

# Wellness

Is the integration of physical, mental, spiritual, financial, and intellectual pillars of well being in an attempt to improve and maintain a quality life.



## Physical Wellness



### Healthy Diet

What we eat, when we eat,  
and how much we eat



### Exercise (controlled)

How often, how long, how  
specific to our needs



### Sleep (good- restorative sleep)

Quality and Duration

#### DIET

70% of Americans are overweight or obese.

60 million people will be diabetic by 2050.

40% all ready have chronic diseases; heart disease, hypertension, type 2 diabetes

#### EXERCISE

Only 50% of Americans adults achieve necessary physical activity. Reduced exercise leads to an increased rate of premature deaths from

heart disease and strokes. Studies have shown improvement in these outcomes with exercise. Also the risk for Alzheimer's, anxiety and depression show improvement with regular exercise.

#### SLEEP

Americans do not get enough sleep with 30% sleeping less than 7 hours a night. ***The poorest state for adequate sleep in the US is Hawaii!***

Sleep medicine has historically addressed specific disease treatment like other specialties and did not consider the significance of sleep in our overall health. Diagnosing and treating specific disorders (sleep apnea, insomnia, narcolepsy etc.)most effectively requires an appreciation that reduced sleep is associated with a broader impact on our daily living than just sleepiness and /or fatigue. Good sleep is essential to good health. The symptoms of disordered sleep include the entire spectrum of physical and mental illness. Treating sleep disorders has to be part of a broader attempt to provide the elements necessary for true physical wellness and requires an appreciation of how the 3 pillars are co-dependent in providing wellness.

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