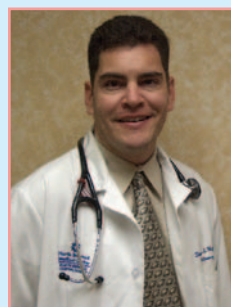


## Want To Lead A Healthy Lifestyle? Sleep On This...

When asked if sleep is a time when the body and brain shut down for rest and relaxation, many people answer "yes." During sleep, the body rests and restores its energy levels—but sleep is an *active* state that affects both physical and mental well-being. Adequate restful sleep, in addition to a healthy diet and exercise, is critical to good health. Insufficient restful sleep can result in mental and physical health problems and possibly premature death.

"Our bodies are programmed by our circadian rhythm (biological clock) and our homeostatic drive (sleep debt) to experience two natural periods of sleepiness during the 24-hour day," says Darren Hoffberger, DO, sleep specialist at North Broward Medical Center's Sleep Disorders Center, part of the hospital's Neurological Institute. "The primary period of sleepiness is in the late evening when most people go sleep. A second period of less intense sleepiness is in the afternoon, usually around 3 to 4pm. With many people not getting adequate sleep, it puts them at an increased risk of falling asleep at the wheel, especially during the drive home from work."



Sleep is a crucial part of wellness. However, a surprising number of people doze off unintentionally during the day despite getting their usual night of sleep. This could be a sign of a sleep disorder.

Approximately 40 million Americans suffer from sleep disorders, including sleep apnea, insomnia, narcolepsy and Restless Legs Syndrome (RLS), according to the National Institutes of Health National Heart, Lung, and Blood Institute.

An untreated sleep disorder can reduce daytime productivity and increase the risk of accidents, injury, illness and even early death.

(Sources: National Center on Sleep Disorders Research and the Office of Prevention, Education, and Control.)

Dr. Hoffberger is a sleep specialist at North Broward Medical Center's Sleep Disorders Center.

North Broward Medical Center is located on Sample Road and I-95 in Deerfield Beach. North Broward Medical Center offers a full array of services including our Neurological Institute, Comprehensive Cancer Center, Orthopedics, Inpatient and Outpatient Rehabilitation, CT/MRI Imaging Center and much more. For more information, please call our Health Line at 954-759-7400.

## TOE PULLS

Try this simple massage technique when you're feeling frazzled. Hold your foot in one hand and grasp your big toe with the thumb and index finger of your other hand. Slowly and firmly pull on your toe, starting at the base and sliding your fingers to the top. Gently squeeze and roll the toe between your thumb and index finger. Repeat on the remaining toes, then switch feet.

— 365 Ways To Energize Mind, Body & Soul

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