



Living Active

A Myo-Med F.Y.I. on Moving Beyond Pain to a More Active Life • March 2009

9 Tips for Better Sleep

- Cut back – or cut out – the caffeine. If you're overtired, coffee, tea, and caffeinated sodas may help you get through the day, but they may disturb your sleep at night.
- Avoid naps.
- Exercise, but not too late.
- Cut out the alcohol in the evening. Alcohol can interfere with your natural sleep cycles.
- Don't overeat in the evening.
- Make your bedroom a calming place. It's very easy to have your bedroom become a multipurpose dumping ground. Get rid of the distractions.
- Relax before bed. Don't do anything before bed that could get you anxious or excited.
- If you can't sleep, don't lie awake in bed. If you're not asleep within 15 minutes of lying down, get out of bed and do something else. Read a book. Take a bath. Listen to soft music. Once you feel yourself getting tired, get back into bed.
- Get up at the same time every day regardless of when you went to sleep. It's one way of getting yourself onto a schedule.

Active Spotlight

Customer Service

For help with an order or questions about Myo-Med, JointPlus, or any of the great products we've mentioned in previous newsletters, please call.

Call 877-776-0925



Overcoming Anxiety & Muscle Tension

Lisa Hill, M.D.

Anxiety disorders affect 40 million adults in the United States alone in a given year. Although you may not suffer from an anxiety disorder, everyone has experienced anxiety at some time in his/her life. Anxiety is a normal part of life. In fact, chances are that you have experienced some anxiety recently because of recent economic stresses in our world.

A few of the common symptoms of anxiety are muscle tension, insomnia and difficulty concentrating. Most people have experienced the muscle tension in their neck, shoulders, and back associated with anxiety. Tension headaches are a common result of this muscle tension when we become anxious. The pain associated with the headache and muscle tension may even contribute to the difficulty concentrating and insomnia often experienced with anxiety.

You may wonder what you can do to overcome these symptoms of anxiety. Exercise is a great way to relieve the feelings and symptoms of anxiety. Some people even think exercise helps them gain control over their anxiety. Unfortunately, it is not uncommon for people with anxiety to quit exercising. This may be because of the pain associated with muscle tension, among other reasons. If muscle tension is keeping you from exercising, you may want to try Myo-Med cream. Some anxiety sufferers have said that it was helpful for tight neck and back muscles. Others have said that it was even helpful for their tension headaches that come on when they feel stressed.

Although life is full of stresses and anxiety, you can do something about it. Next time you feel the strain of anxiety don't forget about Myo-Med cream. Live active and less stressed with Myo-Med.

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