

Sleep Disorders & UCC

Scientists are just beginning to fully understand the function of sleep, but they do agree that **sleep is absolutely essential**, not only for physical and mental health, but for our very survival. Loss of sleep creates an overwhelming and sometimes uncontrollable need to sleep and affects nearly all physiological functions. Sleepiness is associated with difficulty in concentrating, memory lapses, loss of energy, fatigue, lethargy, impaired motor response, and emotional instability.

Of the 70 known sleep disorders, the most common are:

- **Insomnia:** characterized by an inability to fall asleep, waking up during the night, and having difficulty going back to sleep.
- **Obstructive Sleep Apnea (OSA):** a potentially life-threatening disorder in which breathing is interrupted during sleep. An estimated 12 million Americans have OSA.
- **Restless Legs Syndrome (RLS):** a neurological movement disorder that is often associated with unpleasant leg sensations and an almost irresistible urge to move the legs.
- **Narcolepsy:** a chronic disorder characterized by excessive and overwhelming daytime sleepiness, even after adequate nighttime sleep. Daytime sleep attacks may occur with or without warning and may be uncontrollable.

Many Americans struggle through episodes of sleep disorders on their own, while others turn to over-the-counter drugs, prescription drugs, or sleeping devices for help.

Can an Upper Cervical Correction Help?

The most common misconception about Upper Cervical care is that it only helps back and neck pain.

Upper Cervical care is based on the universal law of cause and effect. For every effect or symptom, physical or mental, there must be a cause.

Upper Cervical doctors recognize that the body is a self-healing organism, controlled and coordinated by the central nervous system, which is protected by the skull and spine.

Using a gentle technique, Upper Cervical doctors locate and remove interference to the nervous system, allowing the body to heal itself naturally without drugs or surgery.

Align Your Spine!

If the first two bones in your neck are misaligned, communication between the brain and body is interrupted and can cause numerous health problems.

Misalignments in the upper cervical spine (neck) can affect the function of the brainstem, which can be a **critical factor in many health problems, including sleep disorders**. These misalignments can be caused by bumps, falls, car accidents, emotional stress, or even birth trauma.



SCAN HERE FOR REFERENCES



If you currently suffer from a sleep disorder and would like to seek advice from an Upper Cervical Chiropractor, please schedule an appointment today!
onetemplewellness.com