



MONTHLY NEWSLETTER

FITNESS FOCUS

Better Sleep = Better Health

There are many interventions that can be explored to improve sleep.

Physical Interventions

Physical causes of waking multiple times at night - such as waking to urinate or waking with pain - should be addressed by addressing the underlying physical issue.

Environmental Interventions

Environmental factors such as noise (TV for background noise is likely not really helpful), temperature, pets rustling around on the bed can also be addressed directly.

Psychological Interventions

Sleep difficulties are often psychologically related. Stress that leads to pervasive thoughts that prevent one from "turning their mind off" can be treated with cognitive behavioral therapy (CBT) aimed at bringing about a change in thinking patterns. For insomnia, CBT can help address those factors that are "inside" of the head...the stress and anxiety that we can't "shut off" when we lay down to sleep.

If stress and anxiety are a regular issue for you, contact your doctor to discuss treatment strategies and options. There are also online resources like [CBT For Insomnia](#) that can address psychological sleep factors for a small fee.

Pharmaceutical Therapy

For a discussion on sleeping aids, see our related article in the "Member Services" column.

April 2019

HEALTH TIP



INSOMNIA – DOC, I JUST CAN NOT SLEEP!

Insomnia and sleep issues come in many forms ranging from problems falling asleep, problems staying asleep, and problems getting quality sleep. In general, insomnia and sleep problems include...

- taking longer than 30 minutes to fall asleep;
- staying asleep for less than 6 hours;
- waking 3 or more times a night;
- or having poor sleep quality that leaves one chronically fatigued such as with sleep apnea.

The latest hot topic in sleep medicine is the treatment of sleep apnea. Sleep apnea is a condition where the patient takes abnormally long pauses while breathing...so long that the brain has to nearly wake up to drive the person to take the next breath. This stimulation to wake the brain never allows the brain to fall into a deep and restorative sleep. A person with sleep apnea can "sleep" through the night without reaching the beneficial levels of deep sleep. Not reaching deep sleep then leads to chronic daytime fatigue.

Sleep apnea clues include snoring, witnessed pauses in breathing greater than 10 seconds, recent weight gain, and significant daytime fatigue. Talk with your doctor for more ideas on how to get a good night's sleep.



DOCTOR'S NOTE

PILLOW SNOBBERY

By Dr. Bartholomew

This month's newsletter focuses on the importance of quality sleep. And – in that line of thinking – I have a confession ...Yes, I am an admitted pillow snob. Having dealt with mild neck discomfort at times, I have tried many a pillow because a good pillow can be the difference between waking refreshed or waking with neck pain.

Memory foam pillows, just like the mattresses, have been a game changer in the pillow industry. Companies like Tempurpedic make pillows out of a single block of memory foam in different shapes and sizes which - in my experience - are very comfortable, but unfortunately I have found them to break down in 6-12 months because of the inability to "fluff" them over and over.

On the flip side (so to speak), I am currently using a pillow made of memory foam but the foam is shredded into small pieces. The advantage I have found to this type of pillow is that I get the comfort of the foam but also am able to "fluff" the pillow when needed to redistribute the foam helping the pillow to last much longer. The pillow is made by Bedgear and can be found on the Cabelas website for those of you with Cabelas points. They make different thickness of pillows based on how you sleep: 1.0 is thin for stomach sleepers, 2.0 is medium thickness for back sleepers, and 3.0 is thickest for side sleepers.

Oh, and we haven't even touched on the mattresses yet...

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BETTER ACCESS = BETTER CARE.

PRACTICE NEWS



DPC MEMBERSHIP AS AN EMPLOYEE BENEFIT

We are excited about the growing number of employers who are providing 307Health membership to their employees. We are happy to talk with companies about the services we offer and how they can benefit both the employer and the employee. Some employers offer 307Health membership as part of a benefits package that includes traditional health insurance, and some employers offer 307Health membership but are unable to offer their employees traditional health insurance though they still see the benefits of inclusive primary care coverage.

Employer Sponsored Insurance (ESI) is an unanticipated consequence of a federal law designed to prohibit wage increases during World War II in an effort to curtail inflation. To stay competitive, employers started offering perks and benefits to their employees that grew to include health care coverage. About one-third of the nation's population is now covered through ESI. Some experts think ESI is unlikely to continue within the next decade as employers have been forced to pass more costs on to their employees.

Regardless of the fate of ESI, we feel that having a relationship with your physician that includes easy access is a trend that is likely to continue. If your employer would like to know more about 307Health as an employee benefit, please give them our phone number – we'd be happy to get them more information!

HOLIDAY CLOSURE

Our office will be closed on Good Friday, April 19. Members may still reach their doctor through his "physician access" phone number in the event of an urgent concern. Please contact us anytime if you need a reminder of how to use this phone number, your physician's email address, or the complimentary "app" for the iPhone. Happy Easter!



MEMBER SERVICES FOCUS

A WORD ON MEDICATIONS FOR INSOMNIA

Classes of medication used to treat insomnia include benzodiazepines (such as Ativan), nonbenzodiazepine hypnotics (such as Lunesta), melatonin agonists, and doxepin. People have also used antihistamines such as Benadryl to treat insomnia. Potential benefits must be weighed against side effects - including physical and psychological addiction. Risks of insomnia medications include:

- alcohol interaction – alcohol use should never occur when taking a sleeping medication because of the increased risk of excessive sleepiness and decreased respiration.
- decreased clearance of the medication and excess sedation in persons with kidney or liver disease.
- worsened lung disease and sleep apnea - many sleep aids decrease respiratory drive and worsen lung conditions.
- injury in older adults - increased sedation, decreased respiration, and an increased risk of falls.

When medications are used to treat insomnia, the lowest possible dose should be used for the shortest possible duration.

ADDITIONAL READING – 10 TIPS FOR BETTER SLEEP

WebMD - [10 TIPS FOR BETTER SLEEP](#)

SPORTS PHYSICALS INCLUDED IN MEMBERSHIP

As we near the end of the school year, please remember that the sports physical required annually by the local school district is included in 307Health membership. Sports physical appointments can be made anytime during the summer break so your student is ready for that first sports practice in the Fall.

**SLEEP HYGIENE
-TIPS & TRICKS-**

Insomnia is a common issue in our society that is frequently driven by what is going on inside of our heads, as well as by what is going on outside of our heads. Sleep hygiene refers to controlling the factors that are going on outside of our heads. Here are some tips to develop good sleep hygiene ...

RELAX. Find an activity before bed that takes you away from the day's stress like light reading, prayer, stretching, taking a bath or shower. If the mind starts making lists of things to do tomorrow, keep a pen and paper nearby to write these lists down so that you can stop worrying about them for the night.

EXERCISE. Regular exercise is great for sleep but - for most people - can be overstimulating and lead to insomnia if done in the evening.

ENVIRONMENT. The bedroom should be quiet, dark, and kept at a comfortable temperature.

EAT RIGHT. Don't go to bed on an empty stomach or a stuffed belly. See the link below for foods that can help promote sleep.

LIMIT FLUIDS. Fluid intake after 8pm should be minimal.

LIMIT CAFFEINE. Drinking caffeine after the lunch hour - especially within 4-6 hours of sleep - can keep you awake.

LIMIT ALCOHOL. Although alcohol can make one drowsy, it can cause sleep pattern disturbances and lead to less restful sleep.

AVOID NICOTINE. Nicotine is stimulating just like caffeine.

AVOID NAPPING. If needed, keep daytime naps short - 15-20 minutes in the early afternoon.

NO PETS. All those little movements of the dog or cat can prevent deep restorative sleep.

PROTECT THE SPACE. The bed should be used for sleep and sex only. Reading, watching TV, or performing other activities will train the brain to be alert for activities other than sleep.

10-TIPS for BETTER SLEEP