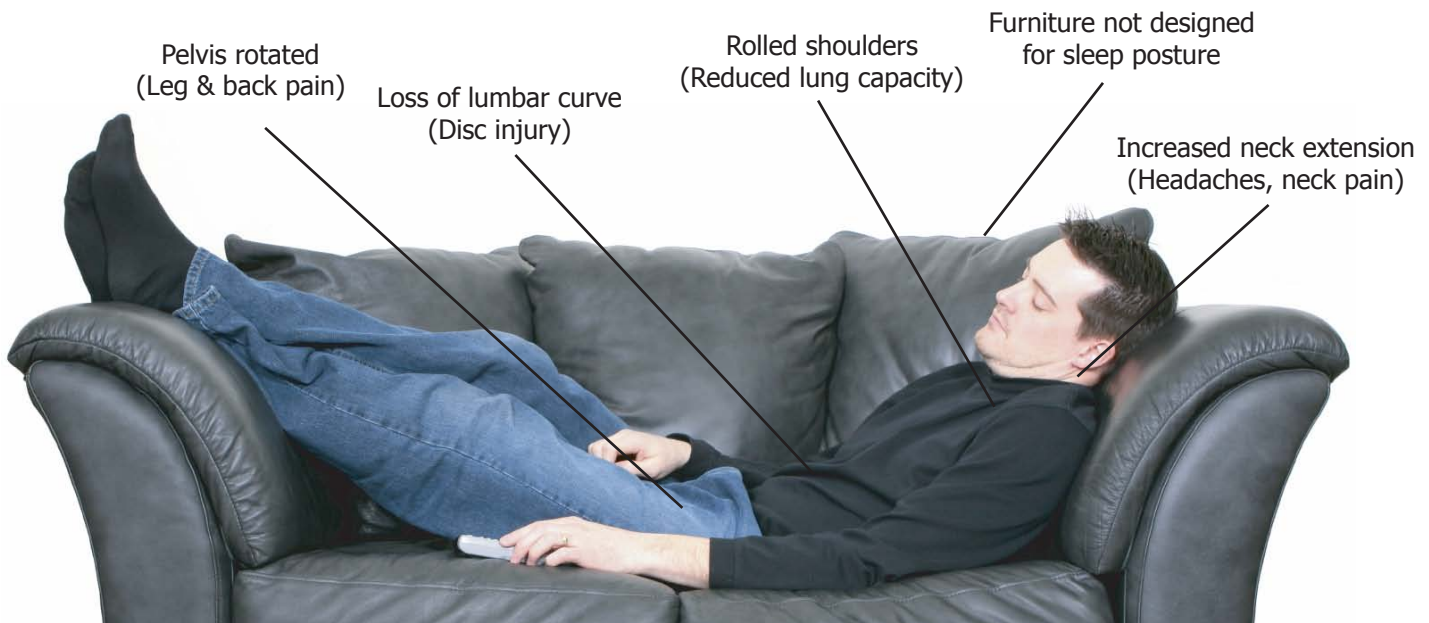


Wake up! Posture is not just a standing matter!



CHIROPRACTIC CARE can be EFFECTIVE in CARING for PROBLEMS PREVENTING you from getting STRAIGHT TO SLEEP

Approximately one-third of our lives are spent in bed, so watching what position you sleep in is extremely important to maintaining a healthy spine.

Sleep allows the body to rejuvenate, physically and mentally, to ensure you wake refreshed. Chiropractors are the spinal health experts, and understand the vital role that sleep plays in health and overall wellbeing.

Patients with spinal problems have greater difficulty falling asleep, have more frequent awakenings, sleep subjectively less well, take more and longer naps, and snore more. Sleep disorders such as insomnia have been associated with 'painful musculoskeletal conditions that may result in sleepiness, irritability and feelings of misery.'***

Poor spinal health can adversely affect sleep. Chiropractic cares for spinal problems that can prevent a good night's sleep. Through their minimum five years full-time university training, chiropractors are equipped to provide specialist advice on a range of sleep topics including sleeping posture, mattress and pillow selection, nutrition and exercise.

Each week approximately 200,000 Australians utilise chiropractic care. Many of these patients advise their chiropractors that they sleep much better after receiving proper spinal care.

So if you are searching for a good night's sleep, discover for yourself why **there's so much more to chiropractic.**

Poor sleep quality can affect us in a range of ways including:

- Reduced work performance
- Reduced academic performance
- Strain on personal relationships
- Increased auto and workplace accidents

healthy spine, healthier life



* Biering-Sorensen, F., & Biering-Sorensen, M. (2001). Sleep disturbances in the spinal cord injured: an epidemiological questionnaire investigation, including a normal population. *Spinal Cord*, 39, 505-513

** What's new about sleep? (2001). *Journal of the American Chiropractic Association*, 38(9), 8-18.