

Supporting quality sleep with the help of P.S.H.

Belinda Hawkins (BMedSc)

There is one vital component missing in discussions around quality of sleep, and that is the important role of **emotional memory**.

Emotional memory is an implicit memory woven into our biology that determines whether it's safe (or not) to let down our guard and sleep.



Many people who come to see me often experience poor quality sleep. For many it's been decades and it has taken its toll. Some find it hard to get to sleep, some find it hard to stay asleep. Some wake in the wee small hours of the morning and toss and turn until day break.

Despite their very best efforts to practise good sleep hygiene, they still can't sleep.

It's a tell-tale symptom of unresolved emotional memory.

Emotional memory is not a memory system we're taught much about. It's a feeling memory that develops to protect us throughout life and can play a massive role in determining our quality of sleep.

For those with challenging sleep habits, it may be that early in childhood we learned at a

Spring Newsletter 2025

Sleep (With special thanks to Aleksander for the topic)

How can Chiropractic help with sleep?

There are several ways people's sleep is not ideal and can be for different reasons. Below are some thoughts on what might be underlying causes and some ideas on what might improve our sleep experience!

We can have trouble falling asleep or staying asleep.

It may be for physical reason such as pain or lack of comfort, or for emotional reasons such as worry or stress. It may also be influenced by our habits and activities. And of course what we consume, including foods, drinks, medications, and supplements.

At a physical level, chiropractic may help by :

Reducing Pain and Discomfort - Chronic pain often disrupts sleep, and by alleviating musculoskeletal pain, chiropractic care can make it easier to fall and stay asleep.

At an emotional level, chiropractic may help by:

Lowering Stress and Anxiety - Chiropractic adjustments can induce a state of relaxation, calming the nervous system and reducing anxiety and depression-related insomnia.

Improving Circulation - Better blood and oxygen flow to the body and brain facilitated by chiropractic adjustments can help the body relax and promote better sleep regulation.

Promoting Relaxation and Nervous System Balance – For us to sleep our brains have to drop from a busy, fast state to a quieter, slow state. Chiropractic adjustments can influence the nervous system, potentially shifting it towards a more restful state, which is beneficial for sleep.

Improving Posture:

Improved posture and spinal alignment from chiropractic treatment contribute to a more comfortable and restful sleep experience.

subconscious level to stay alert as a protective mechanism.

Fortunately, we can also *unlearn* when shown how.

The process of *unlearning* happens through the natural process of emotional memory reconsolidation, which, incidentally, happens while we sleep.

Emotional healing happens while we sleep

but unresolved emotional memory can keep us awake.

Appropriate therapeutic intervention at a subconscious level can help 're-set' the natural sleep-healing process by helping a person to heal negative emotional memory.

And this supports every other aspect of our physical and mental health too, as quality sleep is vital to our wellbeing.

While sleep hygiene focuses on making conscious level change to help support quality sleep, we also need to heal at the subconscious level to resolve the emotional factors that may be keeping us awake.

I can't wait to publish the results of our pilot study.

Will keep you posted...

PILOT STUDY: Improvements in Quality of Sleep following Private Subconscious-mind Healing Therapy

This is the first pilot study of its kind designed to measure improvements in quality of sleep following P.S.H. therapy.

What the Research Shows

Clinical Studies:

A 2024 systematic review by Haas et al. found positive influences of chiropractic care on sleep quality in multiple studies.

Patient Reports:

Patients with chronic pain who received chiropractic treatment reported improved sleep quality

Brainwave Activity:

Some pilot studies using EEG and wearable devices showed increased time in lighter sleep stages and decreased brainwave activity associated with restlessness in patients receiving chiropractic care.

Autonomic Function (the automatic part of our nervous system-the bit that regulates things like our hearts, breathing, sweat, digestion etc):

Research has documented changes in autonomic function following chiropractic adjustments that are similar to those that occur when transitioning from wakefulness to sleep.

There are a number of habits and activities that people hold that if addressed can also help with building better sleep habits with chiropractic support.

Healthy sleep requires more than just physical comfort. Behavioral changes, known as sleep hygiene, also play a crucial role. Chiropractors often coach patients on how to build night-time routines that support the body's natural circadian rhythm.

Helpful sleep habits include:

- Keeping a consistent bedtime and wake time, even on weekends
- Avoiding caffeine, nicotine, and alcohol in the evening
- Reducing screen time for at least one hour before bed
- Creating a quiet, dark, and cool sleep environment
- Using relaxation techniques like deep breathing or gentle stretching

P.S.H. is an Australian-based therapeutic approach which supports people to re-consolidate emotional memory utilising their own natural abilities via subconscious pathways.

For more information please contact P.S.H. therapist Belinda Hawkins (BMedSc) at <https://www.psh.org.au/>

Contact Us

Queanbeyan Chiropractic
<https://www.queanbeyanchiropractic.com.au/>

M 0408 489 066

Queanbeyan Acupuncture
<https://queanbeyanacupuncture.com.au/>

M

P.S.H. Therapy

Belinda Hawkins BMedSc

M 0409 619 639

Focal Point Arcade

5/21-25 Monaro Street,

Queanbeyan NSW 2621

T 02 6297 7288

These behavioral strategies, when combined with chiropractic care, provide a strong foundation for quality sleep. In many cases, people who implement these routines in tandem with regular spinal adjustments experience faster improvements than those who rely on physical treatment alone.

If you wish to explore how chiropractic may help you can book in for a chiropractic appointment or give me a call to discuss first - 0408489066
M

Yours in health,

Steve

Sources:

Haas A, Chung J, Kent C, et al. (March 15, 2024) Vertebral Subluxation and Systems Biology: An Integrative Review Exploring the Salutogenic Influence of Chiropractic Care on the Neuroendocrine-Immune System. *Cureus* 16(3): e56223. DOI 10.7759/cureus.56223

Haavik H, Niazi IK, Amjad I, Kumari N, Ghani U, Ashfaq M, Rashid U, Navid MS, Kamavuako EN, Pujari AN, et al. Neuroplastic Responses to Chiropractic Care: Broad Impacts on Pain, Mood, Sleep, and Quality of Life. *Brain Sciences*. 2024; 14(11):1124. <https://doi.org/10.3390/brainsci14111124>

Acupuncture

Spring is when flora bloom, birds sing, and insects become more active. It's a time of rebirth and renewal. We can feel these changes in nature and all around us. Bring on the longer daylight hours and the warmer weather!

In Traditional Chinese Medicine (TCM), spring is the season in which our bodies wake up and clean out stagnant emotions, energy and qi (Eastnd, 2021). And although this is generally a good thing, it can also be a time of considerable stress on the body as seasonal changes take place. These changes aren't always easy to notice, so it's worth knowing what to look out for.

These stressors come in a few different forms. First, spring is related to the liver (Guo & Wei, 2021), which, in TCM, is the organ related to a range of different expressions, including irritability, anxiety, depression, anger, insomnia, headaches, muscle cramps, blurred vision, PMS, and anaemia.

Spring can also be windy. Traditional Medicine teaches that these natural winds have a strong influence on our bodies. These winds carry dust, pollen and more which can disrupt our health and wellbeing.



[Leonardo Iheme](#) [Unsplash](#)

Health tips

In spring, to fend off potential issues, it's a good idea to pick up some simple lifestyle habits that improve the circulation of blood and qi around your body. These could include:

Light exercise

Eat well, fresh is best.

Good sleep hygiene.

Remember to have some down time.

Book in for an acupuncture session with Rebecca, to help support the changes in your body during spring, help with allergies, hay fever symptoms, sinus congestion and a host of other problems.

Sources:

Eastnd, *Flowing with The Seasons: A Naturopathic and Traditional Chinese Medicine Approach to Spring*, 2021

J Guo, F Wei., Analysis of theory of "the liver corresponding to spring", *Journal of Beijing University of Traditional Chinese Medicine*, 2021