

YOUR DENTIST CAN SAVE YOUR LIFE

Why sleep is so important to your health!

Have you ever been asked, "Are you a morning person or a night person?" Actually, there is scientific evidence to support this. And the implications can be significant. Our practice is a member of American Academy of Dental Sleep Medicine. We strive to help patients with sleep issues. Sleep deficiency can affect more than your mood, having been linked to chronic health problems including heart disease, high blood pressure, obesity, and depression.

Sleep has been described as one of the most enduring mysteries in science. We spend a third of our lives asleep. And we don't fully understand the function of sleep or its importance. What science can tell us is that we each have our own circadian rhythm, the 24-hour human clock based on earth's 24-hour light-dark cycle. In turns out some people have a slightly longer natural cycle, others slightly shorter. Those with a longer circadian rhythm tend to be night owls. People with shorter circadian rhythms are early risers. However, your cir-

cadian rhythm is not necessarily set for life. Children tend to rise early; teenagers favor the night, but as adults often transition into morning people.



Dr. Gabrielle F. Cannick

Scientists believe the answers to the mysteries of sleep may lie in our DNA. Studies have identified genes linked to early or late risers, which could ultimately lead to help for those with sleep disorders. In fact, some genes are also involved in our sensing light, perhaps telling us when to be awake. Other interesting findings: more women than men identify as morning people. Night owls are more likely to suffer from insomnia. Morning people are less likely to need 8 hours sleep and tend to have a lower body mass index. Night owls on the other hand may possess the "FTO gene" linked to obesity — and — are more likely

to suffer from depression. We know sleep deficiency can cause serious health problems. If you or your loved ones are having problems sleeping, these foods may help:

- Pumpkin seeds. Contains tryptophan, an essential amino acid necessary to help make serotonin, which is thought to support healthy sleep. NOTE: The hormone melatonin also plays a role in our natural sleep-wake cycle. Melatonin supplements are safe for short-term use. However, it can have a diminished response with repeated use. Side effects may include headaches, dizziness, and drowsiness.
- Turkey. Also, a great source of tryptophan. Just in time for Thanksgiving!
- Salmon. Baked, poached, grilled, it's also a tasty source of tryptophan.
- Peanut butter. Rich in tryptophan. Try it with a nice juicy apple for extra benefit.

Just like there are foods that help you sleep better, there are also foods that can disrupt your sleep. High fat foods and large meals tend to take longer to digest and there-

fore may prevent you from sleeping well. And avoid caffeine at night! With our practice's sleep emphasis, we are here to help. Call with any questions. Think of us as your hometown resource for guidance and support.

Dr. Gabrielle F. Cannick is the owner of Grand Oaks Dental, located at 3905 Liberty Highway in Anderson. A strong believer that dental fear and anxiety should not prevent any patient from receiving the highest quality dental care, Dr. Cannick has received extensive training in Sedation Dentistry and is a certified member of the Dental Organization for Conscious Sedation. She is also a member of the South Carolina Dental Association, the American Dental Association, the Academy of General Dentistry, and the American Academy of Dental Sleep Medicine.

For more information about Grand Oaks Dental and the services provided, please call 864-224-0809 or visit grandoaksdental.com or [facebook.com/GrandOaksDental](https://www.facebook.com/GrandOaksDental).

We are having our annual Christmas Bazaar and Open House on November 19th & 20th from 9:00 AM until 5:00 PM both days. The house will be beautifully decorated for Christmas. There will be an array of beautifully designed gift baskets with a wide variety of themes. There will be something for everyone on your list! Seasonal refreshment will be served and guests may tour this historical home.

ANDERSON COUNTY WOMANS CLUB
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