

Good Sleep is "Huge"-ly Important

I've said it before and it's worth repeating over and over, a good night's sleep is probably the best thing you can do for your health and healing. Massage is great, and can often help you sleep better, but it's when you sleep that you do most of your healing, regenerating, and refreshing. In fact, if you've ever fallen asleep on the massage table, you'll notice that it often feels like you've had an entire night's sleep in that 60 minutes.

"We've put so much emphasis on diet and exercise that we've failed to recognize the value of good sleep," says Fred Turek, a physician at Northwestern University. Sleep is an important part of all our lives. Waking up in the morning feeling refreshed and ready to start the day is taken for granted by most of us.

Normal Sleep Patterns are divided into 2 different phases - Rapid Eye Movement Sleep (REM) and Non Rapid Eye Movement Sleep (NREM). Adults spend half of their sleep time in stage 2, 20 percent of the time in REM sleep, and 30 percent in the other stages. Infants start out spending about half of their sleep time in REM sleep (the deepest state).

REM sleep has the following features: Rapid eye movements associated with typical saw tooth brain wave patterns on EEG, a rise in heart rate and blood pressure (associated with an irregular breathing pattern), susceptibility to being woken by sensory stimuli (such as light, noise, touch, pain), and paralysis in all

Maintaining Touch



A publication of A Sensitive Touch, High Pointe Health Campus Suite 325

muscles except the diaphragm.

NREM sleep can be divided into 2 phases - transitional and deep. Transitional sleep is divided into stages 1 and 2. Deep sleep is divided into stages 3 and 4.

Stage 1 - The transition from wake to sleep occurs within minutes of the onset of slow rolling eye movements. They may waken by a whisper, or noise. They are relaxed, their breathing is more regular. There may also be "hypnagogic experiences" - dream-like sensations of falling, hearing voices, or seeing flashes of pictures. It takes 5 - 10 minutes to progress to Stage 2. Stage 1 accounts for only about 5% of the total sleep time. (Note: it is Gigi's belief that most massage relaxation reproduces this stage)

Stage 2 - is the first stage of true sleep and accounts for about 50% of total sleep. The subject is even less aware of their surroundings and is characterized by light sleep since individuals are easily aroused from this sleep state. Stage 1 & 2 are "transitional" stages of sleep and take approximately 30 minutes to complete these stages to enter Stage 3.

Stages 3 and 4 are also referred as Slow Wave Sleep (Delta Waves). As the subject is in a very relaxed state, they have a slow, regular heartbeat and respiratory rate. Their muscles are very relaxed. It is very difficult to arouse a patient in "Slow Wave Sleep". If they are awakened, they are confused

and slow to react. It is normally easy for them to go back to sleep. (Note: Gigi has also read in other places that it is in stages 3 and 4 in which tissue regeneration, such as the lining of joints and GI tract, occur.)

Workshops Through Community Education



Woodbury / Cottage Grove school district (651)458-6600 or www.cecool.com:

Gigi's Massage Your Kids

Monday, Nov. 7 6:30-7:30pm

Gigi's Backrubs for Couples

Friday, Nov. 11 6:30-8pm

Gigi's Happy Hand and Foot Rubs for Couples

Tues. Nov. 29 6:30 - 8pm



Gigi's Shoulder Rubs for Couples



Monday, Dec.5 6:30-8pm

Please note: by taking "Backrubs for Couples, "Happy Hand Rubs", "Shoulder Rubs for Couples, and "Self Massage for Headache Relief" (coming in February), you will essentially learn a full-body massage routine!!

North Saint Paul school district (651) 748-7434:

Nancie's Hatha Yoga

Classes are ongoing September 2005 through December 2005.

"Beginning is easy. Continuing is hard."

-Japanese Proverb

Nancie's Corner

Dear Friends, the last few months, I cannot help but notice there is an awful lot of road rage, even in Woodbury, Lake Elmo and Oakdale. The drama is usually the same: a huge, new pick-up truck in a big hurry to get to the red light, running everyone else off the road. When you see the driver, they radiate an unbelievable amount of stress and rage! In the month of July, I saw two of "these" trucks cause accidents right in front of the entrance to High Pointe Health Campus. So, please relax behind your wheel, and encourage your friends and family to do the same. Rage on the road is always an invitation to disaster of some sort.

By the way, getting a massage on a regular basis is a great way to stay relaxed!

Nancie



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A Sensitive Touch



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In normal sleep, cycling from deep sleep to REM sleep and back again occurs several times during a normal nights sleep. There is tendency to have more deep sleep at the beginning of the sleep period and increasing amounts of REM later in the period.

So, now you have a better understanding of what is considered "normal" sleep. Ironically, researchers know more about "abnormal" sleep, than the normal kind. Most "abnormal" sleep comes in the form of **sleep deprivation**. There are many reasons for sleep deprivation. Each year, there are about 40 million people in the United States who suffer from sleeping disorders. An additional 20 million have occasional sleeping problems, according to the National Institute of Neurological Disorders and Stroke. The consequences of sleep deprivation include physical effects, mental impairment, and mental health complications. Inadequate rest impairs our ability to think, to handle stress, to cope with pain, to maintain a healthy immune system, and to control our emotions. Total sleep deprivation is fatal.

Without adequate rest, the brain's ability to function quickly deteriorates. Concentration levels drop, and memory becomes impaired. Speech becomes slurred and fragmented, and mental reaction time slows. The brain's ability to problem solve is greatly impaired: decision-making abilities are compromised, and the brain falls into rigid thought patterns that make it difficult to generate new problem-solving ideas. Insufficient rest can also cause people to have hallucinations. In addition to brain function, emotional mood deteriorates. People become irritable and short-tempered, both with themselves and others. Loss of emotional control is possible, leading to emotional outbursts and even violence. Stress and anxiety levels both rise as a result of sleepiness, which often begins a vicious circle. Insomnia and fatigue leads to stress and anxiety. Stress and anxiety are leading causes of insomnia. Left unchecked, this cycle can result in full-blown anxiety disorders and depression. Stress and anxiety also lead to a general increase in muscle tone, particularly in the neck and shoulder regions. (Note: Gigi says this is where massage comes in!!!)

"There's a need to look at sleep on the same level of importance as diet and exercise,"

Insomnia makes it difficult to focus the eyes properly, or to perform fine motor functions as effectively as when well rested. Muscle strength and endurance drops, in part due to lowered glucose metabolism. Appetite tends to increase with insufficient rest, leading to weight gain for some people.

Adequate rest and a properly functioning immune system are closely related. Sleep deprivation appears to compromise the immune system by altering the blood levels of specialized immune cells and important proteins called cytokines, resulting in a greater than normal chance of infections.

Causes of Sleep Deprivation

Lifestyle - Fatigue and sleeplessness are often a direct result of lifestyle choices. Drinking caffeine or alcohol before bedtime is among the most common causes of sleep deprivation. Shift work is unavoidable in many professions, and can drastically alter normal circadian patterns.

Medication - the most common culprits are antidepressants (particularly MAOI's, SSRI's and Lithium,) bronchodilators containing theophyllin used for treating asthma, decongestants containing pseudoephedrine and phenylpropanolamine, and sleeping Pills from the benzodiazepine family. Sleeping pills also worsen obstructive sleep apnea (see below) especially when mixed with other over the counter sedatives (anti-histamines) and / or alcohol.

Medical Conditions - Underlying health problems can cause fatigue by interfering with sleep patterns, particularly painful conditions. Physical health problems such as asthma may make sleeping difficult, while mental health problems, including depression and post-traumatic stress disorder, can lead to insomnia. Sometimes insomnia is caused by an underlying illness that needs treatment, such as a thyroid disorder, anxiety, depression, arthritis, asthma, or restless leg syndrome.

Fibromyalgia, and other syndromes that cause chronic pain throughout the body, often makes sleeping difficult. Sleep disorders and chronic fatigue are common side effects of fibromyalgia. People with the condition can experience sudden brain activity during the night that resembles waking brain patterns: these increases in brain activity hinder the ability to enter deep, restful sleep. (Note: several of Gigi's fibromyalgia clients claim to have

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Help Wanted... Babies!



Babies are invited to take a free, abbreviated series of classes on October 28th -30th, (Friday - Sunday) for about 1-1/2 hours in the afternoon (a retail value of \$125-\$375). This is open to parents and caregivers that have babies that will be between the ages of 3-4 weeks up to crawling, at the time of the class. Gigi has been teaching infant/toddler massage for several years, but is finally taking her formal Infant Massage Certification Class, and you can help her!

♥ **Location:** YWCA in Downtown Minneapolis, 1130 Nicollet Ave Minneapolis, MN 55403. Their phone number is (612) 332-0501.

♥ **What to bring:** In addition to your baby and all of the supplies they may need during the course of your visit, (diapers, wipes, bottles etc...) you may want to bring a pillow or blanket and wear loose, comfortable clothing as we will be working on the floor. We will be providing sheets to cover the floor and it is carpeted, but you or your baby may be more comfortable with the pillow.

♥ **Parking:** We suggest parking at nearby meters, lots and ramps.

• **Meters are free all day Saturday and Sunday.**

• YWCA parking lot: \$1.00 for the first 2 hours and \$1.00 for every ½ hour after that.

• The entrance for the parking structure is on 12th street between La Salle Ave. and Nicollet Mall. It is well marked.

♥ **Check-in:** Guests check-in at the Membership Desk with a valid photo ID. Tell them that you are here for the infant massage class, and they will direct you to the conference room.

♥ **R.S.V.P.** - Please call or email me

better sleep since starting their massage sessions)

Post-Traumatic Stress Disorder - Flashbacks and nightmares characterize post-traumatic stress disorder (PTSD), a severe anxiety disorder that results from living through devastating events. Post-traumatic stress disorder results from events such as military combat, rape, assault, terrorism, natural disasters and other events where serious bodily harm has occurred (or been threatened). Nightmares, anxiety and depression may all occur as a result of PTSD, making it difficult to maintain healthy rest habits.

Sleeping Disorders - Narcolepsy, parasomnia, and apnea are three common sleeping disorders. "Some people may be able to sleep, but the sleep quality is no good," says Marc Raphaelson, M.D., a neurologist with the Greater Washington Sleep Disorders Center in Rockville, Md.. "If you look at the brain as a rechargeable flashlight, some people don't hold the charge very well."

Obstructive sleep apnea (severe snoring associated with temporary airway obstruction with breathing pauses) may lead to more than 100 brief awakenings per night. Severe drops in oxygen levels lead to lung and brain disorders, heart disease, high blood pressure, and stroke, while chronic sleep deprivation causes extreme sleepiness during the day. Recognizing the signs of sleep apnea in children is a challenge because unlike adults, kids push through daytime sleepiness and keep going. "Sometimes you might see the child struggling to get

air or moving around a lot in bed," Hausfeld says. "Rather than being noticeably tired, kids with sleep apnea may do poorly in school."

Recent research suggests that if sleep deprivation is long-term--whether because of lifestyle choices or sleep disorders--it may increase the severity of age-related chronic disorders such as diabetes and high blood pressure. In another study, published in the Sept. 25, 2002, issue of the *Journal of the American Medical Association*, Van Cauter and colleagues found a marked decrease in the response to flu vaccination in young, healthy people who were immunized after four days of sleep restriction, compared with those whose sleep was unrestricted.

Tips for Better Sleep

"There's a need to look at sleep on the same level of importance as diet and exercise," says Carl Hunt, M.D., director of the National Center on Sleep Disorders Research, part of the National Heart, Lung, and Blood Institute. "All three are equally important for good health."

Experts say that most adults need at least eight hours of sleep every night to be well rested, but this varies from person to person. The bottom line is that you should sleep for the number of hours it takes for you to feel rested, refreshed, and fully alert the next day. If you've had a good sleep, you shouldn't feel drowsy during the day.

In general, keep a regular sleep-wake cycle. Try to go to bed and wake up at the same time every day. Avoid caffeine, alcohol, and nicotine in the four to six hours before bedtime. Don't exercise within two hours of bedtime. Exercising five or six hours

before bedtime may help you sleep more soundly.

Don't eat large meals within two hours of bedtime. Don't nap later than 3 p.m. (Note: if you nap during your massage, you may want to make sure they are scheduled before 3pm as well) Sleep in a dark, quiet room with a comfortable temperature. If you can't fall asleep within 20 minutes, do a quiet activity somewhere else and return to bed when you're sleepy. Wind down in the 30 minutes before bedtime with a relaxing pre-sleep ritual such as a warm bath, soft music (see below), or reading.

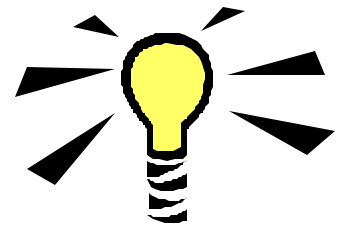
If your sleep is interrupted by snoring, you may be able to correct that with some lifestyle changes, particularly losing weight, cutting down on smoking and alcohol, and changing sleeping positions. This generally means keeping snorers off their backs and on their sides as a way to keep the airway more open during sleep. There are over-the-counter nasal strips that are placed over the nose to widen the space in the nose and make breathing easier. Read labels carefully because these strips are only intended to treat snoring. The trick is figuring out the cause of snoring. It could be related to allergies or structural abnormalities such as nasal polyps or enlarged adenoids (lymphoid tissue behind the nose).

If it's not snoring but sleep apnea, know that medications generally aren't effective. The most common treatment for sleep apnea is continuous positive airway pressure (CPAP) with a device that pushes air through the airway at sufficient pressure to keep the airway open while sleeping. Surgery also is an option to treat snoring and

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A Great Idea.....

Are you aware of how many rituals you have throughout a day? Sometimes, people consider their rituals to be loathsome chores. But did you know you can turn your rituals (like washing dishes, vacuuming, doing laundry, etc.) into opportunities for meditation and inner reflection?



This morning, take five minutes to turn a normal, everyday, boring old ritual into a mindful opportunity for deeper introspection. Consider the following instructions as a guide:

- Select an activity or chore that you can commit to for five minutes, such as emptying the dishwasher.
- Clear your mind of all cluttered thoughts and worries.
- Focus on the movements of your body to achieve this task.
- Be mindful of your breathing.
- Take notice of the natural rhythm of your hands, arms, legs and torso.
- Take a moment to fully experience the satisfaction of completing the task. Imagine a lightness of being because you now have one less thing to do today.

Excerpted from "Five Good Minutes: 100 Morning Practices to Help You Stay Calm and Focused All Day Long" by Jeffrey Brantley, MD, New Harbinger Publications, April 2005.

sleep apnea. This may include removal of the tonsils or adenoids. To treat snoring, a laser-assisted procedure called uvulopalatoplasty is used to enlarge the airway by reshaping the palate and the uvula, making them less likely to vibrate. For sleep apnea, a laser procedure called uvulopalatopharyngoplasty is used to remove excessive tissue at the back of the throat. (Note: there is a sleep study clinic one floor below Gigi's office at High Pointe. They may be able to help you with assessing your best options in the cases of sleep disorders)

Listening to music at bedtime is another secret to falling asleep fast and getting a restful night's sleep, according to researchers at Taiwan's Tzu Chi University. The best kind of music is soft, slow tunes, such as light jazz, folk, or orchestral pieces, that are 60 to 80 beats a minute. The researchers even have a name for it: sedative music. Believe it or not, the music will actually cause physical changes in your body, such as lowering your heart and respiratory rates, that will help lead to a good night's sleep. (Note: the cds Gigi sells are of this type of music)

Although eating anything bigger than a snack before bed will interrupt sleep, researchers from the University of Maastricht in the Netherlands have found that drinking a special evening milkshake spiked with the amino acid tryptophan may improve sleep. So far, this is just preliminary research. 28 healthy, young adults found that when they drank a milkshake that contained a protein powder called alpha-lactalbumin, those who had sleep problems were much more alert in the morning. Alpha-lactalbumin, which is derived from whey, is packed with tryptophan, a substance that appears to sharpen mental acuity by improving sleep. Found in beef, chicken, turkey, and dairy products, tryptophan is a precursor for the brain chemical serotonin, which is thought to help regulate sleep. Apparently you can get the powder for a tryptophan-laced milkshake in a product called BioPure that is supplied by Davisco Foods International of Eden Prairie, Minn. More research is needed before this can be recommended as a sleep aid.

If you are overweight, you may want to consider trying to get a little more nighttime sleep, based on the information that researchers from the Eastern Virginia Medical School in Norfolk found. The researchers found that as sleep time

decreased, the body mass index increased, especially for people who were already obese. (Body mass index or BMI is a measure of weight in relation to height.) On average, those of normal weight slept just 16 minutes more per day--or almost two hours a week--than the heavier participants.

Lastly, people who sleep on their stomachs have lower nighttime blood pressure than people who sleep in other positions, according to new research from Japan. Speaking before a conference of the



American Heart Association, researcher Yasuharu Tabara of Ehime University School of Medicine in Ehime, Japan, noted that high blood pressure during the night can increase the risk of a nighttime heart attack. In almost all

270 men in this study, their overall blood pressure dropped significantly when they were face down. And almost 10% of the men experienced an even more dramatic decrease of more than 15 points when they just turned over onto their stomachs. In addition, systolic blood pressure, which is the force blood exerts on the artery walls when the heart beats, fell by as much as 15 mmHg in response to moving into the stomach-sleeping position, compared with the face-up position.

For More Information

*National Center on Sleep Disorders Research, National Heart, Lung, and Blood Institute

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301-435-0199

www.nhlbi.nih.gov/about/ncsdr/

*National Sleep Foundation
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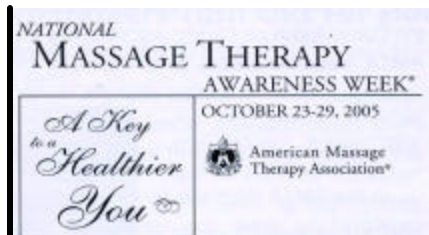
*American Academy of Sleep Medicine
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The research cited in this article has been compiled from the internet, and was originally published in the following: Journal of Advanced Nursing, American Journal of Clinical Nutrition, "How Well Are You Sleeping?" By Michelle Meadows (staff writer for FDA Consumer), Reuters, <http://www.coventrypainclinic.org.uk/aboutpain-sleep.htm>, Archives of Internal Medicine, www.sleep-deprivation.com, National

Institutes of Health, American Academy of Sleep Medicine; James Walsh, Ph.D., National Sleep Foundation, and Patient Health International. If I have left any sources out, it was unintentional. - Gigi Decker

Hey You Clients who are Business Owners.....

the holiday newsletter (sent in late November) has a free spot for you and your business! It's a great networking opportunity and wonderful karma! Please call me or email me with a short description of your business and pertinent contact info! Gigi 651-983-6954 or: asensitivetouch@cs.com



National Massage Therapy Awareness Week is coming!!
October 23-29, 2005

This year's theme is "Massage: A Key to a Healthier You", which fits in well with this quarter's article about sleep. Massage therapy can be an important part of your healthy lifestyle. Did you know how massage effectively helps relieve pain, bolster the immune system, relieve stress, foster muscle and joint flexibility, increase endorphins and reduce scar tissue?

Would you or your business like to host a speaker or demonstration about massage during National Massage Therapy Awareness Week? We can help you! Feel free to give any of us a call to set up a time:

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Sue K. 651-485-6782

Want more info? Check this out:
www.amtamassage.org