

YOUR DENTIST CAN SAVE YOUR LIFE

Sleep – the foundation of our health – can be compromised this time of year!

Our dental practice focuses on providing our patient family with the finest oral care modern dentistry can provide.

But in addition to this, we emphasize wellness. I define this as the pursuit of overall good health through a better lifestyle. And this must include an emphasis on good sleep habits. It is why I'm a member of the American Academy of Dental Sleep Medicine — adding to our practice the support of patients with sleep issues.

This brings me to the impact on our sleep of the time change, better known as Daylight Savings Time — or “fall back an hour in the Fall; spring forward an hour in the Spring”. This can affect circadian rhythm — our natural, internal process that regulates the sleep-wake cycle and repeats every 24 hours.

Moving our clocks in either direction changes our time cue, light, for setting and resetting our 24-hour natural cycle. Scientists who study sleep issues have found that with our modern lifestyles many of us are already sleep deprived. The time change can make it

worse impacting our performance, concentration, and memory resulting in fatigue and daytime sleepiness.

So, what can you do to mitigate the effects of time change? Are there steps you can take to reset your internal clock to adapt more quickly? Yes. But be aware your personal impact from time change depends on your health, environment, behavior, and medications.



Dr. Gabrielle F. Cannick

Sleep experts recommend the following:

- As mentioned, light is our cue. Light suppresses the secretion of the sleep-inducing substance melatonin. It is important to expose yourself to the light during waking hours as much as possible. Conversely, do not expose yourself to bright light when it is dark outside.

- Sleep hygiene is a term we use to describe the actions you can take to enhance your chances of falling asleep, staying asleep, and sleeping soundly. Basic sleep hygiene includes reducing or eliminating caffeine and alcohol, not exercising before bedtime, creating calming rituals before bed to help relax.

- Keep your room cool. Eat lightly. Nix sleeping with a pet.

One question I get a lot is what can I do if I can't sleep? We all have nights when we can't get our minds to shut down. If you've been awake more than 20 minutes my recommendation is get up, go to another room, and do something until your eyelids feel heavy. For me it is keeping the lights low and reading. Don't stay in bed tossing and turning; this creates more anxiety. Caution. For a simple one-hour time change medications are unnecessary. They can negatively impact the quality of your sleep and should only be used with the guidance of a doctor or sleep specialist.

Sleep is a cornerstone of good health Our

practice can be an excellent resource for you if you are experiencing sleep issues. Call with questions. Think of us as your hometown resource for guidance and support.

Dr. Gabrielle F. Cannick is the owner of Grand Oaks Dental, located at 3905 Liberty Highway in Anderson. A strong believer that dental fear and anxiety should not prevent any patient from receiving the highest quality dental care, Dr. Cannick has received extensive training in Sedation Dentistry and is a certified member of the Dental Organization for Conscious Sedation. She is also a member of the South Carolina Dental Association, the American Dental Association, the Academy of General Dentistry, and the American Academy of Dental Sleep Medicine.

For more information about Grand Oaks Dental and the services provided, please call 864-224-0809, or click to grandoaksdental.com or visit us on Facebook at <https://www.facebook.com/GrandOaksDental>.

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