

# The Spinal Column

A Free Monthly Newsletter For The Friends and Patients of: Dr. Roger D. Smith  
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*The one serious conviction that a man should have is that nothing is to be taken too seriously.- Nicholas Butler*

## Do You Ever Wish You Could Get More Sleep? More Shocking News On The Effectiveness Of Popular Sleep Medications...



**I**t's a very common complaint. Just ask someone how they are doing... many will say, "Tired."

The ones who say "fine" or "good" are probably tired too. They're just being positive.

It's hard to find anyone that doesn't admit to wanting more sleep. *At least an extra hour or two.*

Maybe you feel the same way. After all, wouldn't it be nice to stay under the warm covers longer tomorrow morning?

But, that's not the only problem. Countless people have serious trouble falling asleep. And when they do, they wake up frequently during the night. Have you ever looked at your clock and said to yourself, "If I fall asleep right now, I can still get 5 hours of sleep!" All this spells one thing for the following day...

### Misery!!!

Lying wide-awake in bed can be extremely frustrating. And it can even lower your immune system and is linked to several health problems.

For example: A new study suggests that lack of sleep elevates activity in the emotional centers of the brain most closely associated with psychiatric disorders such as depression.

Though the thinking has been that psychiatric disorders cause poor sleep, Matthew Walker (Assistant Professor of Psychology at Berkeley and a former Harvard sleep researcher) says now he's not so sure because those he studied didn't have psychiatric conditions, yet they exhibited emotional brain reactions similar to psychiatric conditions.

Mary Carskadon, a Professor of Psychiatry and Human Behavior at Brown University who has studied adolescents and sleep deprivation, says the new study is compatible with her findings. She is particularly concerned about what it means for adolescents who are often sleep-deprived and who are being diagnosed with depression in increasing numbers.

"What we don't know is whether early sleep deprivation then projects out to things like major depressive disorder or bipolar illness and whether we're really setting up our kids for these major problems as they grow up," she says.

It's no wonder people suffering with sleep problems are willing to try almost anything, which makes them a prime target for slick television commercials.

### Your Dreams Miss You

That's the line used in a television commercial for the sleeping pill, Rozerem. In this "Dream" Abraham Lincoln, a beaver and a deep-sea diver all sit around a table. Supposedly they're the dreams you are missing.

This may be an unusual pitch... but... the message is clear: If you want to sleep better... Rozerem is the way.

Well, according to an October 23, 2007 article in the New York Times, this is not the case.

Speaking of Rozerem, *"it costs about \$3.50 a pill; gets you to sleep 7 to 16 minutes faster than a placebo, or fake pill; and increases total sleep time 11 to 19 minutes, according to an analysis last year."*

Wow! Only gets you to sleep 7-16 minutes faster and only increases total sleep time by 11-19 minutes.

### **Are you wondering if Honest Abe should really be part of that commercial?**

But if you are thinking – that’s just Rozerem – and you can just try other sleeping pills, here’s the shocking truth according to the New York Times Article: Sleeping pills in general do not greatly improve sleep for the average person.

*“American consumers spend \$4.5 billion a year for sleep medications. Their popularity may lie in a mystery that confounds researchers. Many people who take them think they work far better than laboratory measurements show they do.*

*An analysis of sleeping pill studies found that when people were monitored in the lab, newer drugs like Ambien, Lunesta and Sonata worked better than fake pills. But the results were not overwhelming, said the analysis, which was published this year and financed by the National Institutes of Health.*

*The analysis said that viewed as a group, the pills reduced the average time to go to sleep 12.8 minutes compared with fake pills, and increased total sleep time 11.4 minutes. The drug makers point to individual studies with better results.*

*Subjects who took older drugs like Halcion and Restoril fell asleep 10 minutes faster and slept 32 minutes longer than the placebo group. Paradoxically, when subjects were asked how well they slept, they reported better results, 52 extra minutes of sleep with the older drugs and 32 minutes with the newer drugs.”*

### **So the big question is: If sleeping pills do not change actual sleeping time much – why do some report success when taking them?**

Dr. Wallace B. Mendelson, the former director of a sleep disorders unit at the University of Chicago had this to say about that question: *“A bigger aspect of this is that they change a person’s perception of their state of consciousness.”*

Here’s one theory about how sleeping pills made people feel better: Most sleeping pills work on the same brain receptors as drugs to treat anxiety. By reducing anxiety, the pills may make people worry less about not going to sleep.

Another theory about the discrepancy between measured sleep and perceived sleep involves a condition called anterograde amnesia. While under the influence of most sleep medications, people have trouble forming memories. When they wake up, they may simply forget they had trouble sleeping.

Here’s a case in point: There have been many cases of people sleep walking and doing strange things (like eating garbage) while taking the popular sleep drug Ambien. Many of the people, however, believe they were sleeping well and had no idea what was going on.

According to the New York Times Article: Rosemary Eckley, a graphic artist in New London, Wis., said she thought she was sleeping well on Ambien but woke to find her wrist broken, apparently in a fall while sleepwalking.

Sleep-eating and sleep driving while on Ambien are similar to what happened to people while taking Halcion 20 years ago.

Halcion was popular to take as a sleeping aid while flying. Travelers would land and get lost... or... not be able to remember their destination. This was called “traveler’s amnesia” and Halcion was pulled from the market.

### **And here’s something else to consider...**

It is conventional wisdom that as we age, we have more sleep problems. Older people sleep less and “toss and turn” during the night more.

That’s just the way it is. Well, maybe not... According to another New York Times Article: *To researchers’ great surprise, it turns out that sleep does not change much from age 60 on. And poor sleep, it turns out, is not because of aging itself, but mostly because of illnesses or the medications used to treat them.*

*“The more disorders older adults have, the worse they sleep,” said Sonia Ancoli-Israel, a Professor of Psychiatry and a sleep researcher at the University of California, San Diego. “If you look at older adults who are very healthy, they rarely have sleep problems.”*

Clearly, lack of sleep can cause health problems. But the jury is still out on many of these “sleep aids.” Finding natural ways to relieve stress and get to sleep are always preferred to risky chemicals.

**And don’t forget, if you ever have any questions or concerns about your health, talk to us. Contact us with your questions. We’re here to help, and enjoy nothing more than participating in your lifelong good health.**

## ***Welcome New Patients!***

**Here are the new patients that became members of our practice family this last month! We'd like to welcome you publicly, and wish you all the best!**

Hannah M. from Long Beach.

*(Referred in by Wild Oats, Long Beach! Thanks!)*

Renee S. from Huntington Beach.

*(Referred in by Relax The Back, Huntington Beach! Thanks!)*

Yasmin V. from Norwalk.

*(Referred in by Jason B.! Thanks!)*

Ann R. from Long Beach.

*(Referred in by Wild Oats, Long Beach! Thanks!)*

Kris M. from Los Alamitos.

*(Referred in by Wild Oats, Long Beach! Thanks!)*

John D. from Garden Grove.

*(Referred in by Tracy D.! Thanks!)*

Don T. from Long Beach.

## **Inspirational Story Of The Month – “Ways Some People Get Rich”**

*Here's something very interesting...*

Most people when asked, “Which would you rather have, the love of your life... or... be rich?”... chose to be rich. Sad but true. And “to be rich” won by a pretty large margin. Not sure how “scientific” this is. But... it raises a very important point...

### **Many, Many, MANY People Are Concerned About MONEY!**

Chances are you may be one of them. How do I know? Check out the headline to this story that you chose to read.☺ Bottom line is: It's nice to say, “money doesn't buy happiness.” And yes – if you lose your health – nothing else will matter. But... and this is a very big but... if you are constantly worried about the basic necessities of life, it is difficult to really enjoy life.

Who knows the exact stats – but we all know and have been told that a large percentage of arguments in marriages are about money. And while we are on the subject of surveys – check out what this survey discovered about getting rich...

When surveyors asked people what they thought their best chance of getting rich was, **here's the top three responses...**

- 1. Inherit it.**
- 2. Hit the Lottery.**
- 3. Win it in a lawsuit.**

Being rich beats out finding the love of your life... and... hard work (or working for it at all) has nothing to do with most peoples belief on how to get rich. Who else is shocked here? Well, here's an interesting story... In October of this year, Jeff Bidelman was asked by some friends to do them a favor. They owned an old house that a family member had lived in... but passed away over 20 years ago. No one had been living in the house ever since.

They wanted Bidelman to go through the house and see if there was anything valuable.

"I was upstairs digging around," Bidelman said. "I found a whole pile of coins." Scooping them into a plastic bag, he started to drag the heavy load and as he made it downstairs, he noticed a hole in the wall. "You don't just have a hole in the wall," he said. Jeff asked the late owners' daughter to explain the hole, and she recalled the family rumors from her youth.

Bidelman quickly found the first-floor wall below the hole and began tapping near the floor. It sounded solid.

“When I got to about face level, I heard, ‘chink, chink,’” he said. Bidelman opened the wall and the coins rushed out, “ballooning” under pressure.

Coins that have been sorted so far date from 1826 through 1964 and include Large Cents and Seated Liberty dimes. The coins have been removed from the old house and placed in secure locations.

So far, Bidelman has sorted and cataloged coins with a face value of about \$8,500. Value to collectors will be much more, Bidelman said, adding he is already putting some items on the popular Internet auction site eBay.

Experts are estimating the total value is going to be around \$200,000.

There were several "Large Cent" coins, which were minted from 1793 to 1857.

The face value is one cent, but Bidelman expects to get at least \$20 each.

The family asked Bidelman not to identify them or the location of the home, especially after reading recent news reports of a woman who allegedly tried to burglarize a local home while the family was attending a funeral.

Undoubtedly the people who tried to rob the house during the funeral weren't part of the survey mentioned above. If they were... there would have been **a fourth way to get rich...Steal it.**

Sigh...

**We love helping our patients and their friends and relatives through their tough times and getting them feeling better! We are here to help you stay feeling better and looking younger! Don't be a stranger. Call us, and we will assist you in putting together a customized maintenance plan. It's not a luxury anymore! With our low monthly payment plan, it's less expensive to maintain your good health! You really can afford Chiropractic care! Don't wait until you can no longer move!**

**Smith Upper Cervical Health Care would like to thank Reina P. Charles for helping us get this to you!**

**Did You Know?...** America is a youth-obsessed culture, no matter how you look at it, and no one over 30 wants to look or feel their age. While there is no fountain of youth, there are simple steps you can take to keep your youthful appearance and outlook as you grow older.

If you feel good, you look good. So take care of your health by eating right and exercising. Make sure you have plenty of fresh fruits and vegetables in your diet, and keep fatty, sugary foods to a minimum. Consider adding a dietary supplement to your diet to make up for nutrients you may not be getting from your food. Drink plenty of liquids -- not only will it keep you hydrated throughout the day, but it's good for your skin.

Maintaining healthy skin is the first step to keeping a youthful appearance. Inside and out, replenishing moisture is key to healthy looking skin.

Exercise is also important to looking and feeling your best. Try to exercise every day -- it's good for your body, and it helps relieve stress (which can take a toll on your health and your appearance). You don't have to run 10 miles to get the benefits of working out. Taking a brisk walk around the neighborhood after dinner is a great way to work exercise into your day.

**Remember, we're always here, using the miracle of Chiropractic to help your body heal and maintain the health you deserve.**

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