of the sprayer for a fun way to help them "aim" their sprays where they want them to go.

Comments, suggestions or questions are always welcome.

**Here's to Healthy Habits,**

*Jacky*

Jacky Groenewegen , LMT, HTCP, GIT  
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