

# Sleep Well

Be well, Do well, Live well  
#selfloveselfcarefirst



## SLEEP WELL Spring 2021

### **Greetings!**

*Spring officially starts on March 20th, 2021 at 5:37 am.*

*It will have a duration of 92 days, 17 hours and 54 minutes.*

Most of the United States and Canada start Daylight Saving Time (DST) on Sunday, March 14, 2021 when clocks will be pushed forward one hour from 2:00am to 3:00am to start DST. If you think one hour of a shift in time is not a big deal, then think again.

Daylight Saving Time has long-term effects on health. *Read more...*

*We bring you this Spring edition of SLEEP WELL in advance of spring because the good news is that with some simple steps of advance planning, you can minimize the impact of DST on your health and wellness. The average person sleeps 40 minutes less the night following the springtime change than they do on a typical night.*

- 1. Starting 3/13, try to obtain more sleep leading up to the loss of 1 hour on 3/20 by going to bed 15-20 minutes earlier than your usual bedtime.*

2. *Practice good sleep hygiene-which is a term used to describe those actions you can take to create sleep-friendly environments and enhance your chances of falling asleep, staying asleep, and sleeping soundly. Basic sleep hygiene includes reducing or eliminating caffeine and alcohol, creating calming rituals before bed to gradually relax yourself (taking a hot bath for example), and wearing ear plugs and eye masks, to name a few.*
3. *Be physically active- Take a walk, run, enjoy the outdoors during the day when there is natural sunlight.*
4. *Reduce screen time a couple of hours before bedtime. Enjoy a relaxing wind down routine instead that involves light reading, calm music, expressive writing or catching up with a loved one.*
5. *Sleep in an extra half hour on 3/20 after the clocks have been turned back, and expose yourself to light early in the morning.*
6. *Don't overthink this time 'loss'.*

*REMEMBER- In general, "losing" an hour in the spring is more difficult to adjust to than "gaining" an hour in the fall. It is similar to airplane travel; traveling east we lose time. An "earlier" bedtime may cause difficulty falling asleep and increased wakefulness during the early part of the night. Going west, we fall asleep easily but may have a difficult time waking.*



*Parrot Tulips by Henry Matisse, 1905*

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***NJDSMC is proud to be a Trauma Informed Sleep Center***

Dr. Merriman is invited to be a guest at a live event with [TMS Global RoundTable](#) on March 8th, 2021 at 3 pm to discuss how ACEs can affect Sleep, and how Dental Sleep Medicine and Oral Appliance Therapy is an important part of the solution for such patients.

Please join hosts Rose Huey (ISTDP Practitioner), Dr. Tovah Goldfine (TMS Chiropractor) and Micahel Galinsky, (Film Maker, writer, and producer of [All The Rage](#)), and her that day for a vibrant discussion of this topic, if you can.

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A recently published study, [Adherence of Mandibular Advancement Device for Obstructive Sleep Apnea in a Veteran Population](#), concluded that MAD (Oral Appliances) should be considered a valuable first-line treatment option for mild or moderate OSA in the veteran population, although maintaining adherence across time seems to be a challenge. It appears that MAD (Oral Appliances) adherence may be superior to CPAP adherence in this population.



*We at NJDSMC believe that each patient's needs are unique. By no means is Oral Appliance Therapy (OAT) the answer to every patient's care who suffers from Obstructive Sleep Apnea, is CPAP intolerant, CPAP non compliant, or one who refuses to consider CPAP.*

*But it is our position that there is a very large number of such patients who are unaware that OAT is a viable and effective option for them.*

*Unfortunately, these patients often remain undiagnosed and/or untreated. They are at risk of serious consequences that can range from developing, or experiencing a worsening of existing medical conditions, compromised cognitive abilities and mental health, drowsy driving accidents, a sub standard quality of life, relationship problems and an increased mortality rate.*

*It is our mission to help change that.*

***ACEs, Integrative Medicine, and the Mind Body Connection-  
Why Dental Sleep Practitioners Must Take a Seat at This Table-  
DSP Winter 2020 CE Article by Sunita Merriman, DDS, D-  
ABDSM, D-ABCDSM***



### ***A sleep question***

***Do you allow, invite,  
welcome or  
encourage your pet to  
sleep with you?  
Here's some food for  
thought***

*Pets in your bed*

*Co-Sleeping between  
Adolescents and Their Pets  
May Not Impact Sleep  
Quality*

*Is it safe to sleep with pets?*

***#selfloveselfcarefirst***



***"A well-spent day brings happy sleep." – Leonardo da Vinci***

*Dr. Sunita Merriman is the Founder of NJDSMC, [New Jersey Dental Sleep Medicine Center](#) in Westfield, New Jersey. She graduated from New York University, College of Dentistry with honors in 1994. This was followed by a 2 year General Practice Residency at Long Island Jewish Medical Center in New Hyde Park, New York, and a mini- residency at the American Academy of Craniofacial Pain. Dr. Merriman is a Diplomate of both the ABDSM, American Board of Dental Sleep Medicine, and the ABCDSM, American Board of Craniofacial Dental Sleep Medicine. She is on Staff at Overlook Medical Center in Summit, NJ and involved with presentations at the Sleep Fellowship Program at JFK*



Medical Center. Sunita is also a poet and a writer. Her first book of poetry *Stripping- My Fight to Find Me* is available at her website [SunitaMerriman.com](http://SunitaMerriman.com) and [Amazon](http://Amazon). She writes a blog at [selfloveselfcarefirst.com](http://selfloveselfcarefirst.com)

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