

healthspace

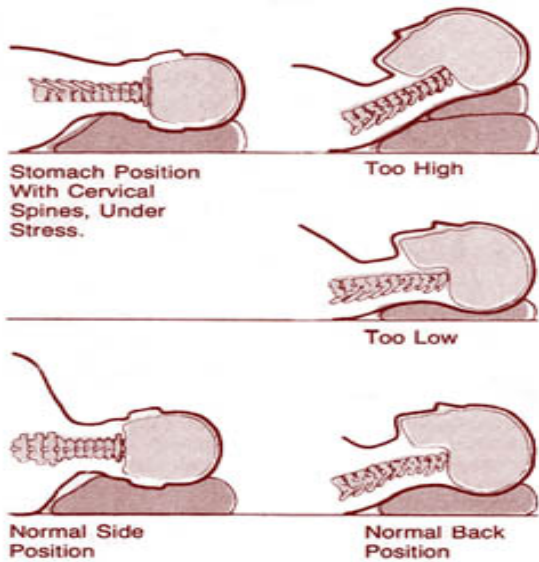
Sleep tips

By Dr. Luke Nisbett (D.C.)

Why is sleeping so important? We spend 1/3 of our lives sleeping!

Sleep is the most crucial aspects of healing and recovery. This is when we recover from the stresses that we have endured during the day (on average need 8 hours of medium-deep sleep). If we have poor sleep or are not properly hydrated then we fall behind and it becomes very difficult for our body to catch up... and then one morning... we wake up with pain!

The postures we adopt while sleeping become a habit over time. If these postures are not ideal then the musculoskeletal problems can start to develop over time.



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