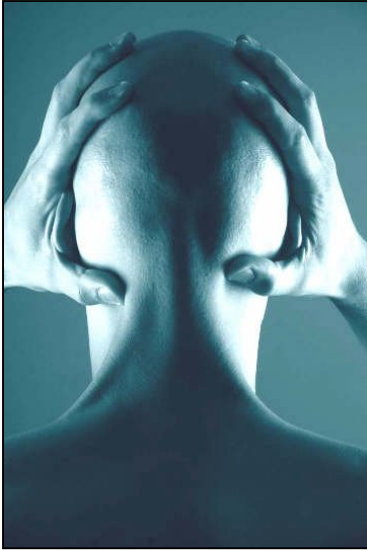


## Insomnia



Insomnia, or difficulty falling to sleep, can be caused from a plethora of problems -- some that can be very serious and some that can be as simple as eating a snack too closely to bedtime. If a patient came to my office seeking chiropractic treatment for insomnia, we would first attempt to rule out any serious causes for this inability to sleep. In some cases, musculoskeletal pain is what is keeping the patient awake. If this is the case, chiropractic care may help relieve these pains and allow the patient better rest.

When you are sleeping, the active and conscious centers in the brain are given a break while the healing and regenerative areas of the body are put to work. Being able to freely move while asleep is important. This is why I suggest a more firm bed when patients ask about a recommendation.

Soft, conforming beds can limit movement and frustrate the body's attempt during sleep stage recuperation. Ultimately, the processes that are functioning while asleep are driven by the nervous system and communicated through the spinal nerves. If interference, in the form of spinal misalignments, is hindering this communication then sleep may be disturbed.

Chiropractic may help this cause of insomnia. For more information or to schedule a consultation with one of our chiropractors please [contact us](#) today.