

# The Brain and Sleep

Our bodies thrive on sleep. A restorative, good night's rest is essential for our body to properly heal and recuperate each day. When that sleep is compromised, our bodily function is compromised as we are less equipped to handle the processes our body goes through. Even when we don't feel ourselves waking up and interrupting our sleep, that doesn't mean our sleep is perfect.

4% of developing children have sleep-disordered breathing, while another 11% suffer from habitual snoring. Studies into sleep-disordered breathing found that children who suffer from sleep-disordered breathing show deficits in neurocognitive performance, behavioral impairments, and even school performance! This leaves children more irritable, unable to focus in school, and experiencing difficulty communicating with their parents due to their lack of sleep.

One of the most common changes that parents will tell us they see in their children with chiropractic care is improved sleep, focus, and attention. Especially considering the proximity of the upper cervical spine to the cardiorespiratory center of the nervous system (the part that controls the heart and breathing), a well-adjusted spine and properly functioning nervous system are crucial to our children being as healthy as possible. Thanks to neurologically-based chiropractic care, the body can function fully 100% of the time!

Trosman, I., & Trosman, S. J. (2017). Cognitive and Behavioral Consequences of Sleep Disordered Breathing in Children. *Medical Sciences*, 5(4), 30. doi: 10.3390/medsci5040030



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