



## **Toronto Doctor Explains How Naturopathic Solutions for Sleep Disorders Increase Health and Safety**

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Everyone knows that they feel better when they have adequate sleep. When the amount of sleep is inadequate it has a detrimental effect on the way that people feel. Not everyone, however, understands how sleep disorders can actually put their health at risk. Toronto Naturopathic Doctor Sheila Dyer urges people not only to try and get enough sleep but to take their sleep quality seriously.

"People don't realize that sleep disorders can cause cardiovascular issues. Or weight gain," Dr. Dyer said. "For these reasons as well as many more, it is crucial to find effective solutions for anyone who is not getting sufficient sleep to be healthy. A naturopathic doctor offers solutions for many sleep issues which support a whole person approach, and which are not necessarily drug-based in any way."

Nadi A., a former patient of Dr. Dyer, spoke in glowing terms about her experience. "I was worn to a frazzle from not sleeping well and I wasn't functioning at my best. I didn't even realize that I was putting my family and others at risk because of the lack of sleep and rest. It was only after I nearly had an auto accident when I was driving that I went to get professional help. Doctor Dyer helped me enormously. She recommended a regime of supplements and that along with other small changes added up to a really big difference in the way

I felt.?

Sleep affects mood, energy levels, and memory and they can all be greatly affected by the quality as well as the quantity of sleep. A lack of sleep and the subsequent sleepiness that people experience is only a minor inconvenience if someone is at home and can simply doze off.

That sleepiness when experienced at work, or on the road, however, is a completely different matter. Falling asleep at the wheel or when operating machinery can have major ramifications. Even when such matters are not applicable it doesn't look good when someone falls asleep at their desk.

Not everyone is familiar with what a Naturopathic Doctor is and what they do, and this is why Dr. Dyer has published a large amount of information online, including her hints and tips for optimal sleep.

For example, most people don't have "maintaining their circadian rhythm" on their radar screen at all. Circadian rhythms keep our bodies in sync with the natural world, and when they get out of sync for any reason such as shift work, inconsistent bedtimes and so on, getting back into sync is vitally important. One of the ways that can be done is for someone to get morning sunshine on their body and dimming their lights in the evening.

More information and an explanation of Dr. Dyer's philosophy can be found on her Facebook page at <https://www.facebook.com/sheiladyernd/>. She also posts additional health-related articles and "food for thought" items of interest for people to consider. It is not just about sleep, but about many different facets of health and modern life.

Dr. Dyer's original career was in nursing, but she found eventually that the traditional model of western medicine was not resonating for her anymore. She spent 11 years as a nurse, and then turned to natural healing because she wanted to work with the whole person; not just a small part. "I first started to consider a different career path after experiencing a pretty severe burnout as a nurse," said Dr. Sheila. "It helped me relate to people with heavy demands placed on them."

"What does it mean to be whole?" she wrote recently on Facebook. "Possibly influenced by my last patient, I'd say my answer for today is "Mind, body and heart integrated and balanced.?" In addition to sleep disorder treatment, Dr. Dyer said that her areas of interest include complex chronic disease, fibromyalgia, chronic fatigue, hormone balancing, any and all digestive concerns, and mental health.

Dr. Dyer clearly believes in being transparent about who she is, the work she does and the work she has

done. Her background, qualifications, and her resume are available online at <https://www.linkedin.com/in/dr-sheila-dyer-nd-714125163/>.

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