

Healthy Sleep Habits

Facial Asymmetry is the most challenging skeletal defect to treat and has devastating effects throughout the body. Tummy, face, or side sleeping will ruin jaw joints, distort the face, and compromise breathing and vision for life! They also weaken the body, from the neck to the toes. Unless treated in very early childhood, these distortions can quickly become permanent.

Just as important in Sleep Hygiene is actual sleep quality. Late bedtimes and interrupted sleep have been proven to adversely affect bone and soft tissue integrity besides their critical effect on the mind and personality.

Poor sleep habits (sleep hygiene) will dramatically lengthen treatment time and severely compromise treatment results on the most attractive and interactive part of you: ***your face!***

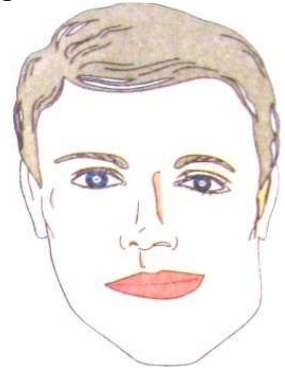
A standard bed can easily be converted for healthy back sleeping by A) placing a roll of 2+ full-sized bath towels (or a 2-by-4 wrapped with a large towel) under the mattress at the location of the knee bend. B) Tilt the bed by placing bricks, thick phone books, or commercial bed risers under the headboard legs, or C) elevate the bed frame position on an adjustable headboard. The bed should now feel like a comfy recliner. The pillow should be low loft, but comfortably supportive. Sometimes it is helpful to have a body pillow for cozy lateral support (it can be placed under the mattress sheet if it tends to migrate). It is important to fine tune your bed for healthy sleeping when you are NOT fatigued. Inability to back sleep after consistent effort signals the need for further complete body treatment.

Sleep is meant to be restorative and regenerative. Make your bed and room into a healing oasis; your reward after a productive day.

Consuming simple sugars and carbs near bedtime will result in interrupted sleep, and should be avoided.

Lights Off, and Electronics Off, or over 6 away and covered. Avoid synthetic bedding that is prone to static charge.

'Grounding' yourself with a fresh walk outside on natural earth surfaces, or a footsoak in a tub (with metal grounded plumbing) dissipates the heavy burden of positive charge the typically accumulates in the modern environment.



Unhealthy Sleep Habits result in unattractive and often painful distortions in the face, facial expression, vision, breathing, and posture.

