

# Continuing conversation about needed sleep

**T**his week I had the loveliest voicemail from someone who had read my column.

Dr. Ron Perkins from Rockwall had called me to tell me how much he enjoyed one of my articles. He said his wife had seen it and encouraged him to read my column. (Thanks Mrs. Perkins!). I ended up calling him back and having a wonderful conversation discussing the correlation between quality sleep and overall wellbeing.

Dr. Perkins is an orthodontist who became a sleep specialist, to my understanding and can evaluate for sleep disorders including the "usual suspects" of sleep apnea, but also issue like TMJ, headaches, migraines and other related issues.

We talked about how we agree that when it comes to wellness

nutrition is probably the number one priority, followed by sleep and then exercise.

Yes folks- SLEEP quality is one of the top three probably when it comes to your overall health and wellbeing, from headaches and migraines, to heart health, to avoiding car accidents, mental health issues and so much more.

I don't know a lot of people that say they sleep great, sleep an adequate amount, sleep through the night and don't wake up sweating, snoring or startled.

Think about how you've been doing lately. Any issues with feeling tired? (I'm raising my own hand right now) Feeling stressed on waking? Pain in the jaw? Angry bed partner caused by your snoring or gasping for air? (Both worrisome and annoying all wrapped into one :)).

If you are someone that sleeps awesome without any medication or supplement, I'd love to hear from you, but if you are like the majority of people that struggle with sleep quantity or quality, I encourage you to check out the

short sleep surveys on Dr. Perkins' website.

He had a plethora of great information. Wishing you healthy happy ZZZZZs!

Some sleep tips:

— Sleeping on your left side is supposed to be healthier for you from various schools of thought.

— Beauty sleep is a real thing, quality sleep improves your appearance and definitely your demeanor.

— Sleep apnea can actually kill you.

— Your body repairs itself when you sleep.

— Know why you are taking any sleep aids before you take any, there are benefits and drawbacks to even the natural supplements. Know how long it is safe to continue use.

— Sleep patterns can be affected by WiFi, blue light and of course noise, lack of darkness and other things. Mine is affected by needy dogs many nights.

— Teenagers need as much



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sleep as babies in many cases.

— We all have a natural circadian rhythm, it is different for everyone and can get out of sync. It is recommended to stick to a regular bedtime even on weekends and to not eat dinner too late. Try going to bed when you get sleepy after a normal days activity and wake up without an alarm to start to see what your natural cycle is.

— Sleep monitors can help you understand how much quality sleep you are really getting.

— Take Dr. Perkins survey to see if you may need to talk to a sleep

professional.

Dr. Perkins survey and website: <http://www.perkinsorthodontics.com/sleep-disorders-in-adults/adult-survey/>

Don't forget to go to my Liz Jones Wellness Ranch Facebook page and "like my page" <https://www.facebook.com/lizjoneswellness.co/>.

Join the event "48 to 48 connection challenge." Group begins August 27, 2019 and goes to October 14, 2019.

This will be a group for connecting, support and tips on wellness and wellbeing.

One participant will be gifted a wellness package from Liz Jones Wellness at the end of the event. Join up and participate regularly for

your chance to win.

Includes:

— one hour consultation about your goals  
— one Vedic Thai Bodywork session in studio

— Admission to RECHARGE workshop Saturday November 9 (more information coming soon!)

Follow me on Facebook for tips: <https://www.facebook.com/liz.jones.1441810>

*Jones is the owner of Liz Jones Wellness LLC, offering yoga, personal training and corporate wellness programs in Hunt and Rockwall counties, soon to be based out of the new Jones Wellness Ranch in Greenville. She can be reached at [Liz@LizJones.co](mailto:Liz@LizJones.co) or through her website at [LizJones.co](http://LizJones.co)*