



Hey Alejandro,

Have you ever found yourself falling asleep with ease, only to wake up in the middle of the night feeling restless and wide awake? 🤔 If so, you're not alone. Many people experience this frustrating issue, and it could be due to something you might not have considered:

a misaligned Atlas.

Now before you hit that back button on this email thinking this doesn't pertain to you, consider these patient scenarios and see who you might relate to...

Busy Professionals: Patient #1 is a marketing executive in her mid-30s. She's always on the go, balancing meetings, deadlines, and personal commitments. **Despite her best efforts to maintain a healthy lifestyle, she often wakes up at 3 AM, her mind racing with thoughts about her next big project.**

New Parents: Then there's patients #2 & #3, new parents to a six-month-old baby. They're juggling sleepless nights with their newborn's needs and their work responsibilities. Even when their baby sleeps through the night, **they find themselves waking up, unable to fall back asleep.**

Older Adults: Lastly, there's patient #4, a retiree who enjoys gardening and spending time with her grandchildren. Despite her relaxed lifestyle, **she finds herself waking up multiple times a night, leaving her feeling tired and irritable during the day.**

As you see, restless sleep can plague us ALL! Our Atlas is a crucial part of our spine, and when it's out of alignment, it can cause the sympathetic nervous system to kick into overdrive. This is why you might find yourself awake at odd hours, with your body essentially shouting, "*Wake up, wake up!*" I talk about this more [here](#) if you'd like to listen in...



**IF YOU STRUGGLE
WITH *GETTING*
RESTFUL SLEEP
COME IN TO
GET ADJUSTED**

@synergyhealthassociates

This interruption prevents you from achieving deep, restorative sleep, putting stress on your body and adrenal glands. Over time, this lack of quality sleep can take years off your life. Getting restful sleep is imperative to your health. Addressing the potential misalignment of your Atlas could be the key to unlocking those peaceful, uninterrupted nights of sleep you've been longing for.

If you thought “this is me” at least once while reading this, or if you simply want to explore ways to improve your sleep quality, I'm here to help. [Consider booking a telemedicine appointment with us today.](#) We're happy to answer any questions you may have.

Yours in health,

[P.S. - Grab my most recommended detox products here!](#)



80 5th Ave Ste 1204
New York, NY 10011, USA

[Unsubscribe](#) or [Manage Preferences](#)