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by Barry Erath, MSSW, LCSW

SLEEP ON IT?

Many people believe that it is better to get a good night's sleep before making an important (or difficult) decision.

However, sleeping after experiencing a traumatic event may be an entirely different matter. According to new research, sleeping following a traumatic event might only serve to lock in bad memories and emotions. The inability to sleep after experiencing trauma may be indicative of a biological response. In short, it may be a healthy response that enables us to get past traumatic events. That doesn't mean that anyone should avoid sleep just because he or she had a bad day. However, it may be better to absorb (and/or talk about) disturbing events fully rather than take a sleeping pill.

Have you recently dealt with a major trauma? Are you having difficulty sleeping, due to a trauma or for any reason at all? Our compassionate counselors provide you with the proven technique you need to deal with any situation that might be causing you anxiety, stress, depression, or even insomnia. We are here to help you be healthy again, because you deserve it.

If you would like an appointment or if you have any questions, please call 608-742-5020. Our address is 2639 New Pinery Road, Suite 1. *Offering you and your family compassionate and professional advice.*

P.S. By processing emotion, we learn how to cope.

ASPEN
Family Counseling
www.aspenfamilycounseling.com