

Dr Casen - sleep-insomnia

Fri, 7/3 1:36PM 7:52

SUMMARY KEYWORDS

sleep, important, work, bed, tired, body, creates, mindful, difficulty, talking, light, case, anthony, food, bedtime, kids, signals, encourage, bedroom, drugless

SPEAKERS

Dr. Anthony DeMaria, Dr. Casen DeMaria

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Dr. Casen DeMaria 00:02

This is Dr. Casen with In Case of Podcast. Today I am joined with my husband, Dr. Anthony and we are going to have a discussion on sleep deprivation, insomnia and why people seem to be so tired all the time and how we can help to change that.

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Dr. Anthony DeMaria 00:18

Okay, so Dr. Casen, why don't you share story of why people may be tired and what you've been able to see, help them in our own personal practice.

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Dr. Casen DeMaria 00:29

Well, I know when our members come into the office and even when we're talking at different events and conventions, a lot of times people have similar goals and they say that they're tired of being tired all the time. And for you, you might have difficulty falling asleep, staying asleep. Maybe also you sleep all the time and you really don't have any energy even with however much you sleep. I also have people that they are up All night long and their mind is racing. And it's kind of like they're on a hamster wheel and it's going, going going and they literally just can't shut their brain off. So I know that that can create a host of other challenges physically, mentally, and emotionally. Especially in women. If if you've had children, I know that there are seasons of life with having babies and kids and you're breastfeeding and you know, you're raising the kids and you might be

thinking about other things going on. But there are things that you can do naturally to work on allowing your body to get more into a better sleep cycle. And I think that people also today, Dr. Anthony, they're tired because it could be maybe more of a demand on their body, whether it's the work, whether it's just better managing their schedule. I know I was talking to someone the other day and Easy things like we were talking about their food prep and I was sharing with her that have you ever considered of just starting to prepare your food ahead of time on the weekend and creating these blocks of time so that way throughout the week, you're not trying to make up for making the lunches in the food but also incorporating your mate into other things as well as your kids into the food making. And I know for you, Dr. Anthony, that was a really big area that your parents really helped you with at a young age.

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Dr. Anthony DeMaria 02:33

You know what I think that it's vitally important that everybody pulls their own weight because I have a lot of parents that we see. And they're trying to do everything for everybody and have it be in a state of perfection, which doesn't exist. So it's important to work on pulling everybody together and working together to do things like lunches and laundry and cleaning around the house. So check your case in as we're just is we're having a discussion here on this topic of sleep. What might sleep or lack thereof do to our bodies throughout a day? What does that do to us over time?

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Dr. Casen DeMaria 03:09

I know some of our listeners today they there they can call in and tell us what's going on because I know that you could be irritable. You might have difficulty losing weight, maybe hormonally, you're having even body signals of maybe tender breasts, heavy menstrual flow, other things that are going on. You could even be having heart palpitations, leg cramps, muscle cramps, dizziness, and also food cravings. You could be having craving sugar, craving salt, these are all different body signals that your nervous system might not be at 100%. Also,

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Dr. Anthony DeMaria 03:50

you know, I think you show that really well because we do very much notice when someone's not sleeping while they're Krabby Patty and they're they're just Not easy to get along with. So when someone starts to sleep better, the changes are seeing are remarkable. So if you're struggling with a sleep issue, it's important to work on taking steps proactively to help No. One of the things that we're going to give you some simple tips, but it's probably a really good idea to follow up with a provider, we would encourage

you maybe to see a chiropractor, natural path. I can think of one gentleman in particular here recently, and he owns his own business, and he drives a truck. And he's having a couple of life situations go on. And we worked on a couple of strategies with him to include Chiropractic and some nutritional approaches. But I checked in with him last week when he was in the office and he was very excited. And you know, who's even more excited his wife because his wife was very concerned about his lack of sleep. So Dr. Case and I have a question for you. How can we help to regain a peaceful night's sleep but what are some things things that we can do in order to improve our sl



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ep. Well, you really want to start by having a bedtime for yourself. And I know it's really important and we encourage all of our members and people that we talked to is you really want to be going to bed before 10pm because that time between 10 and midnight is when your body actually creates its own growth hormone and as well as our body creates its own melatonin. I know based on some of the research and even with the statistics, when people are having difficulty sleeping, I know a lot of you might be taking melatonin or you could be taking a sleeping medication and anxiety medication. And we don't have a license to tell you to stop taking these medications. But there are things that you can do naturally to start working on that and whether it's ourselves or someone in your local area. You really want to have someone to guide you through that process. So bedtime is really important getting into a routine that when you go to bed at 10 o'clock that you're actually going to bed you're winding down. Maybe you choose to read the Bible, maybe you're you're reading another book. If you are watching a TV program, you want to really be mindful that you don't get consumed with that. Because sometimes what happens is you might get excited, you're watching something, maybe you're on your phone, you're on social media. And then what happens is you actually get stimulated in I know that you might feel this way. Sometimes as you go to bed, you're tired, you can't wait to go to bed and then you start doing something else and that really can impact your sleep. A couple other things that you want to be mindful with is you want to look at the light in your bedroom. So tonight when you go to bed, what I want you to do is lie down and then look to see if there's any light coming in. So I know that for myself, I have dark blinds that helped to keep the light out. And also you want to be mindful you want it to be quiet you want it to be cool in your bedroom sometimes temperature can impact your sleep. So I know those are a couple things naturally that you can do. Also, when it comes to food choices I know we talked about this a little bit in our previous episode, but you really want to work on staying away from foods that could have chemicals or sugar in them and really focus on your fresh proteins and vegetables, especially green leafy vegetables because in that they have minerals like calcium, magnesium, zinc, which are really important for the healing process. So I encourage you to visit us at drugless DRS

comm for more information We hope you've enjoyed this podcast See you next time on In Case Of with Dr Casen DeMaria.