

BRAIN HEALTH BUZZ

The Official Newsletter of Saving Your Brain



IN THIS ISSUE



CONNECT
WITH KELLY
MILLER, NMD
VIA TELEHEALTH



TAKE THE FREE 
ADHD ASSESSMENT



Are you getting enough sleep?

At least 40 million Americans each year suffer from chronic, long-term sleep disorders and an additional 20 million experience occasional sleeping problems. With the increasing levels of stress and anxiety during the Covid-19 pandemic, we are seeing more troubling figures among our teens, adults, and seniors. Are you or someone you know experiencing sleep related symptoms?

Take our sleep questionnaire to learn about your risk for insomnia. Kelly Miller, NMD will review your results and offer a 15-minute consultation to help you find solutions for better sleep.



[Take the 3-minute sleep questionnaire](#)



Understanding the 5 Stages of Sleep

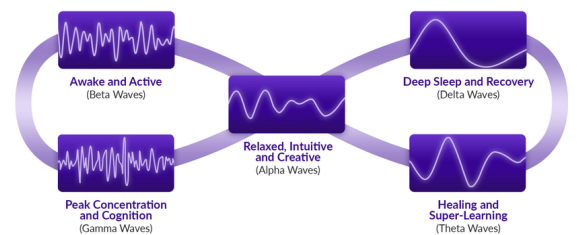
Do you know which stage of sleep is the most important?

Answer: The most important sleep stage is Stage 3, Non-REM or, Delta (Slow Wave) Sleep, it takes up 25% of our total sleep cycle, and it's known as the 'deepest' period of sleep. During this stage, sleep is at its most restorative, helping our bodies heal themselves and our minds rest. Deep sleep is the most physiologically profound stage of sleep. When you enter this stage, your body releases human growth hormone (HGH), a powerful substance that plays a vital role in cellular repair.

» [Read our Sleep Better Blog](#)

How does your Brain Wave Work?

You enter different brainwave states throughout the day. When your brain is unbalanced, you get stuck in certain brainwaves states. Below are the different brainwave states and how you enter in and out of them throughout the day.



- Gamma - heightened awareness, flow state
- Beta - an alert, aware, most common state of focused consciousness
- Alpha - light relaxation, creativity, intuitive, daydreaming
- Theta - deep relaxation, healing, and super-learning
- Delta - Deep sleep, recovery, and rejuvenation

» [Calming Activities for Better Sleep](#)

BrainTap uses brainwave entrainment to stimulate your brainwaves. Using light and sound at specific frequencies, you can reach desired states in moments.



A Better Brain SUMMIT

Hosted by Patrick Porter, PhD

Over 30 world-renowned mental performance experts will reveal their personal strategies to help you promote and maintain optimum brain health. You'll learn how to improve performance, tap into abundant energy, reach financial goals and more!

Don't miss the Better Brain Summit replay

Hosted by Dr. Patrick Porter of Brain Tap Technologies, the Better Brain Summit revealed the most innovative Brain Health experts of 2021.

Watch the replay of Kelly Miller's Better Brain Presentation. Register below!



[Register Now](#)

Telemedicine is now available

Healthie

Connect With
Kelly Miller, NMD

Connect with Kelly Miller via our secure online portal to chat, message, video call and receive the latest info for brain health. Enter your name, email, and phone number to get started. We will send you an invite to download the app.

CONNECT VIA HEALTHIE



Want to connect safely and securely with Kelly Miller, NMD from your home? Sign up for Healthie and chat, message, and schedule a FREE video consultation today. It's easy. Contact us and let us know you want to start and you will receive an invite to join for FREE.