

B&M news

NEWSLETTER OF BALANCE AND MOTION MASSAGE THERAPY



Balance & Motion
MASSAGE THERAPY

FEBRUARY 2008

For the first time in years, I decided to make a New Year's resolution: get more sleep. Sleep, or more importantly, the lack of sleep, has a powerful effect on your body and how you get through your day.

SLEEP

There is no conclusive scientific evidence to explain why exactly you need sleep. Theories point to your body's need to repair muscles and rejuvenate energy, reorganize mentally and store memories as well as simply shut down your body to use less energy.

If you've ever pulled an all-nighter or dealt with jet lag you know you can feel sluggish, tired and irritable for a day or so. Miss more than one night's sleep and your ability to concentrate decreases. If you are in sleep deficit, which means you are not getting enough sleep each night, you can experience these same detrimental effects over time.

Most of us are usually in sleep deficit. For example, missing 1 hour of sleep each night will mean you missed one night's sleep each week, which is a significant cause for decreased performance and productivity in your day to day life. On average, most adults need seven to nine hours of sleep at night. The more active you are the more sleep you will need.

To date, it's really been the effects of not getting enough sleep that indicate its importance. However, a recent study with basketball players in the U.S. showed that when you are well rested and have normal sleep patterns and good performance, getting additional rest and sleep further helps to improve your performance.

Differentiating between a simple lifestyle issue causing lack of sleep or a more serious sleep disorder will help to

get you on track to better rest. Lifestyle changes can have an immediate and positive impact. Sleep disorders such as insomnia, sleep apnea, and restless leg syndrome require medical attention. Consult your physician if you have serious concerns.

After a good night's sleep, you should wake up feeling refreshed and you shouldn't feel sleepy during the day. If this is not the case, you should look at your daily activities, sleep patterns and your routine before going to bed. Changing lifestyle issues surrounding diet, exercise, and smoking as well as adjusting factors like the bedroom temperature (too hot/too cold) will help create the proper habits and environment for better, healthier sleep.

Lifestyle Changes to Improve Your Sleep

Exercise regularly. Exercise helps tire and relax your body. However, exercising too late at night may be stimulating and keep you awake.

Avoid stimulants like caffeine and cigarettes, particularly in the afternoon and evening.

Avoid alcohol, a depressant, before bedtime. It can reduce the quality of your sleep.

Try to stay in a pattern with a regular bedtime and wakeup time.

Create a calm environment in your bedroom by removing distractions such as the TV, computer, and telephone.

Slow, deep breathing will help you relax and fall asleep.

Massage Therapy can be beneficial for people who have difficulty sleeping. Some studies indicate that massage treatment increases the time spent in the repair and restorative stages of sleep. Time spent on the massage table can also teach your body to relax and practice deep breathing, which aid in improving sleep quality.

Paula Burchat BA, RMT, ART certified

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your right side and your low back. If the stretch feel does not decrease in 30 seconds ease up on the tension and try again.

4. Stretch both sides twice.



Off The Table

I'll be running the Hyannis Marathon, just south of Boston, MA on Sunday, Feb. 24 so the office will be close on Friday, Feb. 22 and Monday, Feb. 25.

Office Hours

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|------------------|----------------------|
| Monday | 12:00p.m. – 8:00p.m. |
| Tuesday(morning) | 8:00a.m. – 12:00p.m. |
| Tuesday(evening) | 4:30p.m. – 8:00p.m. |
| Wednesday | 11:00a.m. – 5:00p.m. |
| Thursday | 8:00a.m. – 2:00p.m. |
| Friday | 11:00a.m. – 6:00p.m. |

About B&M

Balance and Motion Massage Therapy is owned and operated by Paula Burchat, RMT. Paula provides various types of massage and Active Release Techniques (A.R.T.) for relaxation and therapeutic treatments.

STRETCHING CLINIC

On Saturday March 8 at 1:00 p.m., I'll be holding a stretching clinic at the Ottawa Fit Studio, 1226A Wellington St., home to the Ottawa Triathlon Club and Kitchissippi Times Run Club. The clinic will be approximately 90 minutes long and will cover the fundamentals of static and dynamic stretching for the whole body from head to toe.

You will learn how, why and when you should stretch. Throughout the clinic I will incorporate basic anatomy of muscles to help you understand where your muscles are and how they work. (Don't worry; there won't be a pop quiz!) A number of you have told me that you don't have enough time to stretch after working out. So, the clinic will end with 5-minute, post-training stretch routines for running, swimming and cycling.

The cost of the clinic is \$20, which will be donated to Sole Responsibility, a non-profit organization formed by a group of Ottawa runners that collects gently used running and walking shoes for donation overseas. You will receive stretching handouts. You should bring a towel and wear comfortable clothing. For more information or to sign up for the clinic e-mail me at paula@balanceandmotion.ca or call (613) 301-3131.

LOW BACK STRETCH

Try this stretch at your desk and more importantly after you've been shoveling your driveway.

To begin stretching the right side:

1. Clasp your hands and raise them above your head.
2. Lean to your left and then bend slightly forward at an angle making sure your "sits" bones remain on the chair.
3. Hold this position for 15-30 seconds. During this time you should feel a mild stretching sensation on

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