



# Your Amazing Body

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## Back to School Time!

When I was a kid, my family had a very definite routine leading up to September and back to school time. Of course there was shopping for new clothes and new shoes and new school supplies including notebooks, pens and pencils and other necessities. There were also doctors' visits because my brother, my sister, and I all wore glasses, so we had our eyes checked every single August since I can remember. In fact, I still routinely have my eyes examined every August many, many years later.

Another routine that parents usually make their kids start, often in August, is going to bed a little earlier to adjust their sleeping patterns prior to the first day of school. Sleep is one of the most critical and amazing things we can do for ourselves to be our smartest, healthiest, most fabulous selves.

If you're like some kids, you probably argue with your parents when they tell you it's time to go to sleep. But you should know that most kids also can't get up in the morning and if they are honest, they admit that they really wish they got more sleep. So your parents might be on to something.

So much happens when you sleep that is beneficial to your body and your brain. Most kids between the ages of 5 and 12 need between 10 and 11 hours of sleep, but we are all different so some may need more, others less. During those hours your body repairs and rests and your brain sorts, files, and reorganizes information. This allows you to get up and go with your strongest body and your clearest thinking mind the next day.

Miss even one night's sleep and you will probably feel clumsy and cranky the next day. Miss two night's sleep and it will be difficult to think and do things. Miss five night's sleep and you will begin to hallucinate and see things.



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A good night's sleep is critical for almost every body function including your immune system, your digestive system and so much more.

As important as a good night's sleep is, you can't get the maximum benefits from your sleep if your nerve system isn't functioning at its optimum. Your nerve system directs the filing, healing, and restoration that occur when you sleep so it's critical to keep it at its healthiest and clearest.

Chiropractors check to make sure that the bones of your spine aren't disrupting the function of your nerve system. The clearer your nerve system, the better the communication and the better you can benefit from all the great things that happen when you sleep. So see your chiropractor regularly and get to bed at a reasonable time and have your best school year yet!!!

- Judy Campanale, DC, ACP, FCSC (hon)

**Kids Coloring Page**



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