

Sleep Well, Live Well:

*Functional Medicine Tips for
Restful Nights*



March 2024 Newsletter

Dear Reader,

Spring is just around the corner! We hope all of you are moving in to the new season well rested and feeling excited for warmer weather. If you find that you struggle with getting some much needed shut-eye, then this newsletter is for you! This month, we're excited to delve into the relationship between functional medicine and sleep hygiene to bring you insights and strategies for achieving restorative and rejuvenating sleep.

At the heart of functional medicine lies a holistic approach to wellness, recognizing the intricate connections between various aspects of health, including sleep patterns, nutrition, stress management, and more. Through this newsletter, we aim to empower you with evidence-based information and practical tips to optimize your sleep health and overall well-being.

Please continue reading as we have included a clinic price adjustment notice from Dr. Teggatz.

Best In Health,

The Teggatz Clinic Staff



"SO, HOW DO I GET SOME ZZZ'S?"



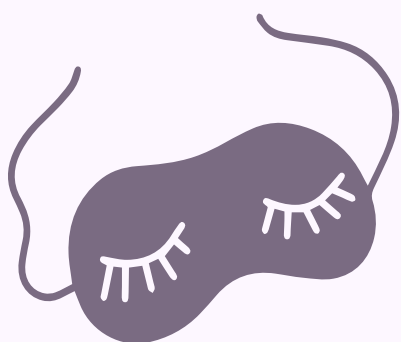
According to the National Institute for Health "An estimated **50 to 70 million** Americans have chronic, or ongoing, sleep disorders. Sleep deficiency can lead to physical and mental health problems, injuries, loss of productivity, and even a greater likelihood of death."

Sleep is one of Functional Medicine's foundational pillars of health. Sleep touches all area of your health and wellbeing. For your cells, microbiome, immune system, cognition all to work smoothly - **REST IS IMPERITIVE**. In our current culture of non-stop work, play, and screens - sleep is often put on the back burner. Setting yourself up with good, daily sleep hygiene habits is imperative no matter what your health goals are.

If you are having trouble with any area of sleep - here are tried and true sleep hygiene techniques simple enough to implement today:

- Aim for 7 - 8 hours of uninterrupted sleep / night
- Darken your room - use black - out curtains, no lights on, including no electronic glows
- Use your bed for sleep and sex only - no eating, electronics, etc - keep the association of your bed for sleep
- Implement a bedtime routine including calming pre - bed activities that cue your body to start winding down
- Wear eye - mask and / or ear plugs if you are awoken easily at night
- Avoid liquids 3 hours before bed if possible and when needed for those who wake to urinate
- Additional modalities to help support sleep include supplements, essential oils, yoga, meditation, acupuncture, and massage.

Working with a Functional Medicine provider like myself, we can discuss your personal health needs and where your sleep disturbance or challenges may be coming from and work to address the root cause. In depth medical testing can look for nutrition deficiencies, cortisol irregularities, and hormonal imbalances, to name a few. Sweet dreams!



Dr. Tanya Teggatz

ESSENTIAL OILS & SLEEP



When it comes to sleep there is one essential oil that "takes the cake."
LAVENDER is the queen of sleep, rest, and all things stress and anxiety. There are many studies that have shown the beneficial effects of lavender on sleep - aiding in falling asleep, staying asleep, and being in deep, slow-wave sleep longer. Using essential oils is a very simple, cost effective and natural way to support your sleep needs.

How to use Lavender Oil for sleep:

Aromatically: Our sense of smell is powerful. The olfactory nerve (smell nerve) connects our nose to our brain. When we inhale or smell lavender - it interacts with the neurotransmitter GABA to quiet the brain and nervous system aiding in a more relaxed and restful state. You can do this by placing a drop of lavender essential oil on your pillowcase, inhaling directly from the bottle of oil before laying down, or greater yet - diffusing lavender oil next to your bed while falling asleep.

Topically: Essentials oils absorb through our skin and go to the blood stream. The chemical compounds of linalool, linalyl acetate and camphor within lavender essential oil act as anxiety relievers and sedatives. Applying diluted lavender essential oil to the bottoms of the feet before bed or to the pulse points (wrist and behind/below your ears) is a safe and effective route for sleep support.

Internally: Taking a drop of lavender essential oil in 8oz of water before bed is another way to have those anxiety relieving and sedative compounds support you from the inside out. There are very selective essential oil companies that make high quality, pure grade oils safe enough for internal use. DO NOT take essential oils internally unless you are positive it is safe to do so.

Essential oils are not regulated by the FDA similar to supplements. Essential oils bought from Walmart, CVS, even Natural Grocers are not guaranteed to be pure and free from contaminants or fragrances.

At The Teggatz Clinic we use doTERRA Essential Oils. We have done exhaustive research to know the quality is high and these oils can be safe for internal use if done as recommended.



Linnea Offerman

Nurse Health Coach



Supplement Spotlight



"Busy and stressful lifestyles can cause sleep patterns to become disrupted, leading to over-stimulation and restlessness. Gamma-aminobutyric acid (GABA) is the brain's primary neurotransmitter which helps to counteract stress by promoting a sense of relaxation. In the evening, GABA activity should increase in the brain, triggering the sleep cycle. The ingredients in Botanicalm PM work in synergy to support GABA activity and allow for optimal relaxation."

Resources We Love



“Sleep Stories,
sleep
meditations,
music and
soundscapes for
your dreamiest
sleep yet.”



Calm App: The #1 App for Meditation and Sleep.

Dear Teggatz Clinic Patients,

I hope this letter finds you well and in good health enjoying the beautiful early spring weather and sunshine. I am overcome with gratitude knowing you have trusted myself and the team here at The Teggatz Clinic to support your health needs. We truly feel blessed to be a part of your journey and look forward to many more years to come to walk alongside you on your journey to health.

Since opening the doors of The Teggatz Clinic in 2015, it has been my privilege to serve you. Over these last almost 10 years we have provided new services, navigated a pandemic, improved locations, and continued to provide individualized and holistic care. Your confidence in my practice and the relationships we've built together mean the world to me.

As part of my commitment to providing you with the highest quality of care, I am writing to inform you of an upcoming change. To continue delivering exceptional service and maintaining the standards you deserve, there will be an increase to our hourly rates and acupuncture services for the first time since opening in 2015. **This change will take effective April 1st, 2024.**

I understand that any change in pricing may raise questions, and I want to assure you that this decision was made thoughtfully and with great consideration for both your needs and the sustainability of our practice. Rest assured, my dedication to your health remains unwavering, and I am committed to working with you to ensure a smooth transition.

I sincerely appreciate your understanding and support during this time of adjustment. If you have any questions or concerns about the upcoming changes, please contact me or a team member.

Once again, thank you for allowing me to be a part of your health journey. It is a privilege and an honor to serve you, and I look forward to continuing to support you in achieving your health goals for many years to come.

Best in health,

 *Dr. Tanya Teggatz*