

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

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Kids, Growing Dreams & Chiropractic



Sleep is a vital need, essential to a child's health and growth. Sleep promotes alertness, memory and performance. Children who get enough sleep are more likely to function better and are less prone to behavioral problems, accidents and moodiness.

"It is important for parents to start early and help their children develop good sleep habits and ensure they are sleeping on a supportive and comfortable mattress," says Dr Kyle McCandless of Wellspring Chiropractic.

Sleepy's and the Chiropractors' Association of Australia recommend the Growing Dreams kids range which features the Duracoil Plus spring system, PowerFirm base and Ultra-Fresh protective treatment.

Sleep Facts for Kids:

- 40% of your childhood is spent in bed as your bones are still growing
- According to the National Sleep Foundation, 60% of children aged 4-12 complain of

feeling tired during the day

- Children should sleep on their back or side with a low chiropractic contour pillow
- Sleep Guidelines – 1-3 years (12-14 hours), 3 to 5 years (11-13 hours), 5-12 years (10-11 hours), 12-18 years (8-10 hours)

"Insomnia, bedwetting, restless leg syndrome, headaches, snoring and sleep apnea are the most common sleep related childhood complaints that we see at our clinic," says paediatric chiropractor Dr Suzanne Jarschke.

Chiropractors use gentle, effective techniques that they adapt specifically for children depending on their age, size and condition.

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

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