

Sleep Matters!!



Dr. Rochelle Bien & Dr. Michael Goldstein

Studies have shown that lack of sleep can cause a host of symptoms, from brain fog, to lack of cognition, to irritability, just to name a few. Studies have shown through MRI comparisons of a well-rested brain to a sleep-deprived brain, a significant decrease in the frontal and parietal lobes which are crucial for decision making, problem solving, and memory.

There are many causes of sleep deprivation, such as chemicals in the food supply, including preservatives, salicylates, high fructose corn syrup, and food dyes. Other factors that affect a good night's sleep are chronic pain, medications, or the room environment.

Mary and Joe came to The Holistic Center at Bristol Square stating their three-year old child had never slept through the

night. She suffered from night terrors, and when she woke screaming, it was disruptive to the entire family. As a result, no one in the household was sleeping. After an examination, it was determined that salicylates were a huge culprit in over stimulating their child's brain and caused an interference in the sleep/wake cycle. After several visits to the office, their daughter is now sleeping through the night and no longer suffers from night terrors.

If you or a loved one is experiencing sleepless nights, make an appointment today, with Dr. Bien or Dr. Goldstein at The Holistic Center at Bristol Square, 508-660-2722. The Center is located at 1426 Main Street in Walpole.