

elevate smile design sleep wellness

Elevate Smile Design & Sleep Wellness: The Unexpected Connection

Are you ready to unlock the secret to a radiant smile and a restful night's sleep? It might sound surprising, but these two seemingly disparate aspects of well-being are intimately connected. This comprehensive guide explores the fascinating relationship between your smile design and your sleep wellness, revealing how optimizing one can significantly improve the other. We'll delve into the science behind this connection, offer practical tips for enhancing both your smile and your sleep, and equip you with the knowledge to achieve a truly holistic approach to well-being. Prepare to discover how a confident, healthy smile can pave the way to more rejuvenating rest, and vice versa.

The Science Behind the Smile-Sleep Synergy

The connection between your smile and your sleep might seem intangible, but it's rooted in the intricate workings of your body and mind.

1. **Stress Reduction and Oral Health:** Stress is a significant disruptor of sleep. A less-than-perfect smile, whether due to misaligned teeth, stained enamel, or missing teeth, can contribute to anxiety and self-consciousness, fueling stress levels. Conversely, addressing these concerns through cosmetic dentistry, such as teeth whitening, Invisalign, or dental implants, can dramatically boost confidence and reduce stress, leading to better sleep quality. Feeling good about your smile translates to feeling better overall, reducing the mental load that keeps you awake at night.
1. **TMJ and Sleep Apnea:** Temporomandibular joint (TMJ) disorders, often manifesting as jaw pain and clicking, are strongly linked to poor sleep. Misaligned bites or bruxism (teeth grinding) can exacerbate TMJ issues, leading to discomfort and disrupted sleep patterns. Smile design treatments, such as occlusal adjustments and nightguards, can effectively address these problems, promoting better jaw alignment and reducing pain, thereby contributing to more restful sleep. Furthermore, sleep apnea, a condition characterized by pauses in breathing during sleep, is sometimes linked to jaw structure. Specific smile design procedures might help alleviate some aspects of sleep apnea, although this should always be addressed by a sleep specialist and potentially a sleep dentist in collaboration.
1. **Improved Self-Esteem and Mental Well-being:** A beautiful, healthy smile is a significant contributor to self-esteem and overall mental well-being. This positive self-image can have a profound impact on stress levels and anxiety, both of which are known to disrupt sleep. By investing in your smile, you're not only improving your appearance but also nurturing your

mental health, indirectly promoting better sleep hygiene.

Practical Steps to Elevate Your Smile and Sleep Wellness

Now that we understand the connection, let's explore practical strategies to optimize both your smile and your sleep:

1. **Prioritize Oral Hygiene:** Brushing and flossing twice daily, using a fluoride toothpaste, and regular dental check-ups are fundamental. Good oral hygiene reduces the risk of gum disease and dental problems, which can indirectly impact sleep through pain or discomfort.
1. **Consider Cosmetic Dentistry:** Explore options like teeth whitening, Invisalign, or dental veneers to address cosmetic concerns and boost your confidence. A beautiful smile can have a remarkably positive effect on self-esteem and overall well-being, contributing to better sleep.
1. **Address TMJ Issues:** If you experience jaw pain, clicking, or teeth grinding, consult with a dentist or orthodontist to address potential TMJ disorders. They can recommend treatments like nightguards or occlusal adjustments to alleviate pain and improve sleep quality.
1. **Establish a Relaxing Bedtime Routine:** Create a calming pre-sleep routine that promotes relaxation. This could involve a warm bath, reading a book, listening to calming music, or practicing mindfulness or meditation. A peaceful mindset is crucial for falling asleep easily and staying asleep throughout the night.
1. **Optimize Your Sleep Environment:** Ensure your bedroom is dark, quiet, and cool. Invest in comfortable bedding and consider using blackout curtains, earplugs, or a white noise machine to create a conducive sleep environment.
1. **Seek Professional Help:** If you're struggling with chronic sleep problems or significant oral health issues, don't hesitate to seek professional help. A sleep specialist can diagnose and treat sleep disorders, while a dentist can address any oral health concerns. Collaboration between these professionals can sometimes be essential for comprehensive treatment.

Conclusion: The Holistic Approach to Well-being

Elevating your smile design and prioritizing sleep wellness are not mutually exclusive goals; rather, they are interconnected aspects of a holistic approach to well-being. By addressing both, you can significantly improve your overall health, happiness, and quality of life. Taking proactive steps towards a radiant smile and restful sleep can lead to increased confidence, reduced stress, and a more vibrant, energetic you. Remember that consistent effort and a proactive approach to both your oral and sleep health are key to achieving lasting results.

FAQs

1. Can teeth whitening affect my sleep? No, teeth whitening itself doesn't directly affect sleep, but the improved confidence resulting from a whiter smile can indirectly lead to better sleep due to reduced stress and anxiety.
1. How often should I visit my dentist for preventative care related to sleep wellness? Regular check-ups every six months are recommended for preventative care, allowing your dentist to identify and address potential issues like TMJ or bruxism early on.
1. Are there specific types of pillows that are better for sleep apnea sufferers? Yes, pillows designed to support proper head and neck alignment can help alleviate symptoms of sleep apnea. Consult a sleep specialist or your doctor for specific recommendations.
1. Can Invisalign treatment improve my sleep? While Invisalign doesn't directly improve sleep, correcting bite issues can significantly alleviate TMJ pain, leading to better sleep quality.
1. Is it possible to address both smile design and sleep apnea simultaneously? Yes, but this often requires a collaborative approach between a dentist (or orthodontist) specializing in sleep dentistry and a sleep specialist. They will work together to devise a tailored treatment plan.

elevate smile design sleep wellness: *Taking Action Against Clinician Burnout* National Academies of Sciences, Engineering, and Medicine, National Academy of Medicine, Committee on Systems Approaches to Improve Patient Care by Supporting Clinician Well-Being, 2020-01-02
Patient-centered, high-quality health care relies on the well-being, health, and safety of health care

clinicians. However, alarmingly high rates of clinician burnout in the United States are detrimental to the quality of care being provided, harmful to individuals in the workforce, and costly. It is important to take a systemic approach to address burnout that focuses on the structure, organization, and culture of health care. Taking Action Against Clinician Burnout: A Systems Approach to Professional Well-Being builds upon two groundbreaking reports from the past twenty years, To Err Is Human: Building a Safer Health System and Crossing the Quality Chasm: A New Health System for the 21st Century, which both called attention to the issues around patient safety and quality of care. This report explores the extent, consequences, and contributing factors of clinician burnout and provides a framework for a systems approach to clinician burnout and professional well-being, a research agenda to advance clinician well-being, and recommendations for the field.

elevate smile design sleep wellness: Orofacial Pain and Headache Yair Sharav, Rafael Benoliel, 2008-01-01 OROFACIAL PAIN AND HEADACHE is a timely, comprehensive and instructive addition to the pain literature; in particular the important and truly multidisciplinary area of orofacial pain. Based on their extensive clinical experience and a thorough understanding of pain mechanisms specific to the trigeminal system, the editors, Yair Sharav and Rafael Benoliel, have integrated knowledge from the areas of headache and orofacial pain and have succinctly explained common mechanisms involved in the two phenomena, with important implications for pain diagnosis and management. Internationally renowned editors and contributor team Integrated approach to the diagnosis and treatment of oral and facial pain syndromes as well as common primary headaches A thorough review of the four major clinical entities of orofacial pain: acute dental, neurovascular, musculoskeletal and neuropathic Comprehensive coverage of the pharmacotherapy of acute and chronic pain Chapters on the psychological, neurosurgical and otolaryngological aspects of orofacial pain An in depth discussion of facial pain and headaches secondary to medical co-morbidities Exploration of complementary and alternative methods of pain control including acupuncture, food additives and hypnosis

elevate smile design sleep wellness: Oral Health in America , 2000

elevate smile design sleep wellness: Airway is Life Meghna Dassani, 2021-02-28

elevate smile design sleep wellness: Permanent Supportive Housing National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Policy and Global Affairs, Science and Technology for Sustainability Program, Committee on an Evaluation of Permanent Supportive Housing Programs for Homeless Individuals, 2018-08-11 Chronic homelessness is a highly complex social problem of national importance. The problem has elicited a variety of societal and public policy responses over the years, concomitant with fluctuations in the economy and changes in the demographics of and attitudes toward poor and disenfranchised citizens. In recent decades, federal agencies, nonprofit organizations, and the philanthropic community have worked hard to develop and implement programs to solve the challenges of homelessness, and progress has been made. However, much more remains to be done. Importantly, the results of various efforts, and especially the efforts to reduce homelessness among veterans in recent years, have shown that the problem of homelessness can be successfully addressed. Although a number of programs have been developed to meet the needs of persons experiencing homelessness, this report focuses on one particular type of intervention: permanent supportive housing (PSH). Permanent Supportive Housing focuses on the impact of PSH on health care outcomes and its cost-effectiveness. The report also addresses policy and program barriers that affect the ability to bring the PSH and other housing models to scale to address housing and health care needs.

elevate smile design sleep wellness: Wellbeing, Recovery and Mental Health Mike Slade, Lindsay Oades, Aaron Jarden, 2017-02-01 This book brings together two bodies of knowledge - wellbeing and recovery. Wellbeing and 'positive' approaches are increasingly influencing many areas of society. Recovery in mental illness has a growing empirical evidence base. For the first time, overlaps and cross-fertilisation opportunities between the two bodies of knowledge are identified.

International experts present innovations taking place within the mental health system, which include wellbeing-informed new therapies, e-health approaches and peer-led recovery communities. State-of-the-art applications of wellbeing to the wider community are also described, across education, employment, parenting and city planning. This book will be of interest to anyone connected with the mental health system, especially people using and working in services, and clinical and administrators leaders, and those interested in using research from the mental health system in the wider community.

elevate smile design sleep wellness: TRADOC Pamphlet TP 600-4 The Soldier's Blue Book United States Government Us Army, 2019-12-14 This manual, TRADOC Pamphlet TP 600-4 The Soldier's Blue Book: The Guide for Initial Entry Soldiers August 2019, is the guide for all Initial Entry Training (IET) Soldiers who join our Army Profession. It provides an introduction to being a Soldier and Trusted Army Professional, certified in character, competence, and commitment to the Army. The pamphlet introduces Soldiers to the Army Ethic, Values, Culture of Trust, History, Organizations, and Training. It provides information on pay, leave, Thrift Saving Plans (TSPs), and organizations that will be available to assist you and your Families. The Soldier's Blue Book is mandated reading and will be maintained and available during BCT/OSUT and AIT. This pamphlet applies to all active Army, U.S. Army Reserve, and the Army National Guard enlisted IET conducted at service schools, Army Training Centers, and other training activities under the control of Headquarters, TRADOC.

elevate smile design sleep wellness: *Depression in Parents, Parenting, and Children* Institute of Medicine, National Research Council, Division of Behavioral and Social Sciences and Education, Board on Children, Youth, and Families, Committee on Depression, Parenting Practices, and the Healthy Development of Children, 2009-10-28 Depression is a widespread condition affecting approximately 7.5 million parents in the U.S. each year and may be putting at least 15 million children at risk for adverse health outcomes. Based on evidentiary studies, major depression in either parent can interfere with parenting quality and increase the risk of children developing mental, behavioral and social problems. *Depression in Parents, Parenting, and Children* highlights disparities in the prevalence, identification, treatment, and prevention of parental depression among different sociodemographic populations. It also outlines strategies for effective intervention and identifies the need for a more interdisciplinary approach that takes biological, psychological, behavioral, interpersonal, and social contexts into consideration. A major challenge to the effective management of parental depression is developing a treatment and prevention strategy that can be introduced within a two-generation framework, conducive for parents and their children. Thus far, both the federal and state response to the problem has been fragmented, poorly funded, and lacking proper oversight. This study examines options for widespread implementation of best practices as well as strategies that can be effective in diverse service settings for diverse populations of children and their families. The delivery of adequate screening and successful detection and treatment of a depressive illness and prevention of its effects on parenting and the health of children is a formidable challenge to modern health care systems. This study offers seven solid recommendations designed to increase awareness about and remove barriers to care for both the depressed adult and prevention of effects in the child. The report will be of particular interest to federal health officers, mental and behavioral health providers in diverse parts of health care delivery systems, health policy staff, state legislators, and the general public.

elevate smile design sleep wellness: *Thrive* Arianna Huffington, 2014-03-25 In *Thrive*, Arianna Huffington makes an impassioned and compelling case for the need to redefine what it means to be successful in today's world. Arianna Huffington's personal wake-up call came in the form of a broken cheekbone and a nasty gash over her eye--the result of a fall brought on by exhaustion and lack of sleep. As the cofounder and editor-in-chief of the Huffington Post Media Group--one of the fastest growing media companies in the world--celebrated as one of the world's most influential women, and gracing the covers of magazines, she was, by any traditional measure, extraordinarily successful. Yet as she found herself going from brain MRI to CAT scan to

echocardiogram, to find out if there was any underlying medical problem beyond exhaustion, she wondered is this really what success feels like? As more and more people are coming to realize, there is far more to living a truly successful life than just earning a bigger salary and capturing a corner office. Our relentless pursuit of the two traditional metrics of success--money and power--has led to an epidemic of burnout and stress-related illnesses, and an erosion in the quality of our relationships, family life, and, ironically, our careers. In being connected to the world 24/7, we're losing our connection to what truly matters. Our current definition of success is, as Thrive shows, literally killing us. We need a new way forward. In a commencement address Arianna gave at Smith College in the spring of 2013, she likened our drive for money and power to two legs of a three-legged stool. They may hold us up temporarily, but sooner or later we're going to topple over. We need a third leg--a third metric for defining success--to truly thrive. That third metric, she writes in Thrive, includes our well-being, our ability to draw on our intuition and inner wisdom, our sense of wonder, and our capacity for compassion and giving. As Arianna points out, our eulogies celebrate our lives very differently from the way society defines success. They don't commemorate our long hours in the office, our promotions, or our sterling PowerPoint presentations as we relentlessly raced to climb up the career ladder. They are not about our resumes--they are about cherished memories, shared adventures, small kindnesses and acts of generosity, lifelong passions, and the things that made us laugh. In this deeply personal book, Arianna talks candidly about her own challenges with managing time and prioritizing the demands of a career and raising two daughters--of juggling business deadlines and family crises, a harried dance that led to her collapse and to her aha moment. Drawing on the latest groundbreaking research and scientific findings in the fields of psychology, sports, sleep, and physiology that show the profound and transformative effects of meditation, mindfulness, unplugging, and giving, Arianna shows us the way to a revolution in our culture, our thinking, our workplace, and our lives.

elevate smile design sleep wellness: *The 5AM Club* Robin Sharma, 2018-12-04 Legendary leadership and elite performance expert Robin Sharma introduced The 5am Club concept over twenty years ago, based on a revolutionary morning routine that has helped his clients maximize their productivity, activate their best health and bulletproof their serenity in this age of overwhelming complexity. Now, in this life-changing book, handcrafted by the author over a rigorous four-year period, you will discover the early-rising habit that has helped so many accomplish epic results while upgrading their happiness, helpfulness and feelings of aliveness. Through an enchanting—and often amusing—story about two struggling strangers who meet an eccentric tycoon who becomes their secret mentor, The 5am Club will walk you through: How great geniuses, business titans and the world's wisest people start their mornings to produce astonishing achievements A little-known formula you can use instantly to wake up early feeling inspired, focused and flooded with a fiery drive to get the most out of each day A step-by-step method to protect the quietest hours of daybreak so you have time for exercise, self-renewal and personal growth A neuroscience-based practice proven to help make it easy to rise while most people are sleeping, giving you precious time for yourself to think, express your creativity and begin the day peacefully instead of being rushed "Insider-only" tactics to defend your gifts, talents and dreams against digital distraction and trivial diversions so you enjoy fortune, influence and a magnificent impact on the world Part manifesto for mastery, part playbook for genius-grade productivity and part companion for a life lived beautifully, The 5am Club is a work that will transform your life. Forever.

elevate smile design sleep wellness: *The Wim Hof Method* Wim Hof, 2022-04-14 THE SUNDAY TIMES BESTSELLING PHENOMENON 'I've never felt so alive' JOE WICKS 'The book will change your life' BEN FOGLE My hope is to inspire you to retake control of your body and life by unleashing the immense power of the mind. 'The Iceman' Wim Hof shares his remarkable life story and powerful method for supercharging your strength, health and happiness. Refined over forty years and championed by scientists across the globe, you'll learn how to harness three key elements of Cold, Breathing and Mindset to master mind over matter and achieve the impossible. 'Wim is a legend of the power ice has to heal and empower' BEAR GRYLLS 'Thor-like and potent...Wim has

radioactive charisma' RUSSELL BRAND

elevate smile design sleep wellness: Bone Health and Osteoporosis United States Public Health Service, Surgeon General of the United States, 2004-12 This first-ever Surgeon General's Report on bone health and osteoporosis illustrates the large burden that bone disease places on our Nation and its citizens. Like other chronic diseases that disproportionately affect the elderly, the prevalence of bone disease and fractures is projected to increase markedly as the population ages. If these predictions come true, bone disease and fractures will have a tremendous negative impact on the future well-being of Americans. But as this report makes clear, they need not come true: by working together we can change the picture of aging in America. Osteoporosis, fractures, and other chronic diseases no longer should be thought of as an inevitable part of growing old. By focusing on prevention and lifestyle changes, including physical activity and nutrition, as well as early diagnosis and appropriate treatment, Americans can avoid much of the damaging impact of bone disease and other chronic diseases. This Surgeon General's Report brings together for the first time the scientific evidence related to the prevention, assessment, diagnosis, and treatment of bone disease. More importantly, it provides a framework for moving forward. The report will be another effective tool in educating Americans about how they can promote bone health throughout their lives. This first-ever Surgeon General's Report on bone health and osteoporosis provides much needed information on bone health, an often overlooked aspect of physical health. This report follows in the tradition of previous Surgeon Generals' reports by identifying the relevant scientific data, rigorously evaluating and summarizing the evidence, and determining conclusions.

elevate smile design sleep wellness: Advancing Oral Health in America Institute of Medicine, Board on Health Care Services, Committee on an Oral Health Initiative, 2012-01-05 Though it is highly preventable, tooth decay is a common chronic disease both in the United States and worldwide. Evidence shows that decay and other oral diseases may be associated with adverse pregnancy outcomes, respiratory disease, cardiovascular disease, and diabetes. However, individuals and many health care professionals remain unaware of the risk factors and preventive approaches for many oral diseases. They do not fully appreciate how oral health affects overall health and well-being. In Advancing Oral Health in America, the Institute of Medicine (IOM) highlights the vital role that the Department of Health and Human Services (HHS) can play in improving oral health and oral health care in the United States. The IOM recommends that HHS design an oral health initiative which has clearly articulated goals, is coordinated effectively, adequately funded and has high-level accountability. In addition, the IOM stresses three key areas needed for successfully maintaining oral health as a priority issue: strong leadership, sustained interest, and the involvement of multiple stakeholders from both the public and private sectors. Advancing Oral Health in America provides practical recommendations that the Department of Health and Human Services can use to improve oral health care in America. The report will serve as a vital resource for federal health agencies, health care professionals, policy makers, researchers, and public and private health organizations.

elevate smile design sleep wellness: Making Eye Health a Population Health Imperative National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on Public Health Approaches to Reduce Vision Impairment and Promote Eye Health, 2017-01-15 The ability to see deeply affects how human beings perceive and interpret the world around them. For most people, eyesight is part of everyday communication, social activities, educational and professional pursuits, the care of others, and the maintenance of personal health, independence, and mobility. Functioning eyes and vision system can reduce an adult's risk of chronic health conditions, death, falls and injuries, social isolation, depression, and other psychological problems. In children, properly maintained eye and vision health contributes to a child's social development, academic achievement, and better health across the lifespan. The public generally recognizes its reliance on sight and fears its loss, but emphasis on eye and vision health, in general, has not been integrated into daily life to the same extent as other health promotion activities, such as teeth brushing; hand washing; physical and mental exercise; and

various injury prevention behaviors. A larger population health approach is needed to engage a wide range of stakeholders in coordinated efforts that can sustain the scope of behavior change. The shaping of socioeconomic environments can eventually lead to new social norms that promote eye and vision health. Making Eye Health a Population Health Imperative: Vision for Tomorrow proposes a new population-centered framework to guide action and coordination among various, and sometimes competing, stakeholders in pursuit of improved eye and vision health and health equity in the United States. Building on the momentum of previous public health efforts, this report also introduces a model for action that highlights different levels of prevention activities across a range of stakeholders and provides specific examples of how population health strategies can be translated into cohesive areas for action at federal, state, and local levels.

elevate smile design sleep wellness: The Prevention of Oral Disease John J. Murray, June H Nunn, James G Steele, 2003-06-05 Comprehensively covering all the pertinent aspects of preventive dental care taking an evidence-based approach, this book covers all the relevant dental diseases and conditions with essential points listed as bullets, as well as line diagrams and colour illustrations. Each chapter has been written by experts.

elevate smile design sleep wellness: The Ultimate Mouth Manual Lee N Sheldon, 2014-05-27 Here's the information you need to make dental decisions in the 21st century. It's no longer deciding whether an implant or a bridge is best; it's using CT scans and computers to do minimally invasive dental implant surgery. It's no longer only impressions of your teeth; it's digital imaging. It's no longer whether you do gum surgery or not; it's how control of oral inflammation may very well improve your general health.

elevate smile design sleep wellness: Promoting Social and Emotional Learning Maurice J. Elias, 1997 The authors draw upon scientific studies, theories, site visits, and their own extensive experiences to describe approaches to social and emotional learning for all levels.

elevate smile design sleep wellness: A Pattern Language Christopher Alexander, 2018-09-20 You can use this book to design a house for yourself with your family; you can use it to work with your neighbors to improve your town and neighborhood; you can use it to design an office, or a workshop, or a public building. And you can use it to guide you in the actual process of construction. After a ten-year silence, Christopher Alexander and his colleagues at the Center for Environmental Structure are now publishing a major statement in the form of three books which will, in their words, lay the basis for an entirely new approach to architecture, building and planning, which will we hope replace existing ideas and practices entirely. The three books are *The Timeless Way of Building*, *The Oregon Experiment*, and this book, *A Pattern Language*. At the core of these books is the idea that people should design for themselves their own houses, streets, and communities. This idea may be radical (it implies a radical transformation of the architectural profession) but it comes simply from the observation that most of the wonderful places of the world were not made by architects but by the people. At the core of the books, too, is the point that in designing their environments people always rely on certain languages, which, like the languages we speak, allow them to articulate and communicate an infinite variety of designs within a forma system which gives them coherence. This book provides a language of this kind. It will enable a person to make a design for almost any kind of building, or any part of the built environment. Patterns, the units of this language, are answers to design problems (How high should a window sill be? How many stories should a building have? How much space in a neighborhood should be devoted to grass and trees?). More than 250 of the patterns in this pattern language are given: each consists of a problem statement, a discussion of the problem with an illustration, and a solution. As the authors say in their introduction, many of the patterns are archetypal, so deeply rooted in the nature of things that it seems likely that they will be a part of human nature, and human action, as much in five hundred years as they are today.

elevate smile design sleep wellness: Improving Education for Multilingual and English Learner Students, 2020-11

elevate smile design sleep wellness: Why Does He Do That? Lundy Bancroft, 2003-09-02 In

this groundbreaking bestseller, Lundy Bancroft—a counselor who specializes in working with abusive men—uses his knowledge about how abusers think to help women recognize when they are being controlled or devalued, and to find ways to get free of an abusive relationship. He says he loves you. So...why does he do that? You've asked yourself this question again and again. Now you have the chance to see inside the minds of angry and controlling men—and change your life. In *Why Does He Do That?* you will learn about: • The early warning signs of abuse • The nature of abusive thinking • Myths about abusers • Ten abusive personality types • The role of drugs and alcohol • What you can fix, and what you can't • And how to get out of an abusive relationship safely "This is without a doubt the most informative and useful book yet written on the subject of abusive men. Women who are armed with the insights found in these pages will be on the road to recovering control of their lives."—Jay G. Silverman, Ph.D., Director, Violence Prevention Programs, Harvard School of Public Health

elevate smile design sleep wellness: PostSecret Frank Warren, 2005-11-29 The project that captured a nation's imagination. The instructions were simple, but the results were extraordinary. You are invited to anonymously contribute a secret to a group art project. Your secret can be a regret, fear, betrayal, desire, confession, or childhood humiliation. Reveal anything -- as long as it is true and you have never shared it with anyone before. Be brief. Be legible. Be creative. It all began with an idea Frank Warren had for a community art project. He began handing out postcards to strangers and leaving them in public places -- asking people to write down a secret they had never told anyone and mail it to him, anonymously. The response was overwhelming. The secrets were both provocative and profound, and the cards themselves were works of art -- carefully and creatively constructed by hand. Addictively compelling, the cards reveal our deepest fears, desires, regrets, and obsessions. Frank calls them graphic haiku, beautiful, elegant, and small in structure but powerfully emotional. As Frank began posting the cards on his website, PostSecret took on a life of its own, becoming much more than a simple art project. It has grown into a global phenomenon, exposing our individual aspirations, fantasies, and frailties -- our common humanity. Every day dozens of postcards still make their way to Frank, with postmarks from around the world, touching on every aspect of human experience. This extraordinary collection brings together the most powerful, personal, and beautifully intimate secrets Frank Warren has received -- and brilliantly illuminates that human emotions can be unique and universal at the same time.

elevate smile design sleep wellness: Families Caring for an Aging America National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Care Services, Committee on Family Caregiving for Older Adults, 2016-12-08 Family caregiving affects millions of Americans every day, in all walks of life. At least 17.7 million individuals in the United States are caregivers of an older adult with a health or functional limitation. The nation's family caregivers provide the lion's share of long-term care for our older adult population. They are also central to older adults' access to and receipt of health care and community-based social services. Yet the need to recognize and support caregivers is among the least appreciated challenges facing the aging U.S. population. *Families Caring for an Aging America* examines the prevalence and nature of family caregiving of older adults and the available evidence on the effectiveness of programs, supports, and other interventions designed to support family caregivers. This report also assesses and recommends policies to address the needs of family caregivers and to minimize the barriers that they encounter in trying to meet the needs of older adults.

elevate smile design sleep wellness: Vital Signs Institute of Medicine, Committee on Core Metrics for Better Health at Lower Cost, 2015-08-26 Thousands of measures are in use today to assess health and health care in the United States. Although many of these measures provide useful information, their usefulness in either gauging or guiding performance improvement in health and health care is seriously limited by their sheer number, as well as their lack of consistency, compatibility, reliability, focus, and organization. To achieve better health at lower cost, all stakeholders - including health professionals, payers, policy makers, and members of the public - must be alert to what matters most. What are the core measures that will yield the clearest

understanding and focus on better health and well-being for Americans? Vital Signs explores the most important issues - healthier people, better quality care, affordable care, and engaged individuals and communities - and specifies a streamlined set of 15 core measures. These measures, if standardized and applied at national, state, local, and institutional levels across the country, will transform the effectiveness, efficiency, and burden of health measurement and help accelerate focus and progress on our highest health priorities. Vital Signs also describes the leadership and activities necessary to refine, apply, maintain, and revise the measures over time, as well as how they can improve the focus and utility of measures outside the core set. If health care is to become more effective and more efficient, sharper attention is required on the elements most important to health and health care. Vital Signs lays the groundwork for the adoption of core measures that, if systematically applied, will yield better health at a lower cost for all Americans.

elevate smile design sleep wellness: Mind Body and Sport NCAA, 2014-11-01

elevate smile design sleep wellness: Policies to Address Poverty in America Melissa Kearney, Benjamin Harris, 2014-06-19 One-in-seven adults and one-in-five children in the United States live in poverty. Individuals and families living in poverty not only lack basic, material necessities, but they are also disproportionately afflicted by many social and economic challenges. Some of these challenges include the increased possibility of an unstable home situation, inadequate education opportunities at all levels, and a high chance of crime and victimization. Given this growing social, economic, and political concern, The Hamilton Project at Brookings asked academic experts to develop policy proposals confronting the various challenges of America's poorest citizens, and to introduce innovative approaches to addressing poverty. When combined, the scope and impact of these proposals has the potential to vastly improve the lives of the poor. The resulting 14 policy memos are included in The Hamilton Project's Policies to Address Poverty in America. The main areas of focus include promoting early childhood development, supporting disadvantaged youth, building worker skills, and improving safety net and work support.

elevate smile design sleep wellness: Tiny Habits B. J. Fogg, 2020 The world's leading expert on habit formation shows how you can have a happier, healthier life: by starting small. Myth: Change is hard. Reality: Change can be easy if you know the simple steps of Behavior Design. Myth: It's all about willpower. Reality: Willpower is fickle and finite, and exactly the wrong way to create habits. Myth: You have to make a plan and stick to it. Reality: You transform your life by starting small and being flexible. BJ FOGG is here to change your life--and revolutionize how we think about human behavior. Based on twenty years of research and Fogg's experience coaching more than 40,000 people, Tiny Habits cracks the code of habit formation. With breakthrough discoveries in every chapter, you'll learn the simplest proven ways to transform your life. Fogg shows you how to feel good about your successes instead of bad about your failures. Whether you want to lose weight, de-stress, sleep better, or be more productive each day, Tiny Habits makes it easy to achieve. Already the habit guru to companies around the world, Fogg brings his proven method to a global audience for the first time. Whether you want to lose weight, de-stress, sleep better, or exercise more, Tiny Habits makes it easy to achieve.

elevate smile design sleep wellness: Walking with Glenn Berkenkamp Glenn Berkenkamp, 2020-08-18 Over 35 mindful walking exercises for finding balance, building awareness, and reducing stress—from a wellness teacher and fitness expert Glenn Berkenkamp invites us to discover how we sense, move, think, and feel in our bodies. By reframing the joys and opportunities presented to us by the act of walking, he shows us how to become reflective and inwardly directed, even as we take in the world around us. With 35 different walks, and with the help of a “Which Walks to Do When” user guide, Glenn gives us options for every occasion and emotion. Feeling off-center? Try a centering walk. Feeling down? Lift your spirit with a gratitude walk or a prayer walk. There are walks for listening, grounding, and grieving, as well as rain walks, full moon walks, mindful dog walks, and more. He includes walks for all ability levels, including fun walks for children. As we walk with Glenn, we settle, clarify, and balance our bodies, minds, and spirits—opening to new perspectives and possibilities we didn't know were there.

elevate smile design sleep wellness: Nutrition Diagnosis American Dietetic Association, 2006

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elevate smile design sleep wellness: Moral Resilience, Second Edition Cynda H. Rushton, 2024 Suffering is an unavoidable reality in health care. Not only are patients and families suffering but also the clinicians who care for them. Commonly the suffering experienced by clinicians is moral in nature, reflecting the increasing complexity of health care, their roles within it, and the expanding range of available interventions. Moral suffering is the anguish experienced in response to various forms of moral adversity including moral harms, wrongs or failures, or unrelieved moral stress. Confronting moral adversity challenges clinicians' integrity: the inner harmony that arises when their essential values and commitments are aligned with their choices and actions. The most studied response to moral adversity is moral distress. The sources and sequelae of moral distress, one type of moral suffering, have been documented among clinicians across specialties. Recent interest has expanded to include a more corrosive form of moral suffering, moral injury. Moral resilience, the capacity to restore or sustain integrity in response to moral adversity, offers a path designing individual and system solutions to address moral suffering. It encompasses capacities aimed at developing self-regulation and self-awareness, buoyancy, moral efficacy, self-stewardship and ultimately personal and relational integrity. Moral resilience has been shown to be a protective resource that reduces the detrimental impact of moral suffering. Clinicians and healthcare organizations must work together to transform moral suffering by cultivating the individual capacities for moral resilience and designing a new architecture to support ethical practice. Used worldwide for scalable and sustainable change, the Conscious Full Spectrum Response, offers a method to solve problems to support integrity, shift patterns that undermine moral resilience and ethical practice, and source the inner potential of clinicians and leaders to produce meaningful and sustainable results that benefit all--

elevate smile design sleep wellness: *Clinical Acupuncture* Anton Jayasuriya, 2000-06-30 Years of clinical practice has positively identified that acupuncture has a definite place in the health care of people throughout the world. It can be integrated with modern medical practice. In properly trained hands it is inexpensive, harmless and extremely beneficial to personal wellbeing. This title

addresses clinical acupuncture.

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elevate smile design sleep wellness: *Handbook of Clinical Obstetrics* E. Albert Reece, MD, PhD, MBA, John C. Hobbins, 2008-04-15 The second edition of this quick reference handbook for obstetricians and gynecologists and primary care physicians is designed to complement the parent textbook *Clinical Obstetrics: The Fetus & Mother* The third edition of *Clinical Obstetrics: The Fetus & Mother* is unique in that it gives in-depth attention to the two patients – fetus and mother, with special coverage of each patient. *Clinical Obstetrics* thoroughly reviews the biology, pathology, and clinical management of disorders affecting both the fetus and the mother. *Clinical Obstetrics: The Fetus & Mother - Handbook* provides the practising physician with succinct, clinically focused information in an easily retrievable format that facilitates diagnosis, evaluation, and treatment. When you need fast answers to specific questions, you can turn with confidence to this streamlined, updated reference.

elevate smile design sleep wellness: *Engaged Fatherhood for Men, Families and Gender Equality* Marc Grau Grau, Mireia las Heras Maestro, Hannah Riley Bowles, 2022 This aim of this open access book is to launch an international, cross-disciplinary conversation on fatherhood engagement. By integrating perspective from three sectors -- Health, Social Policy, and Work in Organizations -- the book offers a novel perspective on the benefits of engaged fatherhood for men, for families, and for gender equality. The chapters are crafted to engaged broad audiences, including policy makers and organizational leaders, healthcare practitioners and fellow scholars, as well as families and their loved ones.

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famous address. With unerring honesty and lively wit, she describes her triumphs and her disappointments, both public and private, telling her full story as she has lived it—in her own words and on her own terms. Warm, wise, and revelatory, *Becoming* is the deeply personal reckoning of a woman of soul and substance who has steadily defied expectations—and whose story inspires us to do the same.

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