

## Sleep Your Way to Better Hearing

Just in case you needed a reason to get a few more hours of sleep, here's one: You hear better when you're well rested.

Research indicates people who are well rested have active temporal lobes, the area of the brain that processes sound and interprets it as language. Those who were sleep deprived did not show activity in this area, likely because the brain was trying to conserve resources. The problem is amplified for those with untreated hearing loss because of the energy and concentration it takes to be adept at lip reading.

### How sleep deprivation affects your hearing.

Researchers have also discovered that lack of sleep can harm blood circulation. Because the auditory hair cells of the inner ear depend upon good blood flow, slower blood flow can permanently damage this part of the ear. These hair cells are responsible for translating the sounds our ears collect into electrical impulses for the brain to interpret as recognizable sound and do not regenerate once they are damaged or die.

If you have difficulty falling asleep and staying that way, you may want to see your family doctor. He or she can refer you to a sleep specialist to make sure you do not have sleep apnea, a common disorder affecting approximately 18 million Americans. Individuals with this disorder often snore and gasp or snort periodically during their sleep cycle. Researchers now believe that sleep apnea may be an indicator of hearing loss, as well as other systemic and chronic diseases such as general inflammation, cardiovascular and endocrine problems.

If you're not suffering from a sleep disorder, you may just have poor sleep habits. In that case, consider making these adjustments to help you get a full night of sleep:

- Be consistent. Develop a bedtime routine that tells your body it's time to go to sleep.
- Caffeine and alcohol can interrupt your sleep patterns. Try to avoid eating or drinking anything with these ingredients 8 hours before bedtime.
- Get 20-30 minutes of exercise daily, preferably not right before you go to bed.

### Why you should take hearing aids out before you sleep.

If you wear hearing aids, be sure to remove them before you go to bed for these reasons:

- They're uncomfortable to wear and may make it more difficult for you to fall asleep – or wake you up in the middle of the night.
- Your ear canal needs time to rest and air out.
- Hearing aids need to dry out. Most experts recommend removing the batteries, cleaning the hearing aids and leaving the battery door open to air out.

If you are afraid of missing important sounds while you sleep, there are bed shaking alarm clocks, vibrating cell phone alarms and flashing fire alarms that can wake you up in the event of an emergency.

<https://www.healthyhearing.com/report/24201-Sleep-your-way-to-better-hearing> (Last Accessed 8/26/2019)

### Consultant of the Month Rochelle Thompson



Rochelle has been in the hearing industry for almost 5 years. "I got into this business simply due to God's plan for me; I've always known I like to help people. Now I couldn't think of a better fit. Listening to patients stories of sounds they haven't heard in a long time is magical. It's wonderful at the end of the appointment when we have such a connection that they want to hug me like a close friend." When not in the office she loves spending time with her husband and adorable son.

### PCC of the Month Mercedes Guiliacci



Mercedes has had extensive Customer Service experience for over 10 years. "I know Customer Service is my true passion. When I saw the opportunity to be able to do what I love, but also get to know my community better, I knew this was the right fit. Being able to improve someone's life by giving them the gift of sound has also brought more joy into my life by knowing I am making a difference." Her favorite part of her work day is getting to catch up with patients.

# Pan-Seared Cod in White Wine Tomato Basil Sauce

Prep Time: 15 mins

Cook Time: 25 mins

Total Cook Time: 40 mins

Yields: 4 servings

## For the Sauce:

- 2 tbsp olive oil
- 1/2 tsp crushed red pepper flakes
- 2 large garlic cloves, finely minced
- 1 pint cherry tomatoes, sliced in half
- 1/4 cup dry white wine
- 1/2 cup fresh basil, finely chopped
- 2 tbsp fresh lemon juice
- 1/2 tsp fresh lemon zest
- 1/2 tsp salt (more to taste)
- 1/4 tsp fresh ground black pepper (more to taste)

## For the Cod:

- 2 tbsp olive oil
- 1 and 1/2 pounds of fresh cod, cut into 4 fillets
- Salt and pepper

## Directions:

**Sauce:** Heat oil in a large sauté pan over medium heat. Add crushed red pepper flakes, garlic and sauté for 1 minute, or until garlic is fragrant. Add the cherry tomatoes and cook, stirring occasionally, until they're soft and blistering, but still hold their shape. Add in the white wine, stir, and allow the mixture to come to a gentle simmer. Stir in the basil, lemon juice, lemon zest, salt, and pepper. Cook for 2 minutes. Transfer the sauce into a bowl and set aside until needed.

**Cod:** Heat the remaining oil in a large sauté pan over medium heat. Season both sides of cod with salt and pepper. Place cod in the oil and cook until golden brown, about 5 minutes. Carefully flip the cod over and continue to cook for another 5 minutes, or until it is cooked through.

**Serve:** Pour the white wine tomato basil sauce over the cod. Serve at once.

<https://bakerbynature.com/pan-seared-cod-in-white-wine-tomato-basil-sauce/> (Last Accessed 8/1/2019)



"I wouldn't want to live without my hearing aids in my 'silent world' again. You two girls are the best and most caring people I've met. Oh! I can finally hear my great-great grandchildren's voices, for the first time!"

Patient Testimonial- Grants Pass

## *Riddle of the Month*

You walk into a room with a rabbit holding a carrot, a pig eating slop, and a chimp holding a banana.  
Which animal in the room is the smartest?

**Answer:** \_\_\_\_\_

**STAY TUNED! Answer will be in our October's Newsletter**

**Answer to August's Riddle: The Library**

