

Jun/Jul

## ARE YOU GETTING *ENOUGH SLEEP?*

As the summer months descend on us providing the gorgeous weather for BBQs and outdoor sports, there is the age old problem of it being 'too hot to sleep'.

How much or little sleep you're getting on a regular basis has a massive impact on your day. It affects how you interact with people... ever asked someone a question and got a snappy response? They might not be a rude person; it might be because they're not sleeping well.

The Sleep Foundation (March 2022) found that, in America, adults over 40 are extremely likely to have sleeping problems. When it comes to waking up in the middle of the night to use the bathroom 69% of men and 76% of women surveyed said they wake up at least once for that reason.

While that might seem like a slight inconvenience in the colder months when you can just slug back into those nice warm sheets, in summer when the heat sticks around all night it creates a greater problem.

We've all been there...you get yourself back into bed, but there's little comfort there. Even with windows open, you're still baking hot. You toss and turn all night, all the while becoming consciously more agitated by the amount of time you have left before your alarm calls you to get ready for work.

What's the solution? Well, here are a few tips that can help you sleep better... both in general and for when the heatwave nights strike.

Cut liquids out early – Essentially you don't want to be drinking large quantities of any liquid before bed. But if you're someone who always gets up to use the bathroom a few times a night try having a cut-off time before bed.

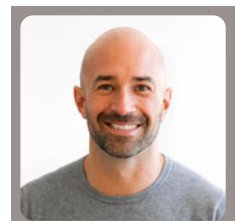
Get yourself a fan and cool the whole room – There are some fans out there that promise to be quieter than others, but they also tend to be expensive. All fans though have an oscillating feature, that allows them to rotate. Rather than aiming it solely at your pillow try turning on the fan and having it rotate for at least 30 mins before bed and keep it on during the night on a setting where the noise won't disturb you.

Cut the caffeine – In healthy adults caffeine has a half-life of five hours, which means that half of the effects of caffeine will wear off in five hours. If you're someone who drinks lots of coffee, especially after dinner, reducing this might help you sleep better.

Hopefully these tips will help you get a better night's sleep this summer!

*Luc Archambault*

**Chiropractor**





# 5 Teas To Drink For Relaxation

When you're having a bit of a stressful day, you'll likely hear someone say... "let me stick the kettle on". While a good chat can help with the issues of the day like stress and anxiety, we want to explore what teas you can drink to help that little bit more.

Tea can also be a great way to introduce some calming zen into your life and the best thing is there are so many types to choose from, so there should be something for everyone on the list.

## 1. Mint Teas

Whilst providing a refreshing taste, mint teas are well-known to hold several health benefits. For example, peppermint tea can help with stomach issues. This is due to menthol relaxing the stomach muscles that can contract causing cramps. Menthol can improve circulation and improve inflammation that causes stomach pains.



## 2. Chamomile Tea

Chamomile is a herb that comes from the Asteraceae plant family and looks similar to the daisy flower. The dried flowers, which are packed full of antioxidants, when infused with hot water and drunk can help certain things like sleep and digestion. One of Chamomile's antioxidants is called apigenin which attaches to certain receptors in the brain helping to promote sleepiness and can be a big help for those suffering from insomnia.



### 3. Lavender Tea

Brewing the purple buds of the lavender flower can have many health benefits for tea drinkers. Lavender oils and essences are widely used as an aromatherapy agent to help people struggling with depression and fatigue. Multiple studies suggest that lavender may help to stimulate activity in certain areas of the brain which can result in a calming effect and mood.



### 4. Ginger Tea

Extracted from the ginger root, this orange-coloured tea can be extremely helpful for dealing with nausea and stomach symptoms. Studies have shown that ginger can reduce blood pressure. Ginger also contains key phytonutrients which are known to have anti-inflammatory effects when drunk in a tea. This one though might be the most love it or hate it on our list with its strong taste!

### 5. Matcha Tea

The last tea on our list is Matcha and as a green tea, it's also the only option with caffeine in it. Cultivated and grown in Japan, matcha tea is rich in catechins, a form of natural antioxidant. Studies into matcha have suggested that it may help protect the health of the liver, while other components could also help brain function. While containing caffeine, matcha usually contains lower amounts than coffee meaning you'll feel the side effect less.



We hope these suggestions give you a little lift when it comes to dealing with the pressures of the day.

# HEAVENLY STRAWBERRY HAPPINESS

## Ingredients :

- 1 cup coconut water or almond milk
- 1/2 cup frozen strawberries
- 1 banana
- 1 Tablespoon coconut oil
- 1 Tablespoon hemp seeds



## Instructions :

Place all ingredients into a blender.  
Blend until smooth. Pour into a glass  
and enjoy!

## Fun Facts ~



Octopuses have three hearts.



# WORDSEARCH CHALLENGE



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