

Annual Summit on

Sleep Disorders & Medicine

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Alternative Therapies for Sleep Enhancement with Hands-On Experience of the Deep Relaxation Technique

Sleep is said to restore body functions by promotion protein anabolism and enhancing immune functions. However, certain physiological and psychological conditions deprive mankind of this sleep and that further leads to problems such as impaired day time functioning, increased accidents, decreased workplace productivity, difficulty in controlling emotions, increased insulin resistance and risk of obesity. Generally prescription medications are used to overcome such sleep problems. However, most of those medicines don't address the root cause and can also have side effects. Complementary and alternative approaches on the other hand may prove to be comparatively more effective without any side effects. This workshop aims to give its participants an idea of the wide array of alternative techniques that are available to enhance sleep. We would be looking at nutritional interventions, herbs and essential oils, acupuncture, bright light therapy, cognitive behavioral therapy, homeopathic remedies and Yoga. Participants of this workshop would be taken through a hands-on experience of the deep relaxation technique towards the end of the workshop.

Biography

Anna Thenappan is a practicing pediatrician and has rendered private practice and individualized care for more than 14 years at Los Angeles. She obtained her MD in Pediatrics and is a Fellow of the American Academy of Pediatrics since 1999. She holds a Diploma in Clinical Homeopathy and is also a Yoga trainer.

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