



TMJ & Sleep Therapy Centre of San Diego
7879 El Cajon Blvd.
La Mesa, CA 91942
619-466-2774 | www.TMJSleepSD.com

HOURS:
Open | Mon - Thur
9:00am-5:00pm
Friday | By appointment only
Closed for Lunch



HEALTH CONNECTION

Apple Salad with Brussels Sprouts, Pomegranate Seeds, and Maple Balsamic Dressing

Servings: 6 Cook Time: 20 mins

INGREDIENTS

Salad

2 apples thinly sliced or spiralized
4 cups shaved Brussels sprouts or shredded
1 cup of seeds of Granada

Maple-Balsamic vinaigrette

1 tablespoon minced shallots
3 tablespoons balsamic vinegar
6 tablespoons olive oil
½ teaspoon maple syrup
¼ teaspoon salt



Author: piloncillovainilla.com



This apple salad with brussels sprouts, pomegranate seeds, and an epic maple-balsamic vinaigrette is delicious, nutritious and very easy to prepare.

INSTRUCTIONS

1. Put in a jar all the vinaigrette ingredients. Mix well, taste and adjust seasoning if necessary.
2. In a salad bowl add the brussels sprouts, the apples, and the pomegranate seeds. With a spoon, slowly drizzle the vinaigrette on top. Do not add all the dressing; a few drops go a long way.
3. Serve immediately.

RECIPE NOTES

If you are preparing the salad ahead of time, add some lemon juice to the apple to prevent it from browning.

TMJ & SLEEP THERAPY CENTRE OF SAN DIEGO

American Academy of Dental Sleep Medicine Accredited Facility
Craniofacial Pain ♦ Headaches ♦ TMJ Disorders ♦ Obstructive Sleep Apnea

Daylight Saving Time 2018

will begin at 2:00 AM Sunday, March 11
and ends at 2:00 AM Sunday, November 4



Idea of Daylight Saving Time

The idea of daylight saving was first conceived by Benjamin Franklin during his sojourn as an American delegate in Paris in 1784, in an essay, "An Economical Project."

The idea was first advocated seriously by London builder William Willett (1857-1915) in the pamphlet, "Waste of Daylight" (1907), that proposed advancing clocks 20 minutes on each of four Sundays in April, and retarding them by the same amount on four Sundays in September. As he was taking an early morning ride through Petts Wood, near Croydon, Willett was struck by the fact that the blinds of nearby houses were closed, even though the sun was fully risen. When questioned as to why he didn't simply get up an hour earlier, Willett replied with typical British humor, "What?" In his pamphlet "The Waste of Daylight" he wrote:

"Everyone appreciates the long, light evenings. Everyone laments their shortage as Autumn approaches; and everyone has given utterance to regret that the clear, bright light of an early morning during Spring and Summer months is so seldom seen or used."

Read entire article at : <http://www.webexhibits.org/daylightsaving/c.htmling/c.html>

UPCOMING SPEAKING ENGAGEMENTS

STEVEN OLMOS, DDS
DABCP, DABCDMS, DABDSM, DAIPM,
FAAOP, FAACP, FICCMO, FADI, FIAO

March 16, 2018

3D Congress
Ft. Lauderdale, FL USA
"My Life: From Dentistry to Medicine"

March 24, 2018

American Academy of Osteopathy
Dallas, TX USA
Motor Nerve Reflex
Testing Lab"

April 14, 2018

Holistic Dental Association
San Diego, CA USA
"The Evolution of Craniofacial Pain and Sleep-Related Breathing Disorder Treatment"

April 20, 2018

University of Florida
Gainesville, FL USA
"OSA and TMD Comorbidity, The Dentist's Role"

July 13-14, 2018

BioResearch Annual Conference
Milwaukee, WI USA

July 20-21, 2018

American Academy of Craniofacial Pain – Kansas City, MO USA

August 24, 2018

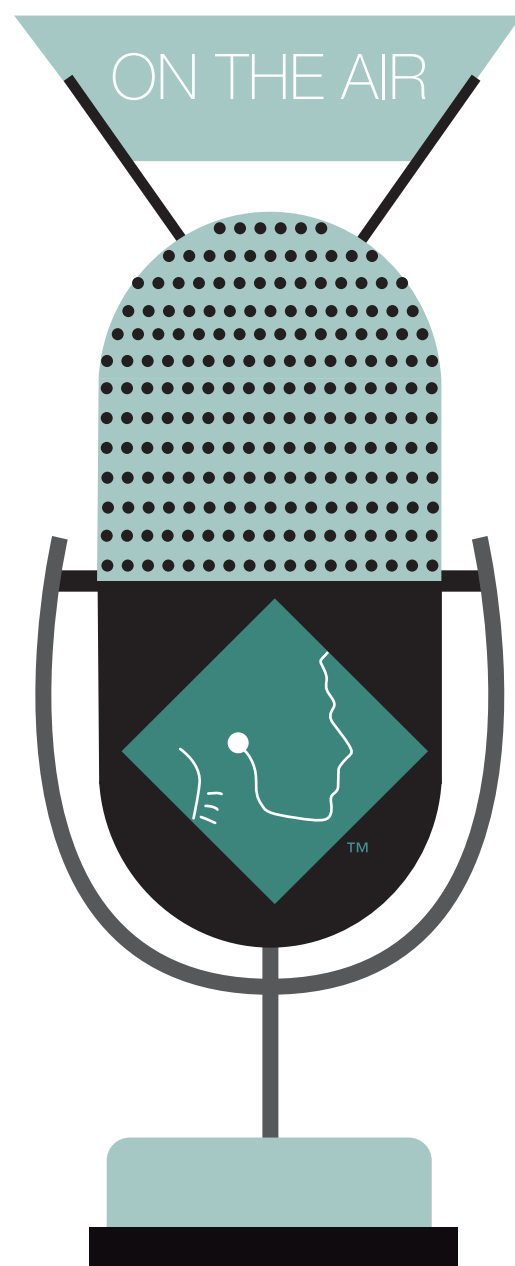
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& the experts at
TMJ & Sleep Therapy
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WHAT ARE THE 7 WAYS THAT DAYLIGHT SAVINGS CAN WRECK A PERSON'S HEALTH?

Daylight saving time (DST) has many health and safety concerns for individuals and our community. These transitions can disrupt chronobiologic rhythms and influence the duration and quality of sleep, and the effect lasts for several days after the shifts. ^{1,2}



1. Losing an hour of sleep can be a dangerous situation for fatigue, especially if the person has obstructive sleep apnea. Consequences in regard to increased frequency of automobile accidents and work place accidents is well documented. ^{3,4,5,6}

2. The incidence (frequency) of acute myocardial infarction (heart attack) was significantly increased for the first 3 weekdays after the transition to daylight saving time in the spring. This effect is more pronounced in women than in men. ⁷

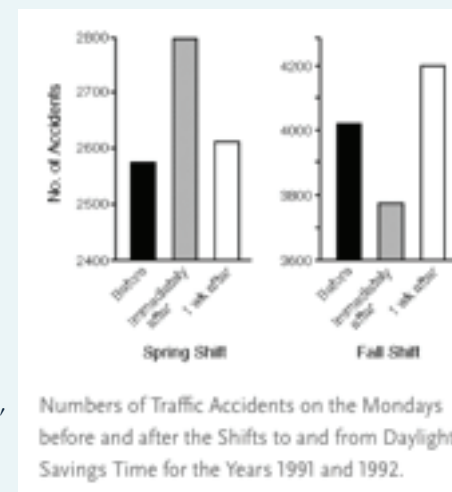
3. The start of DST has been linked to miscarriages for in vitro fertilization patients. Pregnancy loss rates are significantly higher in Spring when DST occurred after embryo transfer at 24%. ⁸

4. A one hour loss of sleep can trigger mental illness, including bipolar disorder, and seasonal affective disorder (SAD). A type of depression related to changes in seasons. Symptoms for spring SAD are: insomnia, poor appetite, weight loss, agitation, anxiety. ^{9,10} A Danish study found an 11% increase in depression cases after DST. ¹¹ An Australian study found that male suicide rates increased the days after the spring and fall DST shift. ¹²

5. Reduction of productivity at work and fatigue are the result of DST. A recent study demonstrated that sleep deprived employees are spending more time "cyberloafing", or using the internet for personal use while pretending to do work. ¹³

6. Increases in cluster headaches are associated with DST. Cluster headaches are severe with volleys or cluster presentations of sharp stabbing pain in the head. These headaches are debilitating, associated with sleep breathing disorders, and tend to occur seasonally. ^{14,15}

7. High school teens are particularly vulnerable to DST-induced sleep loss. Teens have significant sleep lost after the spring time change, with increased sleepiness, delayed reaction time, and lapsed attention. This affected school performance and is a risk for motor vehicle accidents. ¹⁶



¹ Kantermann T, Juda M, Meroow M, Roenneberg T. The human circadian clock's seasonal adjustment is disrupted by daylight saving time. *Curr Biol* 2007;17:1996-2000.
² Lahti JA, Leppamaki S, Lonnqvist J, Partonen T. Transition to daylight saving time reduces sleep duration plus sleep efficiency of the deprived sleep. *Neurosci Lett* 2006;406:174-177.
³ Coen S. Daylight Savings Time and Traffic Accidents. *N Engl J Med* 1996; 334:924-925.
⁴ Vanughese J, Allen RP. Fatal accidents following changes in daylight savings time: The American Experience. *Sleep Med* 2001 Jan;2(1):31-36.
⁵ Ellen RL, Marshall SC, Palayew M, Molnar FJ, et al. Systematic review of motor vehicle crash risk in persons with sleep apnea. *J Clin Sleep Med*. 2006 Apr 15;2(2):193-200.
⁶ Barnes CM, Wagner DT. Changing to Daylight Saving Time Cuts Into Sleep and Increases Workplace Injuries. *Journal of Applied Psychology*. Sept 2009;Vol. 94, No 5.
⁷ Janszky I, Ljung R. Shifts to and from Daylight Saving Time and Incidence of Myocardial Infarction. *N Engl J Med* 2008; 359:1966-1968.
⁸ Liu C, Polth JA, Cullerton E, Go K, et al. Impact of daylight savings time on spontaneous pregnancy loss in in vitro fertilization patients. *J of Biological and Medical Rhythm Research* 2017; Vol 34, Issue 5:571-577.
⁹ National Institute of Mental Health. SAD. www.nimh.nih.gov.
¹⁰ Mayo Clinic. SAD. www.mayoclinic.org.
¹¹ Hansen BT, Sonderskov KM, Hageman ID, Dinesen PL, et al. Daylight Savings Time Transitions and the Incidence Rate of Unipolar Depressive Episodes. *Epidemiology*. May 2017-Vol 28-Issue 3:346-353.
¹² Berk M, Doolid S, Hallam K, Berk L, et al. Small shifts in diurnal rhythms are associated with an increase in suicide: The effect of daylight saving. *Sleep and Biological Rhythms*. January 2008; vol. 6, issue 1:22-25.
¹³ Wagner DT, Barnes CM, Lim VK, Ferris DL. Lost sleep and cyberloafing: Evidence from the laboratory and a daylight saving time quasi-experiment. *J Appl Psychol*. 2012 Sep;97(5):1068-76.
¹⁴ Graff-Radford SB, Newman A. Obstructive sleep apnea and cluster headache. *Headache*. 2004, June;44(6):607-10.
¹⁵ Mayo Clinic. Cluster headache. www.mayoclinic.org.
¹⁶ Medina D, Eggen M, Milrad S, Atkinson B, et al. Adverse Effects of Daylight Saving Time on Adolescents' Sleep and Vigilance. *J Clin Sleep Med*. 2015 Aug 15;11(8):879-884.