

THE SLEEP TECHNOLOGY Adjustable Bed



Natural Latex Adjustable Bed

that conforms to body contours, providing the ultimate comfort and support. Provides temporary relief for:

- Arthritis
- Emphysema
- Bad Circulation
- Back Problems

Available in all sizes



**Our products are
Australian Made.**

**Health
Approved
GST
Exempt**

Visit our
showroom and
find out how
you can get
the best night's
sleep

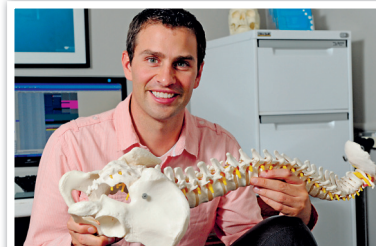
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Tips for Better Sleep despite Holiday Stress



Holiday time is upon us, and with it comes family trips, visitors, gift-shopping and -of course -all those extra bills to pay.

Stress of any kind is a proven cause of sleep disorders and interrupted sleep patterns. "Your health is your most important asset and it takes good quality sleep to maintain it," says Dr Kyle McCandless of Wellspring Chiropractic. Some studies link poor sleep with increased susceptibility to ulcers, heart disease, obesity, depression and a host of age-related ailments. Sleep deprivation also is frequently cited as the cause of highway fatalities and other accidents.

Health requires a good balance of physical exercise and activity combined with periods of rest, relaxation and adequate sleep. CAA media spokesperson Dr Suzanne Jarschke reports that chiropractic care has been shown to significantly reduce the effects of stress on the body and improve your capacity to cope with stress.

Tips to enjoy better sleep while enjoying this festive season:

Keep your schedule Even during the festive season, sleeping habits should be as regular as possible. Try to go to bed at the same time every night and wake up at the same time every morning.

Don't over-indulge When you eat heavy, greasy foods, especially in the evening, your body won't be able to digest them quickly, leaving you to the mercy of that food while you're trying to sleep.

Limit alcohol Take it easy with "holiday cheer." Even though alcohol is a depressant and will help the body fall asleep, it will create problems during the second half of the sleep cycle, when the effects have worn off and a backlash effect occurs. Stay well hydrated by drinking plenty of water.

Sleep on a comfortable, supportive mattress & pillow We recommend the Sleepmaker Range. If you are sleeping in a strange bed, put the mattress on the floor if the bed is saggy and place a small, soft towel under your side to compensate for any dips in the mattress.

To help promote a stress free holiday, Wellspring Chiropractic is offering \$50 off our initial consultation & examination during the month of December.

Please call 4779 1604 or visit wellspringchiropractic.com.au for specialist advice on how to get straight to sleep, sleeping posture and spinal health.

wellspring chiropractic
family health & wellness