

# Insomnia

Dr. Abrienne Goss, ND

Are you tired of feeling completely exhausted in the morning after tossing and turning all night long? **Are you tired of dreading the night to come, knowing that it is going to be another night like the last several to hundreds of nights in the past?** Have you tried every medication, herb, supplement there is on the market with little luck, or possibly you sleep through the night but wake feeling groggy?

You are not alone! According to the CDC, an estimated 50-70 million US adults have sleep or wakefulness disorder, that's close to 20% of the US population. You might think it is just a sleep problem, however, **people with sleep issues are more likely to suffer from chronic diseases such as hypertension, diabetes, obesity, cancer, increased mortality, and reduced quality of life and productivity (1).** This is nothing to take lightly! If your body doesn't make it into deep REM sleep, it is very difficult to heal. Therefore when you are in and out of sleep, healing gets put on the back burner.

Many different factors can contribute to a loss of sleep, including stress, poor sleep hygiene, poor digestion, food sensitivities, hormone imbalance, medications and chronic diseases such as arthritis, heart, and lung disease. With all of these factors in play, you can see why taking a sleeping pill, may not make miracles happen. Or, you may rely on it for the rest of your life in order to have a decent nights rest.

What if there was another way? **What if you could heal your body and sleep would be just one of the many "side effects" that you might experience?** It's time to start waking up rejuvenated, energized, and ready to live your life to its fullest. You deserve that!

Call our office to schedule your Comprehensive New Patient Exam or Free 15-Minute Consultation to see if you are a good candidate for care. I look forward to working with you! 541-389-9373

See this article for more information.

What you don't know about your sleeping pills. <http://www.doctoroz.com/videos/what-you-dont-know-about-your-sleeping-pills>

(1) <http://www.cdc.gov/features/dssleep/>

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