

### Stephanie Johnson and Sarah Talbot

As the clocks 'spring forward' and the days become longer, we look forward to seeing the buds on the trees unfolding new life, and other natural cycles that come with the British Springtime.

The other day I found a bumble bee asleep in a crocus (SJ)



It's not always easy to make adjustments to body clocks and other changes, and when this disruption manifests in lack of sleep (for whatever reason) it can cause general disorientation and can be very damaging to your health.

**The following is taken from an article by Riverside practitioner - Frances Taylor** (see the full article on our website):



### The importance of good sleep and what you can do if you have problems.

What is happening when you sleep? Why do you feel so rotten if you miss out on your beauty sleep? Sleep is a natural process - or meant to be! Every twenty four hours the body is designed to enter a period of *restful unresponsiveness*.

Good sleep is restful but it is so much more than that. It used to be thought that during sleep everything switched off, we now know that sleep is highly restorative. When we are asleep the body undergoes many important processes essential for physical and mental health. Think of it as nightly maintenance.

Chronic lack of good quality sleep affects your whole life, not just for a day or two but week in, week out. Your health, work performance and relationships all suffer.

### So why is sleep such a problem for some people?



Firstly, modern lifestyles have eroded the time and attention we give to sleep and rest. Technology and social media mean it is much harder to withdraw from the world. Facebook, Twitter, email and the endless possibilities of the internet mean that, if we wish, we can stay switched on 24/7.



The light from laptops, phones and tablets has been found to interfere with sleep by inhibiting the production of melatonin, the body's sleep hormone. Secondly, we are naturally programmed to feel sleepy at certain times of day, particularly in the evenings. You have perhaps heard of

*Circadian Rhythms*, the cycle of activities, including sleep, that happen at particular times during a 24 hour period. This cycle relies on natural daylight to keep it in synch. That's why jet lag messes with your normal patterns and why shift workers are prone to sleep (and other health) problems.

Don't turn night into day. Keep your body clock regulated with lots of natural daylight and exercise and have regular bedtimes. Another reason for sleeping problems is an unfortunate Catch 22: if you have difficulty sleeping, that experience in itself erodes your ability to sleep well. Instead of getting into bed and anticipating a restful night, you become anxious, worrying that you'll have another bad night. The body and mind needs to unwind so you can feel sleepy - worrying about sleep does the complete opposite and keeps you alert and awake. This is where you need to use a simple relaxation exercise to calm your racing mind.

Sleep patterns become established really quickly - **a pattern of poor sleep can set in over just a few weeks**. Sleep is one of the pillars of good health along with diet and exercise. Yet many people take it for granted, until they notice how rotten they feel when they don't get enough. If you start to have a problem, don't ignore it or think you just have to accept it. There really are many simple strategies and tools you can learn to sleep well again!

Frances Taylor is a Sleep Well and De-Stress Coach. Find out more (link to further information on the Riverside Wellbeing website) or contact Frances: 07967 968 821 [frances@francestaylor.net](mailto:frances@francestaylor.net)

**Anne Hulme, Riverside Wellbeing's resident Reiki Master, adds:**

It is the birth of Spring that lightens our steps after a dull, wet and cold winter. Our gardens and countryside come alive after the winter and Spring gives us hope for rejuvenation in our own lives and is a time to, perhaps, renew the excitement and zest for life that lives inside us all.

Yet often we find ourselves putting limitations on our own capabilities. There is a passage I read recently that mirrors that thought:

*"Limitation is like a bird whose nature it is to fly, but chooses only to walk and remain grounded. He does not stop being a bird, but it does alter his expectations of life significantly."*



Reiki can lift your energy levels, nourishing, recharging and strengthening each individual cell in your body, helping you to feel more focused on the future.

Thoughts and feelings can affect everyone from time to time. If you have negative thoughts or negative feelings about yourself, the flow of energy around your body becomes disrupted causing imbalances physically, mentally and emotionally. Reiki promotes relaxation helping you to feel calmer, relaxed and reduces stress levels. After two or three treatments there is usually a noticeable difference in your wellbeing.



Reiki is fast becoming an accepted presence in both hospitals and clinics. Reiki can also help with the following;

- Relieves Depression
- Promotes Health and Wellbeing
- Encourages Mental Clarity
- Releases Stress and Tensions
- Reduces Anxiety
- Improves Sleep
- Aids Relaxation
- Strengthens Self: Esteem
- Heightens Self Awareness

I can also attune you to Reiki, helping you to bring it into your life on a daily basis.

*(Call Anne on 0758 132 0036)*

**Or, relax and unwind with Bruna Tamai:**

There may be more to love about massage than just the "ahhhhh, that's bliss" Almost everybody would agree that a general massage is good! It relaxes the body and the mind, it can help sleeping better and feel more energized. On the whole it gives you a general sense of wellbeing. Don't we all agree that this is true?

However massage, and specifically Sport and Remedial massage can do much more for you than just relaxing! This is a type of massage that is generally deeper and more specific. The techniques used are often applied to sports people wanting to keep their muscles injury free, helping the recovery from injury and preparing the body for performance. But just because it is called sport & remedial massage doesn't mean you need to be doing sports to have benefits of it.

Sport and Remedial massage can help anyone moving better, more freely and help reducing those aches and pains we all too often experience.

So, if you would like to find out more how sport and remedial massage can help you feeling better, less achy and more mobile, get in touch with Bruna:

**[info@highpeakpilates.co.uk](mailto:info@highpeakpilates.co.uk)**

**or phone 07506 700 826 to book your**

**FREE 30 minutes consultation and massage session.**

*Riverside Wellbeing has practitioners who can help you to live your life with renewed energy*



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