

Happy New Year



Happy New Year from all of the staff at The Doctors (Napier) Ltd. We hope you've all had a safe & happy festive season.

Thank you for all of your support in 2018. 2018 was a big year for us with a lot of changes.

We saw **137,000** people through our doors last year for appointments.

2019 is set to be even bigger and better! This year The Doctors Napier turns 30!

Our goal is to continually improve our services available to you, and give you what best suits your needs.

We look forward to caring for you in 2019.

Extended Consultation Options

Is the standard 15-minute appointment never long enough to get through all that you require?

You DO have the option of requesting longer appointments!

Also starting in January some of our doctors will be allocating extended appointments to their calendar to be able to give you the flexibility of requesting these times more freely.

Please note our advertised prices are for standard 15-minute appointments. Extended consultations will be charged accordingly and you will be advised of cost at the time of booking.

This option is available to save you time on coming back for repeat visits due to not being able to squeeze everything in to a 15min appointment, especially for those more complex conditions.

Health Goals

The start of a New Year is a great time to set yourself some health Goals.

Book in with your GP to help create a care plan that best suits you, and our team will work alongside you to help you achieve your goals.

How food & drink affects sleep



If you've noticed you feel particularly sleepy or energised after eating or drinking certain things, that's because what you consume can have an impact on how well you sleep and how awake you are during the day.

Carbohydrates & proteins

Carbohydrate-rich foods, such as pastas and breads with high GIs, can make you sleepy. They work well



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with proteins to induce sleepiness, which makes combinations such as peanut butter on toast, cereal with milk, or cheese and crackers good bedtime snacks. A large meal can make you tired, too, especially one with a lot of carbohydrates. However, avoid eating too much protein before bedtime. Protein-rich foods also contain tyrosine, an amino acid that stimulates brain activity.

Dairy foods

Milk, cheese, yoghurt etc are good sources of tryptophan, an amino acid that is converted to melatonin and serotonin — both thought to induce sleep. It's hard to find any real proof that cheese disrupts sleep by giving you nightmares...

Oats, bananas, poultry & peanuts

These foods contain tryptophan, an amino acid that induces sleep. High-carbohydrate, low-protein snacks are also thought to increase levels of tryptophan.

Spicy foods

These foods can lead to heart burn, which can keep you awake at night. Some people are more prone to this than others.

Caffeine

Caffeine is a stimulant that blocks hormones in the brain that make you sleepy. Caffeine products, such as coffee, tea, soft drinks, energy drinks and chocolate (including hot chocolate drinks), remain in the body from 3 to 5 hours, but they can affect some people up to 12 hours later. Even if you don't think caffeine affects you, it may be disrupting and changing the quality of your sleep. Avoiding caffeine within 6-8 hours of going to bed can help improve sleep quality.

Alcohol

Alcohol may help you relax and fall asleep in the short term but, over the course of the night, it inhibits the sleep process and can prevent you from getting deep, restful sleep.

To help you sleep:

- ✚ Small bowl of oatmeal or cereal with low-fat milk.
- ✚ Yoghurt with oats sprinkled on top.
- ✚ Crackers with peanut butter, slice of cheese or turkey.
- ✚ Apple with a small slice of cheese.

To avoid before bedtime:

- ✚ Spicy foods, especially if you're prone to heartburn.
- ✚ Too much liquid (makes you wake often to go to the loo!).
- ✚ Alcohol.
- ✚ Caffeine.

If you have difficulty falling asleep or staying asleep, on a regular or frequent basis, see your doctor to find out what might be the cause and how to get help.

Source: *Health Navigator*