

Cycle back to sleep

On Your Mark Performance Center gets you on the road to restful nights

It's 3 a.m. and your eyes fly open for no apparent reason. The next two hours are spent tossing and turning, worrying about all you have to do in the day ahead as you stare at the glowing clock. Finally, you drift back to sleep only to awaken exhausted just 15 minutes later to the blare of your cell phone alarm. Sound familiar?

If so, you're certainly not alone. Approximately one-third of all adults experience some form of insufficient sleep syndrome, which can vary from restless sleep to complete wakefulness. The incidence of sleep disorders jumps with maturity, from 5 percent of people ages 30 to 50, to nearly 30 percent of those over 50. Women are nearly twice as likely to lose sleep compared to men.

In many cases, the change from a sedentary to a more physically active lifestyle is all that is needed to put one



COURTESY PHOTO
Matt Goforth and Julie Goforth, owners of On Your Mark Performance Center, recommend that for a restful sleep, slowly work your way up to riding your bike in the afternoons, at least three times a week.

back on the road to improved sleep patterns. Regular exposure to natural sunlight — particularly in the late afternoon — is an important part of healthy sleep hygiene. Moderate aerobic exercise like outdoor cycling performed at least four hours before bedtime can significantly impact a return to healthy sleep habits.

“What we like to do is get someone to recognize a pattern. Begin by riding your bike one time per week for three weeks

for three weeks consecutively. Way to go! Next step is three rides per week for three weeks,” states Matt.

“It's like building blocks starting with the foundation, adding walls, then the roof. We've seen lots of success using this plan,” adds Julie Goforth of OYM.

Cycling minimizes the excessive build-up of lactic acid that may lead to nighttime leg pain. It reduces negative thoughts and emotions through the release of endorphins and facilitates the brain to achieve a deeper level of Stage Four sleep. The vigorous use of the leg muscles to the point of fatigue achieved on a moderately paced, late-afternoon ride has almost a tranquilizer-type effect as long as the ride does not take place too close to bedtime. The significant rise in body temperature experienced while cycling followed by the compensatory drop a few hours later makes it easier to fall asleep and stay asleep.

Visit On Your Mark Performance Center today and talk to one of the team members about beginning a new cycling program or enhancing your existing one to aid with healthy sleep restoration. They'll have you pedaling your way to a well rested, healthier you in no time. ■



Robin Bradley Hansel

Green Treehouse Media, LLC

ON YOUR MARK PERFORMANCE

819 NORTH FEDERAL HIGHWAY LAKE PARK

(561) 842-2453

www.oymbike.com

straight,” explains Matt Goforth of the On Your Mark Performance Center Team.

“You must commit. Once you can consistently do this, add a second day. Now you ride your bike twice per week, and do this

Overcoming the symptoms of eyestrain

Question: What can I do for eyestrain?

AnsWER: In our practice this is a common complaint I hear on a daily basis. Some symptoms of eyestrain are dry eyes, sore tired burning or itchy eyes, watery eyes, blurred or double vision, and increased sensitivity to light. The medical term for eyestrain is asthenopia. One of the most common causes of eyestrain is using your computer for long periods of time. Sometimes an underlying eye problem such as eye muscle imbalance or uncorrected vision may be the cause of eyestrain. We often prescribe eyeglass prescriptions specifically calculated to help with the computer distance, which is unlike the prescription for reading a book. Other causes of eyestrain include reading for extended



Dr. Monroe Benaim

Board Certified Ophthalmologist

FLORIDA EYE GROUP

(561) 747-7777

www.FloridaEyeGroup.com

periods of time, exposure to bright light or glare, straining to see in very

dim light, and driving a vehicle for long periods of time. In order to prevent eyestrain, I highly recommend taking eye breaks throughout the day. We refer to this as the 20/20/20 rule. Every 20 minutes, take your eyes off the computer or reading and look at something 20 feet away for at least 20 seconds. Try to stand up and move around at least for an hour or so, and blink often to refresh your eyes. Consider using lubricating eye drops; don't use drops that remove the redness, as they may worsen your systems. I recommend a complete eye examination to determine the underlying causes of your eyestrain. Perhaps it will be as simple as an eyeglass prescription change or trying some of the above hints to relieve your eyestrain. ■

— Dr. Monroe Benaim is an Ophthalmologist board certified by both the American Academy of Ophthalmology and the American College of Eye Surgeons. He has lived in Jupiter for over 20 years. Dr. Benaim is a graduate of The Massachusetts Institute of Technology (M.I.T.), and he completed his Eye Surgery training at the University of Texas/Parkland Memorial Hospital in Dallas. Dr. Benaim is sincerely committed to providing patients with the highest level of vision and healthcare possible.

STOP SUFFERING

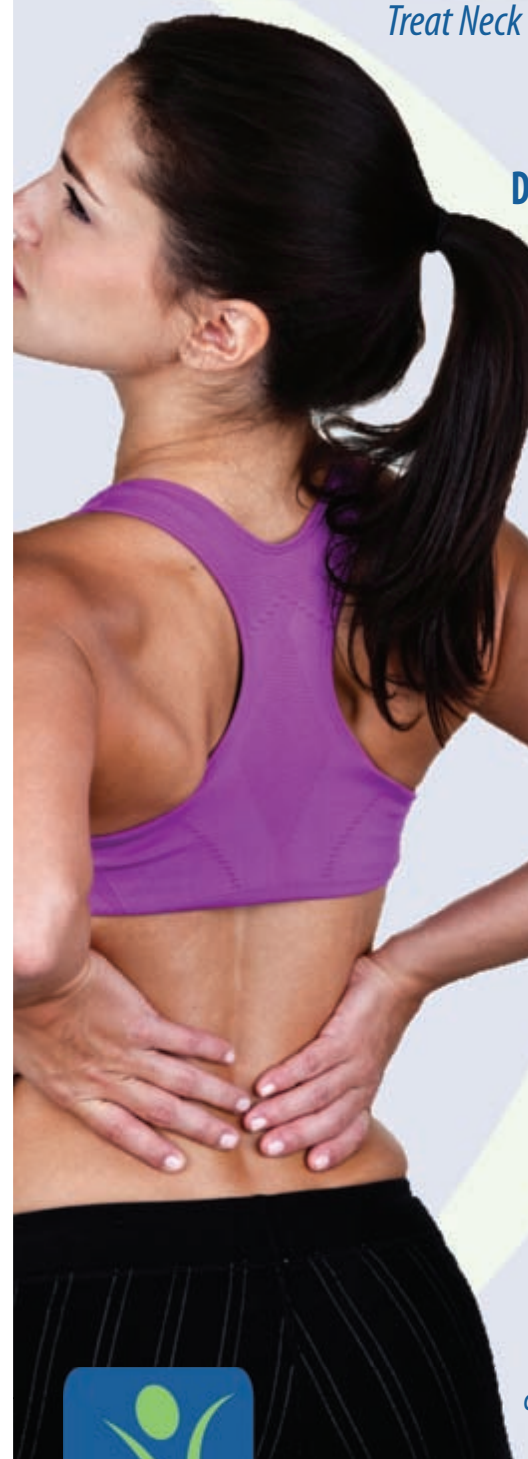
from Auto Accident Pain, Chronic Neck Pain or Low Back Pain!!!

Get back in the game with Non-Surgical Spinal Decompression

Treat Neck Pain, Back Pain and Sciatica caused by:

**BULGING/HERNIATED DISCS
DEGENERATIVE DISC DISEASE
FACET SYNDROME
FAILED BACK SURGERY**

WITHOUT THE USE OF DRUGS, INJECTIONS OR SURGERY



GIFT CERTIFICATE

COMPLIMENTARY CHIROPRACTIC EXAMINATION & CONSULTATION

\$150 VALUE

This certificate applies to consultation and examination and must be presented on the date of the first visit. This certificate will also cover a prevention evaluation for Medicare recipients. The patient and any other person responsible for payment has the right to refuse to pay, cancel payment or be reimbursed for any other service, examination or treatment that is performed as a result of and within 72 hours of responding to the advertisement for the free, discounted fee or reduced fee service, examination or treatment. Expires 07/12/13



DR. MICHAEL PAPA
Chiropractor/Clinic Director



DR. BRUCE GOLDBERG
Chiropractor, Acupuncture



PAPA
CHIROPRACTIC & PHYSICAL THERAPY

School Physical, Camp Physical, Sports Physical
\$20

2632 Indiantown Road
Jupiter

561.744.7373

www.PapaChiro.com • 20 Years in Jupiter & Palm Beach Gardens!

WE ACCEPT MOST INSURANCE PLANS

9089 N. Military Trail, Suite 37
Palm Beach Gardens

561.630.9598