

A wake up call in the new year

Sleep is more important than you think. *by Dr. Susan Maples*

At a recent dental conference a notable expert pointed out how common it is for our patients to fall asleep in the dental chair—even amidst the high pitched sound of the dental drill. He wasn't suggesting that dentistry is like a day at the spa—rather that everyday ordinary fatigue has drastically risen, as a reflection of our country's declining health.

Are we talking about you or someone you love? Do you find yourself tired through the day, fuzzy-brained, easily overwhelmed, fantasizing about a mid-afternoon nap or chasing the caffeine buzz to stay half alert?

We tend to forget that every cell in your body needs rest for repair and proper function. Inadequate sleep will double your risk of heart disease, heart attack and stroke. And it greatly increases your likelihood of developing depression, obesity, diabetes and having

a drowsy driving motor vehicle accident. All told, research suggests that habitually getting five hours of sleep (versus seven hours) doubles your odds of an early death.

If you are sick and tired of feeling sick and tired, it's time to get to the bottom of it. First, get curious with your health care team about what's causing your fatigue.

Here are some of the most common causes of fatigue:

- Going to bed late and waking early to a blaring alarm clock
- Living with stress, anxiety or fear that depletes your adrenal hormones
- Snoring and/or Obstructive Sleep Apnea (OSA)
- Sleeping with someone who snores or has OSA
- Chronic inflammation which causes toxicity and damage to your arteries
- Heart disease: lack of adequate

- circulating oxygen to your cells
- Food allergies—most commonly to dairy, wheat or corn
- Sex hormone imbalances such as progesterone, estrogen or testosterone
- Acid reflux: heartburn or regurgitation
- An underactive thyroid gland
- Side effects of prescription medications

If any of these pique your curiosity, start the journey to identify your cause(s) and find life-saving solutions. Fixing your fatigue will add years to your life and positive energy to the quality of your days.



Dr. Maples is a dentist in Holt. She is also a speaker, health educator and author. Reach her at susan@drsusanmaples.com.

Are you SICK & TIRED, of being sick and tired?

In 2016, if you are aiming for more energy, brain clarity, weight loss and a general sense of well-being, this seminar is for you!

Dr. Pawsat and Dr. Maples will give you immediate strategies to boost your metabolism, regulate hormones, improve sleep quality and sharpen up your brain.

Featured Guest Speakers

David Pawsat DO

Susan Maples DDS, MBA

Tuesday, February 9th, 2016
6:30 p.m. until 8:30 p.m.
The James B. Henry Center
3535 Forest Rd. | Lansing | MI

Register for free: Molly@drsusanmaples.com

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