

## Spring Break Find

L M Y K C U T N E K A A R  
 C L H P R I N C E T O N M  
 L W A S H I N G T O N O S  
 U H N H F L O R I D A Z I  
 A S C I N C I N N A T I O  
 P T S E R O F E K A W R N  
 E A T C T V T T I P B A I  
 D N A N A A L E A N A N L  
 N F T E L L I V S I U O L  
 A O E D A P B G Y S S T I  
 L R T I B A R O R N A Y S  
 Y D A V A R E N A O X A A  
 R U T O M A D Z C C E D S  
 A K S R A I N A U S T G N  
 M E K P D S A G S I N E A  
 N N O C U O V A E W S S K

Alabama	Kansas	Stanford
Arizona	Kentucky	Syracuse
Cincinnati	Louisville	Texas
Dayton	Maryland	UAB
DePaul	NC State	UConn
Duke	OK State	Valparaiso
Florida	Pitt	Vanderbilt
Georgia Tech	Princeton	Wake Forest
Gonzaga	Providence	Washington
Illinois	Seton Hall	Wisconsin

Is there a topic you want us  
 to write about?  
 Call us! 1-800-815-2323  
 E-mail us! [rpublish@rpublish.com](mailto:rpublish@rpublish.com)

This newsletter is published monthly by Rutherford Publishing, P.O. Box 8853, Waco, Texas 76714, 1-800-815-2323. Website: [www.rpublish.com](http://www.rpublish.com). Copyright © 2007 Rutherford Publishing. All rights reserved. Material may not be reproduced in whole or part in any form without the written permission of the publisher. Subscription price (12 issues), \$25 per year in U.S.

Publisher: Ronnie Marroquin  
 Managing Editor: Kimberly Denman  
 Illustrations by RMS Graphics  
 National Accounts:  
 Jean Harms, Chris Moore and Sandi Klingberg  
 Editorial Advisory Board: *Bill Anderson, Ph.D., and Richard Jackson, M.D., F.A.B.F.P.*

This newsletter is not intended to provide medical advice on personal wellness matters, which should be obtained directly from your physician.  
 ISSN 1072-4788

## Getting a Good Night's Rest

**F**ifty years ago, the average person slept nine hours each night. Now the average is seven, and many people get less than that.

How much sleep do you need? Conventional wisdom calls for eight hours, but researchers at Henry Ford Hospital in Detroit say most people need between six-and-a-half and eight hours. Others may need five or 10. The real test of whether you're getting enough sleep is how you feel during the day, specifically around mid- afternoon, say the doctors. If you're sleepy during the day, you aren't getting enough sleep at night.

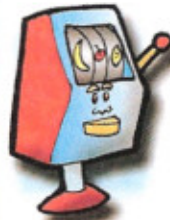
**"Sleep hygiene" calls for:**

- keeping the bedroom cool, dark, and quiet
- avoiding caffeine for several hours before bed
- going to bed and getting up at the same time every day
- reserving the bedroom for sleep and relaxation.



Creating sleep-friendly habits, such as spending the hour before bedtime relaxing, will cue you to doze off. Adopting even one or two of these principles can help. If anxiety is keeping you awake, some specialists recommend the "scheduled worry" technique. Earlier in the evening, schedule 15 minutes when you do nothing but worry, but only over things you can control. Then, put worries out of your mind. *Tip:* Psychologists at Harvard Medical School suggest writing the number of hours you sleep and how you feel the next day in a journal. This could help you change your habits in a positive way.

## Finding Help for Gambling Addiction



Americans spend more on gambling than all other recreation combined. For most, it's a fun diversion but for a few, gambling can become a serious, life-altering problem. Problem gambling is behavior that causes disruptions in any major area of a person's life. It affects as many as six to nine million Americans, says the National Council on Problem Gambling.

For more information, visit [www.npgaw.org](http://www.npgaw.org) or call 1-800-522-4700.



## FOR SEVEN DAYS ONLY...

SCHEDULE YOUR ORIENTATION,  
 COMPREHENSIVE INITIAL APPOINTMENT  
 AND REPORT OF FINDINGS WITH US FOR ONLY \$75.00.  
 A SERVICE VALUED AT \$125.00.

Find out more about our Centre and  
 Network Spinal Analysis by clicking on [www.wellchiro.com](http://www.wellchiro.com).

### London Chiropractic Health Centre

102-219 Oxford Street West  
 London, ON  
 N6H 1S5

Phone (519)661-0285 • Fax (519)661-0959 • Email: [lchc@wellchiro.com](mailto:lchc@wellchiro.com)