

Deep Sleep:

Online Workshop Outline

- 1) Feeling tired during the day is a _____ that you did not get enough _____ sleep.
- 2) _____ is the important Amino Acid needed to get into deep sleep.
- 3) True or False. The following are all symptoms of low GABA levels
_____ Racing Thoughts _____ Hot hands and feet _____ Heart Palpitations
- 4) TV, computer, and cell phone usage should be stopped a minimum of _____ hour/s prior to bedtime to help aid in deep sleep.
- 5) _____ is beneficial 30 minutes prior to bedtime to help your body start releasing GABA.
- 6) The perfect nap time range is _____.
- 7) True or False. A firm mattress is the best option for deep sleep.
- 8) If you are having trouble sleeping what can you do?
 - A. Take a salt and/or hot bath.
 - B. Write down what is on your mind.
 - C. Turn down the a.c. to 69 or 70 degrees.
 - D. All of the above
- 9) True or False. It is okay to have some amount of light on in the bedroom while trying to sleep.
- 10) True or False. An adjustment can help you sleep better at night because it can help calm you by affecting the parasympathetic nervous system.
- 11) All sickness and disease is caused by _____ and _____.
- 12) The number one deficiency is decreased _____ flow.
- 13) Forward head posture and taking medications are the two most common ways people adapt to _____.
- 14) True or False. We must get adjustments weekly until our x-rays are corrected.
- 15) You must have _____ compression to feel a pinched nerve.
- 16) The majority of people think they are healthy because they have no _____.

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