



## **SLEEP HEALTH & WELLNESS: HOW CHIROPRACTIC TREATMENT CAN HELP**

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One of the most common complaints of American adults is trouble sleeping. We get far less sleep than we need, resulting in excessive fatigue, poor concentration, and greater risk of illness just to name a few.

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**BY DR. JOSIAH FITZSIMMONS**



# THE FACTS

*One-third of people who have a chiropractic adjustment report that they experience immediate sleep improvement.<sup>1</sup>*

## INTRODUCTION

One of the most common complaints of American adults is trouble sleeping. As a society, we get far less sleep than we need, resulting in excessive fatigue, poor concentration, and greater risk of illness just to name a few. Most people don't consider what might be causing their sleeplessness in the first place, and how chiropractic care could possibly be the answer you need.

Regular chiropractic care can make a huge difference in your overall sleep quality.

There is a direct link between sleep disorders and chronic pain. Chronic pain can actually make sleep disorders worse and even create new ones. For example, people struggling with neck and back pain are more likely to have trouble falling asleep and staying asleep for a full night's rest. These individuals are also more likely to stay in the more shallow stages of sleep, instead of the deeper, healing stages. This means they can suffer from sleep deprivation, even if they've slept for the recommended 8 hours.

In this eBook, we are going to explore in more depth this connection between chronic pain and sleep disorders, as well as, how not all mattresses are created equal.

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<sup>1</sup> [SLEEP.ORG](https://www.sleep.org)

# CHRONIC PAIN & SLEEP DISORDERS

For optimal human productivity and overall health, it is essential you obtain a sufficient amount of sleep. This is more than just resting your head on a pillow and shutting your eyes for 8 hours. You **MUST** hit deep sleep cycles in which healing and body restoration occur. If you are not getting adequate ZZZ's in the necessary sleep cycles, then you are not in fact getting adequate sleep, thus impacting your physiological and cognitive capabilities.

As neurologically-based chiropractors in West Des Moines, the cognitive impact of sleep deprivation is what we are most concerned about. We focus our attention on how to keep your body healthy from the inside out.

Regular chiropractic care helps you obtain sufficient restful sleep, by detecting, analyzing and correcting sources of spinal dysfunction and nerve interference. These dysfunctions are often what disrupts healthy sleep patterns in the first place. By correcting these neurological issues and nerve irritability, you are able to sleep comfortably and consistently moving your way through a healthy sleep cycle.

Our goal is to help you achieve the healthiest life possible, which includes healthy sleep patterns.<sup>1</sup>

<sup>1</sup> [THEJOINT.COM](http://THEJOINT.COM)

*"As neurologically-based chiropractors in West Des Moines, the cognitive impact of sleep deprivation is what we are most concerned about." - Dr. Josiah Fitzsimmons*



# FINDING THE RIGHT MATTRESS

Not every mattress is created equal for your spine. A person's weight, sleeping position, body type and spinal health all play an important role into whether a mattress is the right fit for them.

Here are some general guidelines for finding the perfect mattress for your spine:

- **Support:** A great mattress keeps your body on a flat plane, preventing parts of the body from being lower or higher than the rest. Hard mattresses tend to push against the spine, while soft mattresses don't offer enough support. A medium firmness is ideal for most sleepers.
- **Comfortability:** How well does your mattress conform to the contours of your body? Lack of comfortability results in at least one part of the body being unsupported and feeling more pressure than other parts. This causes significant discomfort and pain.

More often than not, the type of mattress you are looking for depends on what sleep position you favor. Here are a few things to keep in mind as you select the best mattress for your sleep position:

- **Back Sleepers:** A medium firm mattress is ideal for this type of sleeper. You want a mattress that is firm enough to support your lower back and soft enough to contour to your spine.
- **Side Sleepers:** A mattress with a slight softness is necessary to cushion the shoulders and hips.
- **Stomach Sleepers:** A firm mattress is necessary to keep your spine in alignment. Most suffering from back pain are likely to be stomach sleepers.
- **Combination Sleepers:** A memory foam mattress, which has high motion isolation is recommended for sleepers who tend to move around quite a bit.<sup>1</sup>

# NEUROLOGICALLY-BASED CHIROPRACTIC TREATMENTS & SLEEP DISORDERS

Many people don't realize the importance of chiropractic care in treating sleep disorders, however, more often than not sleep issues and chronic pain are closely linked.

As a neurologically-based chiropractic practice, we focus on your spine, correcting any misalignments that are present and improving the spine's overall health. How does this impact your sleep? It means that the pain and tension built up in the spine can be released creating a higher degree of comfort. The more comfortable you are, the easier it is for the body to relax and fall into a healthy sleep cycle.

A second more complex layer of connection between chiropractic treatments and sleep disturbances is the enhanced performance of the body's central nervous system.

The nervous system is the master control panel for the body, allowing efficient function of the body. The more efficient your body functions, the less wasted energy and the easier it is for your body and mind to wind down and fall asleep.

Not only can we diagnose and treat spinal problems to relieve discomfort, but as chiropractors, we can also offer suggestions on how to get better sleep. We are able to tell you which sleep position is best for you (and your spine) as well as whether a chiropractic pillow or more supportive mattress is necessary to get you back on track to a healthy sleep pattern.<sup>1</sup>

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1 [THEJOINT.COM](https://www.thejoint.com)





## THE SOLUTION: VERO CHIROPRACTIC

**CHIROPRACTIC CARE IS A NATURAL AND EFFECTIVE METHOD FOR TREATING MANY CONDITIONS, EVEN THOSE CAUSED BY SLEEP DEPRIVATION OR SLEEP ISSUES.**

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At Vero Chiropractic, we focus on neurologically-based chiropractic care. This practice is the best and most specific type of chiropractic care, addressing the master control system of the body. Utilizing state-of-the-art technology to pinpoint and locate the root cause of your health concerns. The next step for you and your family is to schedule a comprehensive evaluation with our office, so we can better understand your unique needs. Click [here](#) or call (515) 422-9552 to book your no obligation appointment TODAY!

**Please know that chiropractic care is known to help reduce the severity of many conditions, but it is not guaranteed to cure any such condition. Although, we have seen Practice Members become symptom free and have monumental improvements. We know if your body is functioning better, your body will heal from the Inside Out!**

# ABOUT OUR PROCESS, YOUR HEALTH & YOUR BODY

**Vero Chiropractic is unlike traditional chiropractic offices, in that we address the master control system of the body, the nervous system, first. We get an exact assessment of your overall health by performing a full neurological and structural analysis, the results of which are utilized in helping you reach optimal health.**

- Your brain controls every function of the body. It tells your heart to beat, your lungs to breathe and your stomach to digest. All of this communication takes place through the spinal cord and nerves, which serve as the pathways for your brain to communicate with your body.
- Have you ever heard of the term subluxation? Subluxation is when one or more bones shift out of proper alignment, putting pressure (or stress) on the nerves. This can cause irritation and inflammation of those nerves, which leads to aches, pains and dysfunction (even more stress).
- Of all the nerves that exit the spine, only 8% are pain nerves. The pain that you are experiencing is a warning sign, but it doesn't tell the whole story. It is our job as a Chiropractor to figure out how the remaining 92% of your nervous system, that you can't feel, is functioning.
- In our office, we use four technologies to assess your body for stress and correct it, allowing your body to heal from the inside out, naturally.
  - The first is a neurological evaluation of your entire spine. We use thermal-infrared technology to see exactly where any nerve interference is occurring, which is causing miscommunication between your brain and your body.
  - The second is a muscle assessment. We use surface electromyography or sEMG, which is the exact same technology as an EKG for your heart, only for your muscles. This allows us to see how your muscles are responding and reacting along your spine.
  - The third evaluation is a full spinal examination. This is where the doctor will assess your entire spine to see where structural shifts and subluxations have occurred.
  - The fourth assessment is using our state-of-the-art digital x-ray system. This allows us to see problem areas only visible on x-ray, such as the exact structure of your spine, degeneration or loss of disc space.
  - Prior to receiving care, we will perform a complimentary benefits check of your insurance, so that we can let you know of any additional costs for x-rays before proceeding. We also take part in a federal discount program that can help decrease costs if insurance coverage is not optimal.
- Utilizing these four technologies, we can locate where each and every one of these misalignments or subluxations are located. This allows us to administer a very gentle, specific, chiropractic adjustment realigning those bones back into proper position, taking pressure off the nerves, and restoring the communication from your brain to your body.
- The results of this treatment provides more than just symptom relief, but optimal health over time.
- Giving the body time and repetition, we will see you reach your health goals, reduce stress and allow your body to heal from the INSIDE OUT.

# ABOUT.

## DR. JOSIAH FITZSIMMONS & VERO CHIROPRACTIC

### Dr. Josiah Fitzsimmons



Josiah's passion is to educate and support the families of West Des Moines and the greater Des Moines area through neurologically based chiropractic care so that babies, children, and adults may live a life of greater health.

Dr. Josiah has extensive training and experience in pregnancy, pediatrics, athletics, and overall wellness promotion. He is a member of the International Chiropractic Pediatric Association and is certified in the Webster's Technique.

He has seen results with chiropractic varying from infertility, multiple sclerosis, Parkinson's disease, fibromyalgia, chronic pain, migraines, sinusitis, arthritis, acute pain, and many more. He has also had the opportunity to watch many children benefit from chiropractic care with health issues like autism, ADHD, colic, bed wetting, and ear infections.

### About Vero Chiropractic

Vero Chiropractic is unlike traditional chiropractic, in that we address the master control system of the body, the nervous system. We get an exact assessment of your overall health by performing a full neurological and structural analysis, the results of which are utilized in helping you reach optimal health.

We offer the most advanced and researched chiropractic corrective care through a customized health plan. Our goal is not just to provide you with short term relief but true long term correction. We at Vero Chiropractic are on a mission to help create one of the healthiest communities in the world right here in central Iowa.



**VERO**  
CHIROPRACTIC

**LET US HELP YOU  
AND YOUR FAMILY  
LIVE HAPPY AND  
HEALTHY!**

Call (515) 422-9552 today to  
take the next step towards  
optimal health!

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**[VEROCHIROPRACTIC.COM](http://VEROCHIROPRACTIC.COM)**