

BEST SLEEP

LAUNCH
ISSUE

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...Is Poor Sleep
Affecting Your
Health?



PILLARS OF HEALTH
Ed Harrold explains how
to Breathe Your Way to
Some Restful Zzzz's...



**GLOBAL
SLEEP PANDEMIC**
World-Renowned
Sleep Expert
Dr. Deepak Shrivastava



**Dr. Brock
Rondeau**
Saved My Life!

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HEALTH & SLEEP: Ask The Night Nurse!

MAGAZINE

Sleep, Snoring and ...

SEVEN SURPRISING TOPICS YOU SHOULD DISCUSS AT YOUR NEXT DENTAL CHECKUP

As you walk into the office for your next check-up, remember that your Dentist and Hygienist aren't just interested in scraping, polishing, and fixing teeth! In fact, they don't just stop at your mouth, molars, and gums! They also check on your tongue, your throat, and your airways. Ever wonder why? The answer is simple: it's because they are passionate health care providers!

They care about you - about your overall health.

They also play an amazingly important role in detecting health issues that will simply astound you! You see, they may be first to notice signs and signals that something is out of whack. In fact, your family doctor is relying on them to pick up on problems in the oral cavity. It comes with the turf.

RED FLAGS

"Red Flags" like when you feel panicky as the dental chair is reclined. Or when you start gagging, your tongue seems so large and the Hygienist is struggling to work around it. Or feeling like you can't breathe through your nose while they're working in your mouth... All these 'Red Flags' are far more common than you think! But, just because they are common, does not mean that they are normal! They are clues...Signs and Symptoms.

Don't Panic! Your Dentist knows just what to do. They know exactly who to reach out to. They know how to get you the help you need. And best of all, they WANT to help! So, talk with your Hygienist and Dentist about your general health - you may be surprised by the whole mouth-body connection!

Here are 7 things you never imagined they would be interested in:

- **Not sleeping a full 8 hours**
- **Snoring or gasping for air**
- **Dry mouth when you wake up**
- **Getting up during the night to go pee**
- **Waking up in the middle of the night with a fright**
- **Waking with a dull headache**
- **Waking with jaw pain.**



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Seven-year-old Izzy asks, "The dark is scary! Is it such a big deal if I sleep with the lights on?"



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Medical Disclaimer: We do not give medical advice in our magazine, except that you are always advised to contact your doctor, dentist, or sleep specialist for any health issues that you may be experiencing.

My Dentist *Saved My Life!*

As a Critical Care Nurse for almost 25 years, I feel embarrassed to say that I once practiced blind - without fully understanding the role that sleep plays in many, if not all, of the debilitating health conditions that I saw each and every day in the Emergency Department.

WHAT CHANGED FOR ME?

A colleague of mine asked me to fill in for her doing conscious sedation for an oral surgeon. I thought, "Sure, why not, I get paid on the spot, a little extra money. No problem."

I prepped the patients, administered the medication, and then sat there monitoring while the oral surgeon pulled out wisdom teeth.

Looking around the room I noticed a poster that said, "Ask your dentist about sleep apnea."

For the life of me, I could not understand WHY someone with a significant medical condition like sleep apnea would be told to discuss it with their dentist!

For the rest of the day, my mind is spinning. My Emergency-Room-Nurse-Ego in full-blown attack mode! So immediately after my shift, I approach the dentist and ask very accusingly, "Why on earth would you encourage your patients to speak with YOU about sleep apnea?"

Doctor Lucia Ambrochi was very calm, and said, "Come back to my office, I want to show you something." The video she played - a person relaxing into sleep - held me spellbound: They begin to snore, the tongue relaxes, falls back, completely blocks the throat and they stop breathing for 90 seconds...it seems like an eternity...



JULIA WORRALL RN
EDITOR-IN-CHIEF

Then she shows me this little gadget that holds the jaw in place and keeps the tongue out of the way while a person sleeps. It is called an Oral Appliance or Mandibular Advancement Device. The next part of the video shows the same person wearing an oral appliance and now the air flows silently, effortlessly through as they sleep.

At that moment my mind is blown! I had this massive AHA moment that stopped me dead in my tracks! I literally went home and spent the next few days with my mind just reeling.

I thought to myself, "How did I not know about these devices? More than that, if I didn't know about this, what else don't I know?"..

I recalled how many times my first responsibility when a trauma patient came into the emergency department was to do a jaw-thrust maneuver. Pushing their jaw forward just a few millimeters to lift their tongue out of the way allows the air that we're squeezing through the Ambu bag to actually go through. That connection between what she showed me and what I've done in my practice so many times just clicked for me.

If that wasn't enough, I am somebody who was diagnosed with Sleep Apnea. I've been wearing a CPAP for a number of years. Well, to be honest, I HAD a CPAP for a number of years, but I wore it intermittently. At this point, it was collecting dust in my closet...



Experiencing a hemiplegic migraine.

Like many, I believed CPAP was 'optional'.

Turns out that one of the main issues for me was that I had orthognathic surgery as a teenager. I was a 'Class 3' which basically means that I had an obvious underbite. It was negatively affecting my self-esteem, so when the dentist told me he could make me "look real pretty", I decided to go for it. Not knowing that breaking my jaw and pushing it back seven millimeters would effectively close off my airway, giving me Sleep Apnea.

NOW I realize that I probably shouldn't have had my bottom jaw pushed back. I should have had my upper jaw guided FORWARD. Now I understand that my chronic mouth-breathing likely contributed to me developing the underbite in the first place! Hindsight is 20/20!

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Solutions for staying alert and productive during a long day...



The hoodie that helps you sleep. Anywhere.

Dark
Built-in sleep mask blocks light

Quiet
Hood and mask muffle sound

Cool
Fabric wicks to keep body comfy



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To her credit, Dr. Ambrochi recognized my case was complex because of the surgery and that she needed to collaborate. She referred me to Dr. Brock Rondeau, one of her course instructors at the time. I drove over two hours to see Dr. Rondeau and it was well worth it!

I was desperate. It was getting to the point where my migraines were one on top of another and I was exhausted!

As a single mom, trying to provide for my family, all of my health issues were building up to a place where I was seriously wondering how I was going to continue in my chosen career as an emergency room nurse.

My employer was not thrilled with my progressively more frequent absences either...

At Doctor Rondeau's, I feel 'seen' for the first time in a long time. Up until now, my incessant migraines and fatigue were always chalked up to stress. I was referred to counselors who really helped me with reframing my mindset, and setting boundaries, but were not affecting my profound fatigue. He was the first person that simply said, "I can see why you are in pain. We can do something about that."

Over the next couple of years, Dr. Rondeau mentors me to learn more about the connection between my face, my airway, breathing, sleep, headaches, and neck pain as he unlocks my jaw and eases my migraines - by at least 80%. I cannot believe that in all my years of nursing, I never understood these connections!

I had my upper jaw expanded but I never did get an Oral Appliance or Mandibular Advancement Device for sleep because my jaw joint is too fragile. My other option would be to go for major surgery on my face to advance both jaws, effectively reversing my original surgery, but I'm not prepared to do that right now.

Instead, I faithfully wear my life-saving CPAP. I've made peace with it.

That interaction, and many others that followed, put me on a whole different trajectory, not only for my personal health but for my career. To connect the dots of what initially looks unrelated and begin to unravel the 'why' behind the disease process. To actually feel excited about medicine again! Realizing that all I thought I knew for sure, I didn't actually know. We don't know. We are all still just figuring it out...



Use a wind-down routine for an hour before bedtime, to focus on keeping things relaxed and positive.

Dim the lights, read a fun book, talk about the best parts of your day, or express gratitude for the day's highlights.



Sleep testing is crucial

Maxillary Expansion

Sleeping well & Thriving!



READ MORE...

Click or scan the QR code to read more about **Julia Worrall**



THE GLOBAL SLEEP PANDEMIC

CHIEF MEDICAL EDITOR: DEEPAK SHRIVASTAVA

Even though we are right in the middle of this COVID-19 pandemic, we have not forgotten about the pre-existing, worsening global pandemic - Poor Sleep.

The COVID-19 pandemic has stalled the normal practice of sleep medicine, not only due to infection-risk-related lockdowns and closure of businesses but also as the mainstay of treatment for obstructive sleep apnea, the CPAP, remains contraindicated due to its aerosol-generating properties.

Prior to COVID-19, sleep disorders including insomnia, hypersomnia, sleep apnea, circadian rhythm disorders, and movement disorders were the prevailing discussion in social media and public health organizations including the World Health Organization.

Emphasis was given to advertising by diagnostic and therapeutic product companies due to the ever-increasing interest in-home diagnosis of sleep apnea and its treatment. Home sleep testing is taking center stage in this multibillion-dollar industry, due to its ability to reach large volumes of patients and establish a diagnosis within a high degree of concordance compared to the gold standard in-lab polysomnography. Complemented by the use of AutoPAP, the need for in-house polysomnography has almost been eliminated.

The ever-increasing use of electronic gadgets has also taken us to a whole other level of entertainment, providing a formidable source of information. This, however, comes at the cost of sleep deprivation and irregular sleep habits. Paradoxically, the blue light that is emitted from these electronic screens is a robust modulator of the circadian cycle; completely disorganizing the natural function of organ systems in the human body.

COVID FACT During the Pandemic:

**37% increase in
clinical insomnia
cases to 1 in 5 people!**

**Health-care workers
indicated even higher
rates of insomnia
(34%-36%)**

Sleep deprivation and insomnia are considered to be the most prevalent sleep disorders. Since human society has evolved into 24-hours a day activity and work, both disorders are simply a natural consequence. Almost 25% of the workforce in the United States are shift workers. This has led to a devastating public health crisis which is likely to get much worse!

Topics I look forward to addressing through Best Sleep Magazine include the following:

- Social disparity and distress have led to an ever-rising incidence of insomnia and psychiatric illness. Access to mental health providers is limited and there is just not enough time available for providers to explain everything to the patient. This leads to noncompliance with recommendations and continued suffering on part of the patient.
- Movement disorders are prevalent around the world. Parkinson's disease and other movement disorders have significant complications related to sleep. Early recognition of changes in sleep pattern can lead to timely intervention and ultimately less suffering for the patient.
- The recently recognized role of normal sleep in neuro-preservation and aging is considered a breakthrough in knowledge.
- The exciting scientific discovery of the Glymphatic system in the brain and sleep-disorders-related neurodegeneration finally places sleep in the forefront of each healthcare discussion.
- The importance of sleep during pregnancy, perioperative anesthesia and postoperative surgical recovery became directly related to outcomes.

Educational organizations have continued providing the highest level of activity providing cutting-edge scientific education to healthcare providers. The science of sleep is no longer limited only to the practice of medicine but is beginning to include all other disciplines including ophthalmology, urology, and like specialties.

In the midst of all this, there remains a huge void in the dissemination of information regarding normal sleep and its disorders directly to the consumers. Best Sleep Magazine is a remarkable effort to not only fulfill that need but to also help millions of people who strive for natural, fulfilling, restorative sleep.

It is my pleasure to join the team of Best Sleep Magazine as Chief Medical Editor. This magazine will allow consumer-direct access to sleep specialists, like myself, who are happy to provide answers to questions and concerns to guide you in the right direction, so you can make informed decisions and receive appropriate care.

Deepak Shrivastava , MD , FCCP, FAASM, FACP, RPSGT, Professor, Respiriology, Pulmonology, Gerontology, Intensive Care and Sleep



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Click or scan the QR code to read more from **Deepak Shrivastava.**

HOW TO FIX YOUR SLEEP SCHEDULE

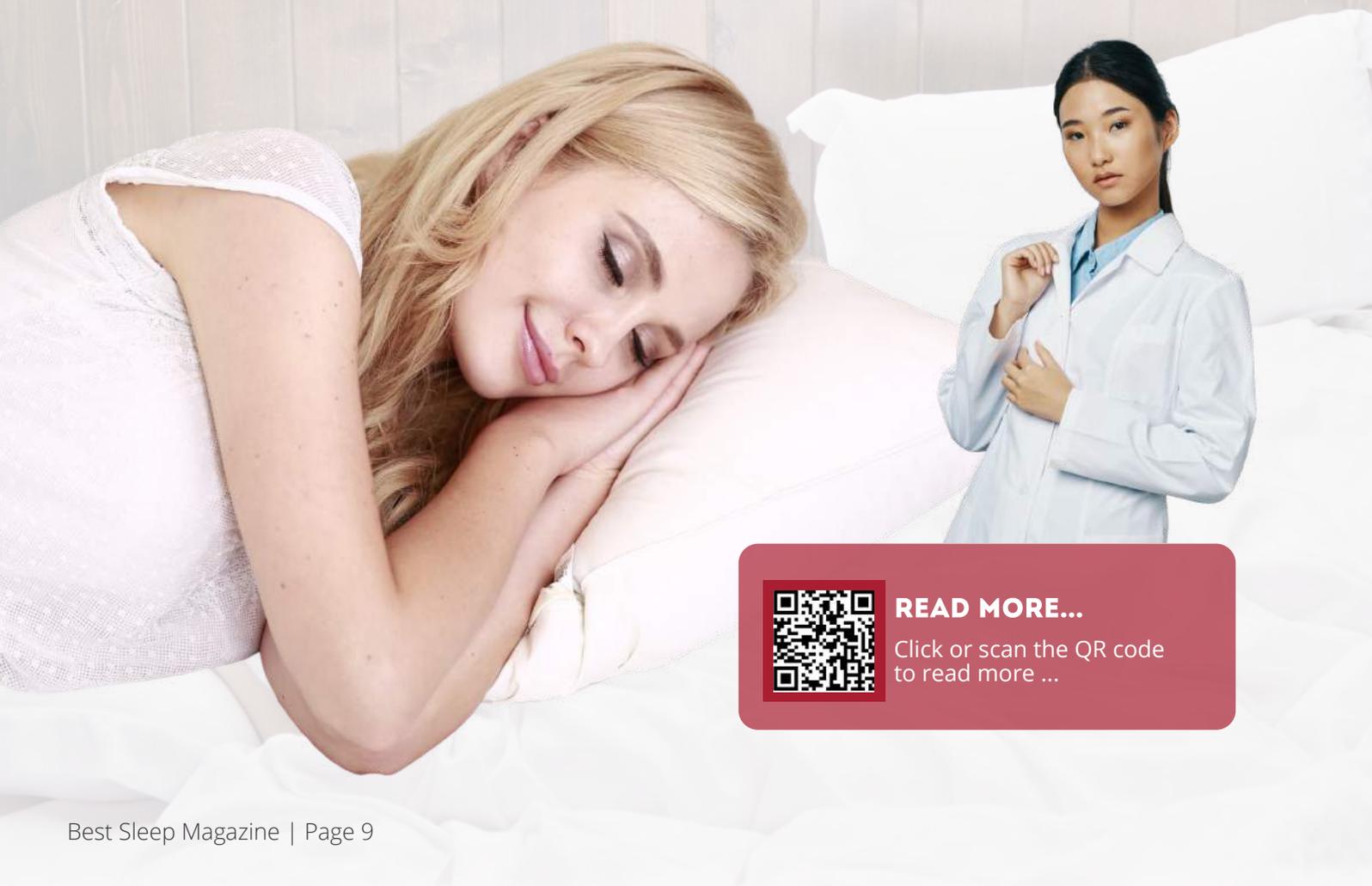
PART 1

Good sleep, just like exercise and a healthy diet, is important for your health. If you sleep poorly your hormones, brain, mind, and body performance, will be affected negatively.

Both "sleep quality" and "sleep quantity" have declined over the past few years. Many people are struggling to fall asleep each and every night. This is partly due to poor daytime habits and lifestyle choices.

The way you feel during your waking hours can be a pretty good indicator of the quality of sleep you had the night before. Waking up with a dull headache, feeling dizzy, tired, and with a low or depressed mood is a pretty clear sign that you are having poor sleep.

Poor sleep lowers your immunity, putting you at more risk of contracting diseases and increases your risk of developing chronic illnesses - such as diabetes, high blood pressure, asthma, COPD, and obesity.



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Why should you keep a stable sleep schedule?

A stable sleep schedule helps you get adequate sleep every night. A good sleep schedule that is in sync with your circadian rhythm – natural body sleep-wake cycle – helps you achieve optimal health. The benefits you get from good sleep include:

- **Boosts your immune system**
- **Improves your performance**
- **Makes you more productive**
- **Improves focus**
- **Prevents accidents**
- **Helps reduce your weight**
- **Helps reduce your stress levels**

If you are craving these benefits and currently have a poor sleep schedule, here are some proven tips to get you back to a healthy sleep schedule.



**ON SALE NOW!
BETTER SLEEP
STARTS TONIGHT!**



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PositionalSleep

Breathe Your Way Into Those Restful

ZZZ's



Ed's mastery in the science of mindful breathing has guided him to apply conscious breathing practices that incorporate health & performance coaching, fitness & athletic training, healthcare continuing education courses, stress reduction, and overall health and well-being.

Ed Harrold is an author, inspirational leader, public speaker, coach, and educator.

"I'm lying awake in bed staring at the ceiling or is the ceiling staring at me? I'm exhausted but I can't seem to fall asleep; my mind is racing. Then begins the process of tossing and turning as if this will help. I'm not staring at my ceiling any longer; but instead, watching the minutes tick away on my clock. At about 3:30 am, I finally passed out. The next thing I hear is the annoying sound of my alarm telling me it's time to get up for work. It can't be time already . . . and my hurried pace begins."

No matter whether you're the person who can't fall asleep or can't fall back asleep, I've got some tools and strategies to have you sleeping like a baby using your breath. To begin, let's understand what's happening in the body so we can make some changes during the day well before it's time to go to bed.

Our body operates on cycles and rhythms while the mind operates on habits. For now, let's focus on our bodies. The body's cycles and rhythms tell us when to sleep, awaken, eat, rest, think, learn, digest, and more. With regards to sleep, I know almost all of you will relate to this one; jet lag.

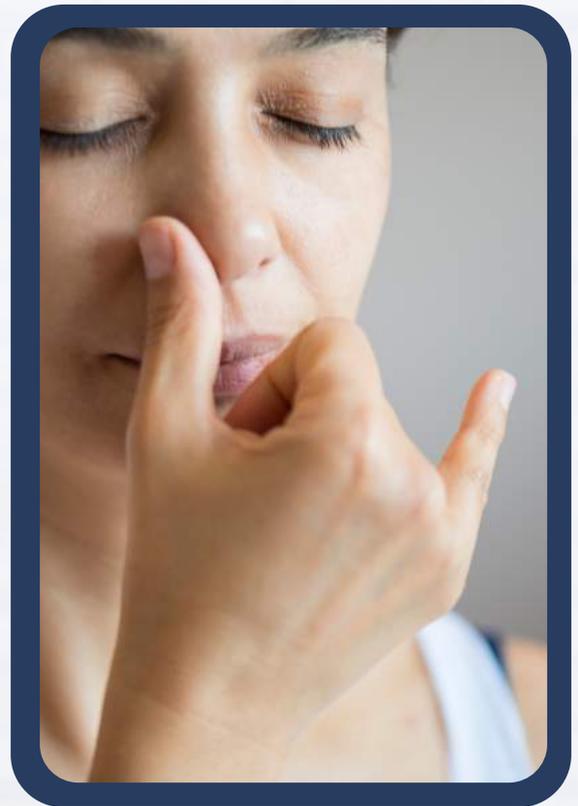


When we fly to another time zone, our body takes a couple of days to adjust to the difference in sunlight and temperature. Jet lag is part of our circadian rhythm telling us when to be awake or asleep and is a great example of how much bodies are tied to the cycles of nature. You don't even have to travel to another time zone to experience this. Shift workers are constantly dealing with disruptions to their circadian rhythm impacting their sleep cycle.

Another natural rhythm in the body is our ultradian rhythm which is related to our nasal cycle. The nasal cycle is a change in nostril dominance every 90 to 120 minutes. One nostril is more dominant (or open) as a function of maintaining balance in our autonomic nervous system as well as maintaining our body temperature at 98.6 F or 37.0 C.

The most dominant nostril also reveals to us which hemisphere of the brain is more dominant. When the left nostril is more open, the right brain is more active. The right brain controls the left side of the body related to body control and awareness along with spatial tasks, creativity, imagination, and artistic endeavors.

When the right nostril is more dominant, the left brain is more active. The left brain controls the right side of the body and is related to logic, analytics, linear thinking.



Then these cycles are disrupted, it impacts our biochemistry (serotonin & melatonin), our physiology (autonomic nervous system), our cognition, and our ability to manage our emotions. We become pretty cranky and struggle to think clearly when we're tired.

Among those with sleep health issues, we see the same symptoms in the body including disordered breathing, autonomic dysfunction, low vagal tone, and diminished cognitive function. All of this can be shifted by correcting our breath rates and patterns. Here's how...

My daily breathing exercises are a wonderful tool for improving the function of both our circadian and ultradian rhythms resulting in more restorative sleep. With some basic understanding of what's happening in the morning, afternoon, and evening hours, we can incorporate different breathing techniques to support our body and the demands of our day.



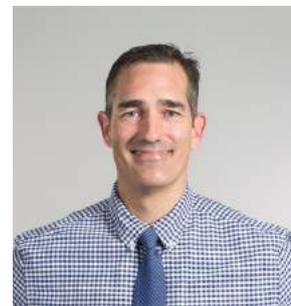
STRESS, SLEEP & PAIN

Strange Bedfellows

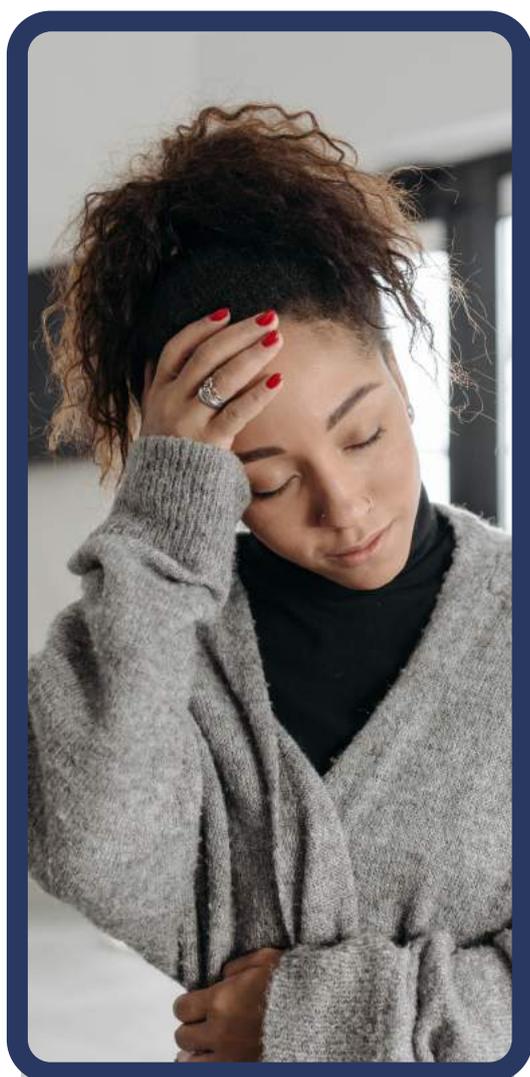


Dr. Dave Walton

Co-Authors of the New Book: **Musculoskeletal Pain – Assessment, Prediction and Treatment**
A pragmatic approach



Dr. Jim Elliott



In a recent study of adults (18-66 years old) who had recently experienced a physical injury such as sports, work, or motor vehicle-related trauma, we sought to determine if the amount and intensity of pain people reported in the days following the trauma were influenced by how much stress they reported experiencing in the 6 months before the traumatic event.

We created and tested some different models to explore this, using different ways of evaluating stress.

For example, in previous work, we created a customized questionnaire on which study participants could indicate the different types and amount of day-to-day stress they had been experiencing in the last 6 months.

We also collected blood samples and measured an indicator of systemic stress and inflammation called C-reactive protein (CRP). Presumably, those under more constant stress would have more of this CRP in their blood.

As part of the package of questionnaires, we also asked people about how much their sleep had been affected since their recent injury, and how much pain they had experienced in the past week. We found an association between how much stress people were under for the 6 months prior and how much they rated impaired sleep since the recent injury.

"Poor sleep was to blame for the increased pain."

In purest terms; more prior life stress, worse sleep in the past week. We also found that those who rated more stress had significantly lower levels of CRP (the stress and inflammation marker) in their blood, which was somewhat contrary to what we expected but later learned it could be explained by what happens when someone is under constant stress...that is their stress hormones and chemicals actually get exhausted and become less responsive to new stress, so in hindsight that made a lot sense.

When sleep was in the model, there was no longer an association between life stress and recent pain, it was all through sleep.

What became more interesting was when we tried to relate it all to the severity (intensity) of pain our participants rated in the days following their trauma.

The blood-based marker CRP showed no association with pain severity, even though it was affected by stress.

The prior life stress scores did show a significant association with pain – more stress in the past 6 months, more severe pain experienced after their recent injury. But, we wanted to explore this further and wondered how the quality of sleep featured in all of this.

What we found was that any effect prior life stress was having on current ratings of pain severity was through the effect of stress on sleep; that more prior life stress was impairing sleep after injury, and it was that impaired sleep was then affecting the reported experiences of pain. When sleep was in the model, there was no longer an association between life stress and recent pain, it was all through sleep.

While generating more questions than answers, the results of this study provide potentially promising directions for helping people manage their pain and improve their outcomes after common types of physical non-catastrophic injuries.

Stress management is one thing, and that's probably just good advice for anyone since none of us can predict when we'll get injured.

But, more importantly, this seems to be telling us there is a place for sleep hygiene as an intervention in the acute stage of an injury as a potential means of helping people deal better with pain and, possibly, recover a bit faster.

This is all speculative right now (it could be that pain is causing poor sleep rather than poor sleep causing pain), but in the pantheon of options for post-trauma care, we think targeting improved sleep is a better first-line care decision than powerful painkillers and will likely have fewer side-effects.



You may find it helpful to set an ideal sleep schedule and try to stick to it each day.

Set alarms to help remind you when it's time to go to bed, just like you do to wake up.



READ MORE...

Click or scan the QR code to read more on learn more about Dr. Dave Walton and Dr. Jim Elliott

27 WAYS

Poor Sleep Harms Health

Poor sleep is the nemesis of optimal health and is found to affect a wide range of problems.

Could you be allowing poor sleep to sabotage your best daytime efforts to take care of yourself and your health?

Re-visit your views about the *root causes* of these 27 health issues, to reset the importance you place on sound sleep! Even now most healthcare providers use a basic, universal, 4 point assessment guide, to help them make a diagnosis:

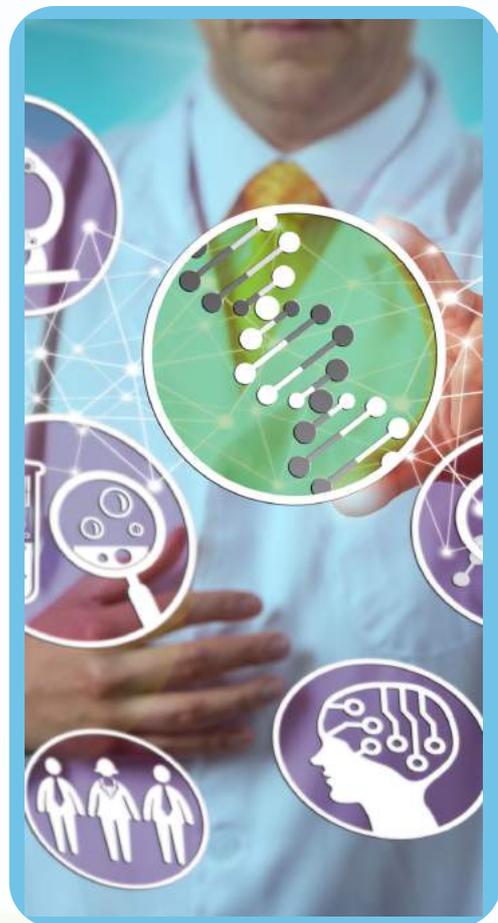
- 1: Inspect (look)
- 2: Auscultate (listen)
- 3: Palpate (touch)
- 4: Percuss (feel)

These points have helped health workers, in all disciplines, all over the world to detect and define disease process, for many, many years but they are limited to the fraction of your wakefulness. Only getting two-thirds of the whole you!

- What you are eating?
- How are you handling stress?
- Do you drink alcohol?
- Are you exercising?

All these questions are only able to uncover daytime lifestyle choices, however, sleep specialists have made significant progress in the last 20 years and discovered that a surprising number of illnesses find their roots in poor sleep. It's only logical then that the solutions are found by improving sleep quality!

**SLEEP SPECIALISTS
ARE MAKING
NEW DISCOVERIES THAT
CHANGE EVERYTHING..**



This is a wake-up call to patients and physicians, the old-school checklist needs updating and a critical new question added:

- Tell me about your sleep...

Here are 27 problems that look different when viewed through the eyes of a sleep specialist:

HIGH BLOOD PRESSURE:

Instead of assuming HBP is rooted in 'lifestyle choices', in sleep quality, ask the following:

- Do you snore?
- Do you wake up gasping for air?
- Is your mouth hanging open and do you wake with a dry mouth?
- Are you able to breathe through your nose and benefit from the BP-lowering nitric oxide your sinuses produce?

CHEST PAIN & PALPITATIONS:

When you have palpitations and tight chest pain, but your ECG and labwork look 'normal':

- Do you wake up several times during the night?
- Does it take you a long time to fall asleep?
- Do you wake up earlier than you would like to?
- Do you have bad dreams?
- Do you dream at all?

NOCTURNAL ENURESIS:

When you are getting up several times throughout the night to pee and you feel like you're going crazy,

Let's talk about your sleep.

Recognizing that the heart and kidneys are best friends and that if your kidneys are producing excess urine during the night, at a time when they should be resting, it's only because your heart needs them to.

Your heart is choking on the backflow of blood from the lungs caused by poor breathing and the negative pressure that builds up in your chest while you're suffering from sleep apnea.

ACID REFLUX:

If you're complaining of acid reflux and heartburn that doesn't go away...





MEMORY ISSUES:

Struggles with word-finding, remembering names, where you left your keys or your cell phone?

We cannot automatically assume that you are on your way to dementia or Alzheimer's.

Signs of mild cognitive impairment are associated with a lack of sleep and require immediate intervention to prevent your brain from having so much damage that you will, in fact, end up with dementia or Alzheimer's.

MOOD DISORDERS:

Feelings of lethargy and lack of interest in doing anything do not automatically mean that you are depressed.

TYPE 2 DIABETES:

When you are heading towards type two diabetes. Let's not simply assume that you are destined to become diabetic because your mother or your father did.

- Do you understand that the negative pressure caused by sleep apnea can squeeze stomach acid up into your throat?
- Did you know that your dental provider may be one of the first providers to see signs of acid reflux by inspecting the condition of your teeth?
- Let's look for tongue ties,
- Lip, and buccal ties,
- Feeding issues,
- Thumb-sucking,
- Vitamin d levels,
- Cavities and eroded teeth, all signs of airway-related issues.

Sleep and:

- **PCOS**
- **Infertility**
- **Miscarriage**
- **Postpartum Depression**

Many healthcare providers are beginning to educate their patients on the importance of ensuring appropriate quality and quantity of sleep to control blood sugar levels.

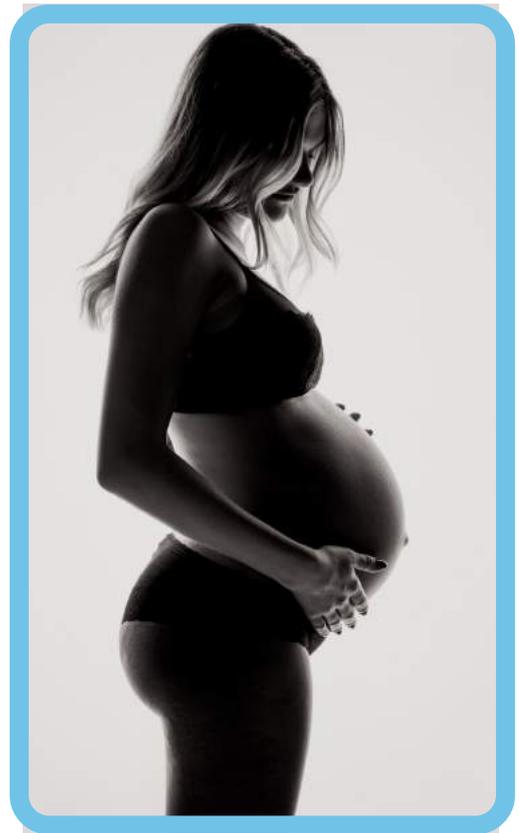
Science demonstrates that when you are tired your body will seek out more energy by driving you to crave high-calorie, high-fat foods.

What is the quality of your sleep? Let's TEST to see if your brain is getting all of the necessary stages of Non-REM and REM sleep. Months prior to feeling any signs of a mental health disorder, most people clearly demonstrate signs of broken sleep

FERTILITY/PREGNANCY:

Successfully conceiving, and birthing a child depends upon healthy sleep. Your baby needs your body and your brain to be well oxygenated during sleep.

Rather than letting you get discouraged and blame yourself, we can now help you understand the connection between...



ORDER YOUR HEAD, NECK & JAW PAIN HOME HEALING KIT TODAY!

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TOP SLEEP TIP

Slow Your Breathing

From the moment you wake, set the intention to inhale slowly and exhale only through your nose for 2 mins, several times throughout the day. It grounds you and keeps your nervous system calm. Just what you will need to be able to sleep later on.

When you are successfully pregnant, ensure that your baby has the oxygen it needs by supporting your airway and breathing during sleep - recognizing that many women start to struggle with sleep apnea during the second and third trimesters of pregnancy.

We will make this a priority because the science shows that lack of oxygen to the mother WILL negatively impact the developing baby, causing the child to have a lifetime of issues.

We HAVE to support mom's airway during sleep!

BEHAVIORAL ISSUES:

When children are acting out and driving parents and teachers crazy, we will not assume that they are 'bad children' or label them. And we will not see medication as the first and only solution.

We will ask:

- Are getting enough opportunities for sleep?
- What time do they go to bed?
- What time does school start?
- Do they have access to electronics at night?
- Are they able to breathe through their nose?
- Did they suck their fingers or thumb?
- Do they have cavities, crowded teeth, or have they had orthodontics?
- What the culture of sleep is in the home?
- How well are YOU sleeping?
- Are you able to interact with your child in a way that supports their mental health growth and development?

We understand that children's issues do not exist in a vacuum but tend to be responsive to their environment and we work together to find ways to support children in very practical ways.



Try to avoid scary movies, books, TV shows, video games or getting into difficult conversations just before bedtime...



Keep a consistent sleep schedule.

Set a bedtime that is early enough for you to get at least 7–8 hours of sleep.

Don't go to bed unless you are sleepy.

If you don't fall asleep after 20 minutes, get out of bed and do something boring.

READ MORE...

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SEXUAL DYSFUNCTION

Sexual dysfunction, impotence, lack of sex drive; the root of these issues may not be resolved by a pill or 'talking about your feelings'. Instead, let's investigate your sleep since testosterone is released during REM. We need to know:

- Are you getting enough REM?
- How do you know?
- Are you in an occupation that promotes hyper-vigilance?
- Does it take you forever to fall asleep?
- Are you waking up throughout the night?
- Do you snore?
- Do you wake up gasping for air?
- Are you only sleeping for 4-5 hours?
- Are you missing the majority of your REM that occurs in the early hours of the morning?

As you heal your sleep you will start to see increases in your energy, energy, and sex drive.

RELATIONSHIP PROBLEMS

If your relationship is struggling, your marriage begins to fall apart, and you are earnestly trying to salvage this all-important relationship, consider;

- How well is either of you sleeping?
- Is one, or both of you snoring?
- Does the other have a second-hand sleep disorder?
- Are your nerves on edge because either of you is not getting the sleep you need?

It is vital that you BOTH make sleep a priority so that will you have the resiliency to love one another through challenging times. Understand that lack of sleep causes you to see each other differently, interpret facial expressions and tone of voice in a negative way, and may cause a disruption in your ability to be empathetic with other human beings - including your loved ones.

-JW

Relationship Between Sleep Disorders and TMD

Brock Rondeau, DDS. IBO, DABCP, D-ACSDD, DABDSM, DABCDMSM

TemporoMandibular joint Dysfunction



I strongly believe that all members of the dental profession entered dentistry with a strong desire to help people achieve higher levels of health. However, dental school curriculums emphasize treating teeth and gums so dentists are not taught how to diagnose temporomandibular joint dysfunction (TMD), snoring, or obstructive sleep apnea (OSA).

This is a surprising omission, as the American Dental Association reports:

- 34% of the adult population has TMD,
- More than 50% of men snore after turning 50
- Around 40% of women snore after their menopause
- 25% of adults have life-threatening OSA

After 5 years of treating teeth and gums, like many other qualified dentists, I continued to expand my knowledge by taking courses on orthodontics and gained skills to treat bad bites (malocclusions) with functional orthopedic appliances that expand the upper and lower jaw (arches).



Panthera Appliance For Sleep

Much better than the alternative 'tooth-and-gum-dentistry' approach to making room for all the permanent teeth which is; to extract bicuspid teeth and to retract the 6 front teeth.

This flattens the face, significantly reduces the width of the smile, encloses the airway, moves the tongue back, and increases the future risk of snoring and obstructive sleep apnea.

"Untreated severe obstructive sleep apnea can also shorten patients' lifespan by 10 years." – Brock Rondeau, DDS

Obstructive sleep apnea has a devastating effect on the health of our patients including; increasing the incidence of high blood pressure, heart attack, atrial fibrillation, stroke, type 2 diabetes, kidney problems, acid reflux, depression, anxiety, dementia, and Alzheimer's, to name a few.

Breakthrough:

By changing the approach and expanding the palate, you also expand the nasal airway and now my patients were reporting that they could breathe better through their nose! Nasal breathing is far superior to mouth breathing with 20% more oxygenation. We must always be aware of the importance of promoting an open (patent) airway.

Mouth Breathing causes a constriction of the upper arch as the tongue does not expand the upper arch when the patient incorrectly swallows 2,000 times per day. This constriction of the upper arch causes the lower jaw to go back which causes two major health problems:

1. When the lower jaw goes back the tongue also retrudes and can obstruct the airway particularly when the patient sleeps on their back, increasing the severity of life-threatening obstructive sleep apnea.

2. When the lower jaw goes back due to mouth breathing this increases the incidence of jaw joint problems (Temporomandibular Joint Dysfunction). When the lower jaw retrudes (goes back) the top of the lower jaw (condyle) goes too far back and impinges on the nerves and blood vessels in front of the ear and causing headaches, neck problems, ringing in the ears (tinnitus), fainting, dizziness, and back problems

The treatment would be to fabricate a lower splint that moves the lower jaw forward away from the nerves and blood vessels. This lower splint is worn on the lower teeth all day long, even when eating. This treatment significantly reduces the painful symptoms of TMD.

It is important to remember whatever technique is being used to treat orthodontic problems, TMD or snoring, and sleep apnea you must be aware of the importance of increasing the size of the nasal and pharyngeal airway



Lower Repositioning Splint for TMD



My observation is that patients with deep overbites (upper teeth overlap the lower teeth) frequently have TMD symptoms, particularly in females over age 20. Also, patients with underdeveloped lower jaws seem to have the majority of jaw joint (TMD) problems. I would urge readers to be aware of this and if TMD symptoms persist to get treatment as soon as possible because TMD is a progressive condition that frequently gets worse over time.

I strongly believe that all patients should be screened for obstructive sleep apnea and TMD and, if the dentist is not qualified to treat, should refer these patients to a dentist that is, because as I stated at the outset, we all went into practice with the strong desire to help improve the quality of the life of our patients.



The pathway to health starts here with Team Rondeau.

"Due to the high prevalence of TMD, snoring, and sleep apnea I think it is important for ALL DENTISTS to screen patients for these health problems." – Brock Rondeau, DDS

READ MORE...

Click or scan the QR code to read more on Brock Rondeau.



ASK THE NIGHT NURSE...

Sleep is Your SuperPower!

WHY DO WE HAVE TO SLEEP IN THE DARK WHEN IT'S SO SCARY?

Darkness is essential to sleep but when you have an amazing imagination, like 7-year-old Izzy, the darkness can be a very scary place!

Why do we have to sleep in the dark? Well, the brain actually has an internal "sleep clock" that is controlled by light and dark. In the evening, when the lights (or sun) go down, the darkness tells the brain that it is time to rest. When the light (or sun) comes up in the morning the brain wakes up the body and mind, making you feel energized and alert, ready for the day!

But, if you have the lights on at the wrong time, your brain can become confused and you may have trouble falling asleep and end up feeling tired and grumpy all day!

“

Did you know? Almost one in four children have at least one nightmare every week!

”



What can you do if you are scared in the dark?

(Not "of" the dark... *there's a big difference!*)

- Back in the 'olden days' there would not have even been a choice to turn on the lights at night. The most you could have done was to light a candle. Try recreating that now by using a nightlight with a red bulb. Plug it in a low socket or better yet, in the hallway.
- Use curtains or shades to decrease the amount of light coming through your window. Covering your windows minimizes shadows that could trigger your imagination into thinking you see scary things.
- Gradually get used to the dark by lowering the lights in your home after dinner. Wear an eye mask to shut out any remaining light. Choose a mask that is soft, comfortable, and flexible. If you begin to feel afraid, all you have to do is lift the mask and peek out to see that you are actually safe.



IZZY'S SCARY DREAM

Do you know if your child dreams? While there is no reason to be concerned if your child occasionally says they don't dream, the inability to dream could be a sign of poor sleep quality. Why not ask your child to draw their dreams?



Carrie's Club

Your online community and program for learning how to heal your families cavities & gum disease issues while finding out what they have to do with sleep!

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“Parents - help your children settle for the evening by minimizing light and stimulating activities after dinner.”



What kids see while dreaming depends on their age. Nightmares can happen at any age but they usually start between the ages of 3 and 6 and decrease after age 10. After age 12, girls seem more likely than boys to have nightmares.

Help your children have an amazing sleep by 'calming' your home before sleep:

- Avoid screen time the hour before bed
- Speak in calm, reassuring, low tones
- Diffuse relaxing essential oils
- Play soft music or lullabies

The light from digital devices contains high concentrations of blue light, a wavelength of light that research has shown is especially detrimental to sleep.

Being aware of the effect of light on your child's brain is the first step to helping your child acclimate to sleeping in the dark. Just remember, go slow.

Build their confidence. If they are currently used to falling asleep with the light on, go back to their room and turn the lights off as soon as they are asleep. When they wake, point out how well they did - sleeping in the dark. Praise, praise, praise!

Taking a little time to ensure a dark, reassuring sleep environment for your child is one easy and important way to protect and improve their nightly rest.

"Izzy - Your smart, beautiful, kind brain thanks you so much for being very brave and working so hard to let it sleep in the dark!"

READ MORE...

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Say Hello To... MaskFit AR



MaskFit AR is a next-generation mobile app platform that overcomes the guesswork of accurate mask fitting which is essential in the treatment of obstructive sleep apnea (OSA).

Having the largest global CPAP mask database that's integrated with a neural network of input from facial measurements, demographic data, clinical data and user satisfaction scores, MaskFit AR's patent-pending smart algorithms are able to automatically provide a selection of best-suited masks for individuals of any age, gender, and ethnicity.

Available for both iOS and Android, users can take immediate advantage of MaskFit AR's patent-pending 3D image capturing capabilities available on the latest iPhone X and iPad Pro "TrueDepth" camera technology.

"Patent Pending MaskFit AR, uses Artificial Intelligence & 3D modeling to overcome the 30-year problem of patient mask fitting."



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The Last Scroll

Dr. James Fricton



Pain Specialist, Doctor James Fricton writes about the delicate balance between health and illness.

He advocates for a 'systems approach' to managing chronic pain, enhancing energy, and optimizing wellness in seven realms:

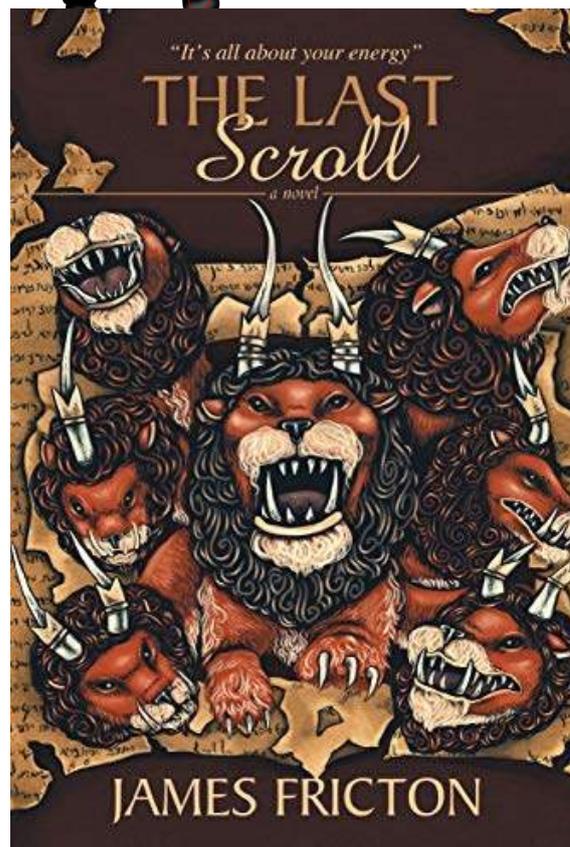
- Lifestyle
- Emotions
- Society
- Environment
- Mind
- Body
- Spirit

The Last Scroll is a beautifully crafted story; part self-help book, part thriller, and part Italian romance!

Fricton's main characters hope to reverse the negative trends in the world that have caused seven plagues (illness, depression, corruption, poverty, hate, war, and drought) by conducting controversial research at an ancient Roman spa in Italy.

Readers are whisked along with the romance, whilst discovering how to apply the seven realms in their own life, become the "warrior within," and spread positive energy to the world.

The message in this book is exactly the kind of education that every healthcare provider WISHED they had the time to sit and explain to their patients. We often speak about work-life balance, but even more important is mind-body-life balance.



This book is an impressive example of life-changing patient health education presented in an enjoyable and very entertaining way.

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- Deep Sleep
- Easy Sleep
- Fall Asleep
- Power Nap

Think of SleepHub[®] as natural soundscapes that mask scientific rhythms and beats enabling the brain to relax and find its natural sleep pattern. The stages you experience in each cycle of sleep are regulated by your own behaviour and biological clock, but external factors such as light, sound and movement can also affect each cycle, ultimately impacting how quickly you fall asleep, the quality of sleep and your ability to stay asleep.

How quickly you feel results will depend on your own unique sleep issues. Like anything, the more you use it, the better your sleep experience will be.

WIN!!



SleepHub[®]
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BEHIND THE SCENES



JULIA WORRALL **EDITOR-IN-CHIEF**

A Critical Care Registered Nurse, Forensic Nurse Educator, Breath as Medicine provider, craniofacial pain and sleep expert, popular international speaker and author, Julia's insatiable curiosity about the ever-emerging science of sleep will benefit our readers greatly.

"Although we have been saying for years that sleep is the foundational pillar of health, the science coming out now is underscoring exactly how true that is. But the reality is that it will take on average 17 years for this research to reach clinical practice.

Folks are tired of waiting. People are desperate for restorative sleep now! It's time to take science directly to the public."

- Julia Worrall RN, CCRN, SANE

Special thanks to Angelica Bottaro for her writing assistance and Josef Kandoll W Photography.

The Night Nurse character created by Tom Cone and Julia Worrall and illustrated by Javan Worrall.

DEEPAK SHRIVASTAVA MD **CHIEF STRATEGIC OFFICER** **FCCP, FAASM, FACP, RPSGT,** **PROFESSOR, PULMONARY,** **CRITICAL CARE AND SLEEP**

Board-certified in multiple specialties Dr. Deepak Shrivastava lives and breathes sleep medicine. Throughout his illustrious career, this respected professor, doctor, author, and decorated public speaker has pushed the boundaries of medical education, research, and innovation in this quickly growing and life-changing industry.

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BROCK RONDEAU DDS, IBO, **DABCP, D-ACSDD, DABDSM,** **DASBDSM**

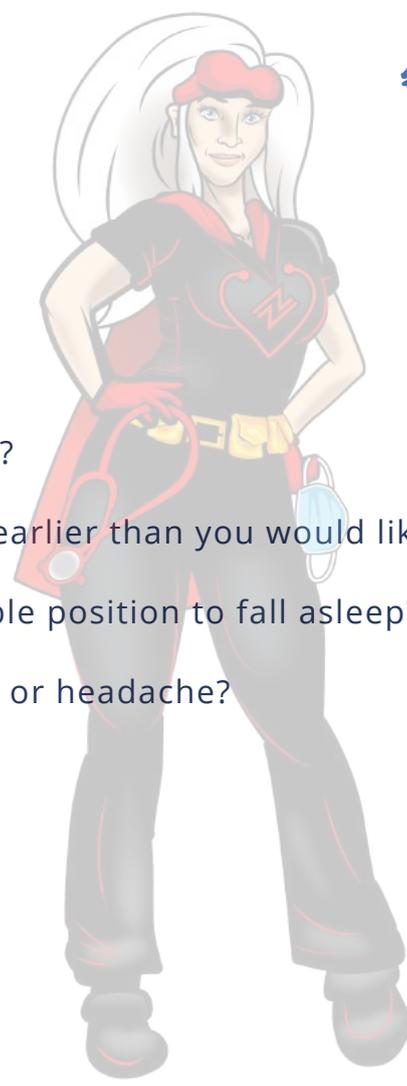
Dr. Rondeau is a general dentist who has dedicated his practice to providing orthodontic, orthopedic, snoring & sleep apnea, and TMJ services while lecturing extensively on the same.

DAVE WALTON PT, MSC, PHD **JIM ELLIOTT PT, PHD, FAPTA**

Authors Dave Walton and Jim Elliott are Physiotherapists, Researchers, and Academics in the world of pain. Particularly back, head, neck, and jaw pain. They will share the most up-to-date research and tools to help the public and practitioners alike to ameliorate pain.



**BEST SLEEP
MAGAZINE**
Sleep Survey



1. Has anyone ever told you that you snore?
2. Does it take you a long time to fall asleep?
3. Do you wake up throughout the night or earlier than you would like?
4. Do you find it difficult to find a comfortable position to fall asleep?
5. Do you frequently wake with a dry mouth or headache?

Y/N



Check Your Score!
Go To: BestSleepMagazine.com



James Sutliff shares his story about going to sleep and waking up unable to speak, swallow, or move his hands.



Former NFL All-Star and WWF Wrestler, Randy "Big Swoll" Thornton talks about the undiagnosed sleep disorder that is killing his fellow athletes.



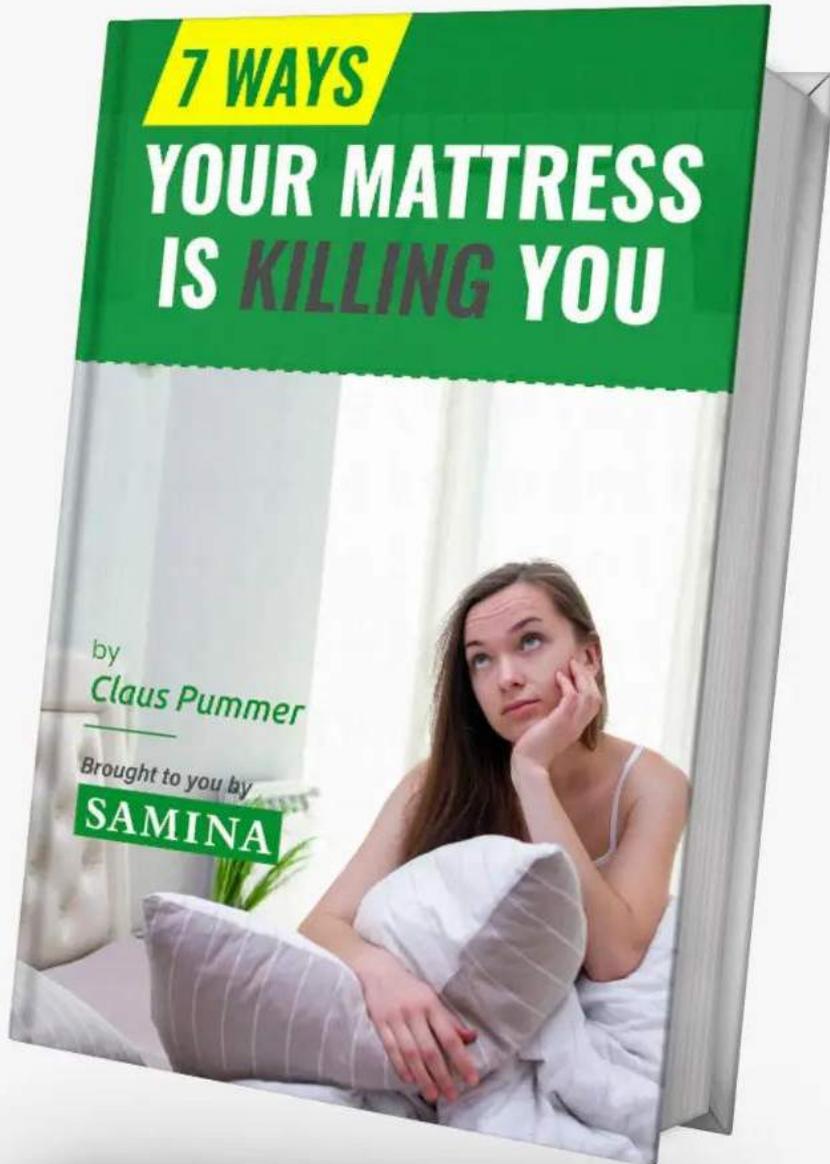
COVID-19 affecting your sleep? You're not alone! Dr. Deepak Shrivastava discusses the impact of the pandemic on our sleep.



Insomnia is a hidden epidemic affecting millions of people. Conquering insomnia starts with understanding how sleep actually works.

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