



WAYS TO IMPROVE YOUR CHILD'S SLEEP

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EARLY BEDTIME RULE

Starting out here with what may seem like the most obvious one ever, but truth is most family's are just not starting the bed time routine and "holding the line" early enough. Research is quite clear that younger children especially need massive amounts of sleep. Additionally, parents don't need any research at all to let them know that bed time is anything but a walk in the park!

We legitimately have to factor in the time it takes for putting on jammies, brushing teeth, reading 47 Lil Critter and Berenstein Bears books, battling through 23 snack requests, and so forth!

Since many parents wait to start bed time for young kids around 8-9 PM, it can very quickly end up that your child doesn't actually get to sleep until nearly 10 PM every single night. That is extremely detrimental to not just their health and well-being, but yours as well. That leaves parents no time left on the clock for some down time and relaxing, and pushes our sleep to the brink as well.

Now they're exhausted, tired, and cranky ... and we are even more exhausted, tired, and cranky than they are! There is not enough coffee in the world many days for parents, and then that pushes bed time back even further... the cycle repeats itself.

We kid you not - start with a 7 PM bed time for your infant and young children, and hold the line for years to come. Yes, this plan means missing out on a few more social gatherings and parties, and of course will lead to the fun, judgmental "You're no fun!" Comments from other friends and family members.

But also remember, none of those people will be there when your constantly tired child is having frequent meltdowns and tantrums simply because they didn't get enough sleep.

To find out exactly how many hours your child should be getting based upon age, please check out this article link: [PX Docs Sleep Guide by Age]



CALM & QUIET THEIR BODY

This is where we start to get into some fun, simple science. At night we always think about how important it is to try and calm our brains down, because we rightfully think about how important sleep is for brain and neurological health.

So in order to be able to do just that, let's focus on the two things the brain is most connected or plugged into 24/7:

- The gut and digestive system
- The muscles and movement system

It's pretty simple. During the day, we want to be and need to be constantly moving our muscles. The ones on the outside are called our skeletal motor system, and the ones on the inside are called smooth muscles. Conversely, when asleep those two systems are supposed to shut down, relax, and essentially recharge.

Unfortunately, in today's more stressful, chaotic, and toxic world these two systems become overly stimulated and "stuck" in fight-or-flight mode. When that happens, this stress carries over to nighttime and creates constant irritation and stimulation for our kids.

This isn't the same per se as adults often experience, where actual neck and back pain, or gut tension and bloating keeps us awake. But it is very similar, in that the tension left in their body and their gut causes kids to have a tougher time falling asleep and staying asleep.

Signs of trouble with these two systems are even more frequent if your child has sensory, spectrum, and social-emotional challenges. Additionally, if your child has been frequently sick and needed to take medications like antibiotics, inhalers, reflux drugs, or stool softeners like Miralax... trouble with sleep seems to mount early and often, and never go away.

There are some natural things you can do to try and help your child's body and digestive system calm down around bed time. Here are some top ones you may want to try:

- Magnesium
- Chamomile
- Lavender
- Light Massage



CHIROPRACTIC CARE

Have you noticed improvements in any of the following?

| | | |
|------------------|-----------|--|
| Sleeping | 40% (414) | |
| Emotional Stress | 35% (364) | |
| Energy Levels | 27% (276) | |

There is it is — the #1 “side effect” of chiropractic care in our office is improved sleep! Coming in 2nd and 3rd place are exactly what you’d expect from getting better sleep as well, improved emotional health and a boost in energy!

If you previously had thought of chiropractic care as for “physical” problems only, it’s time to get excited about how much more there is to it! Done right, chiropractic care for kids and families focuses entirely on the central or autonomic nervous system.

The nervous system controls the health and “tone” of the two (2) key things we just spoke about in Step #2 of this guide — the digestive system and muscular system.

Truth is almost all kids (and parents) are stuck to some degree into a heightened, sustained sympathetic (fight or flight) state. We call that subluxation.

Put simply it means our nervous systems, and thus every other system of the body (gut, muscles, immune, adrenals, etc) are constantly wound up and overwhelmed.

This not only leads to common challenges like colic, reflux, constipation, respiratory infections, and sensory challenges — but it absolutely messes with sleep in a big, big way. Which also then means, the reverse is true!

When we get that stress and subluxation cleared out of the way, with gentle, specific adjustments by a Pediatric Chiropractor, our kids can finally find relaxation and ease at nighttime again!

Bed time goes from being a battle, to what it’s supposed to be — a more simple, consistent routine that build health instead of erodes it.

If your child struggles to get to sleep, fall asleep, or both — get them checked by a local PX Doctor right away!

PX Docs is a specific network of trained, compassionate, skilled Pediatric Chiropractors that focus entirely on the nervous system as mentioned above. They incorporate incredible technology and a world class clinical process that will help you find out the root cause of your child’s sleep challenges.

Learn more about this [here](#) The PX Doc Clinical Process, and find a trained and incredible PX Doc near you by going to our [PX Docs Directory](#)! You can connect with the office right through our PX Docs website in just a click or two!

We can't wait to hear about your child's vastly improved sleep, and in turn, how much more energy, health, and happiness the whole family now has!

FIND YOUR PX DOC TODAY!

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