

Sleep Well

Be well, Do well, Live well
#selfloveselfcarefirst



Spring 2022

The REIMAGINED NJDSMC-2022

We are pleased to share with you that we hit the ground running in 2022 after Dr. Merriman retired from the practice of general dentistry, so she could dedicate all her professional efforts to Sleep Medicine. Since then, we have expanded the design, and scope of our patient experience at NJDSMC with ***Healthy Longevity and Mind- Body- Spirit Wellness*** as our highest goals for our patients.

1. We Provide Oral Medical Device Therapy for Sleep Apnea, Snoring, and CPAP Refusal and Intolerance
2. We Practice Integrative, Trauma Informed, Functional, and Patient Centered Care
3. We Champion a Sleep Prioritizing Culture of Self Care with a Focus on Lifestyle and Behavioral Medicine



Why?

Because at NJDSMC, we know that to actually make an impactful difference in our patients lives, we must go beyond disease treatment, and provide quality, and comprehensive care to our patients.

Because we understand how sleep is the driver of our overall mind-body-spirit health, wellbeing, and potential to thrive and actualize our potential.

Because we understand how sleep is not only the necessary key to our restorative and recovery states, but to the process, and our capacity to heal from trauma.

Because we know that sleep improves our relationship to, and the management of the unavoidable stressors in our lives. It helps us tap into our creativity, problem-solving and solution- oriented thinking, and deep ability to reimagine, and reshape

our lives.

Because we have an awareness of the power of the role restful sleep plays in the process of achieving perspective, harmony and connection with others, and accessing deeper consciousness.

Because we know sleep unleashes our edge and green lights our ultimate performance in life. Sleep is our superpower.

We aim to bring this comprehensive understanding of sleep health to our treatment of sleep disease through Medical Oral Device Therapy (MODT).



Change is often a frustrating and slow process, until we get to a point where we must change for the sake of our survival. The following is one of the seminal articles in the discussion of our ailing medical system. It was penned a decade

ago...

From “Sick Care” to Health Care: Reengineering Prevention into the U.S. System Fani Marvasti, F., & Stafford, R. S. (2012). From sick care to health care--reengineering prevention into the U.S. system. *The New England journal of medicine*, 367(10), 889–891. <https://doi.org/10.1056/NEJMp1206230>

NEW AT NJDSMC

IT'S TOO MUCH TO LIST HERE.

So, why not come visit us at our [website](#), at your convenience.

But in the meantime, here's a peak at our exciting new path!

Resources for You

We have created a brand new page on our website that is exclusively dedicated to providing you with cutting edge information and resources that incorporate our goal of healthy longevity for you.

Check it out!

I personally curate the resources listed here, and periodically update, and add to this page when I come across something that I feel is valuable. I do so as an extension of my desire to help you live a healthier, happier, and more engaged life.

Feel free to share this page with friends and family as Sleep is the Universal Foundation of all the pillars of Self Care and Wellness. -Dr. Merriman



In sleep, fantasy takes the form of dreams. But in waking life, too, we continue to dream beneath the threshold of consciousness, especially when under the influence of repressed or other unconscious complexes.

-Carl Jung

Sleep Tip- Go for a walk or exercise on the spot/stand/sit outside, after you wake up in the morning for at least 10 minutes, or more if your schedule allows you to.

Viewing low solar angle sunlight in the morning is the best stimulus for setting your circadian clock because the retinal neurons that set your clock respond best to blue- yellow contrast,



which is abundant in low solar angle sunlight.

True even through cloud cover,

-Dr. A. Huberman

If you find value in the content of SLEEP WELL, we hope you will share it with others. They can also subscribe directly by going to our [website](#).

SUMMER 2022 SLEEP WELL will focus on the topic of
Women and Sleep



Dr. Sunita Merriman, D-ABDSM, D-ABCDSM

Creating New Realities and Expanding Consciousness Through Poetry

**Highlighting Sleep, Connection, and our Relationships as the Foundation of
Wellness and Thriving**

**Bringing Attention to Those who Have Suffered from Attachment and Childhood
Trauma (ACEs)**

Promoting Self Love Self Care First®



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