



Summit Family Dental

8136 21 MILE ROAD, SHELBY TOWNSHIP, MICHIGAN, 48317
(586) 726-0606

SEPTEMBER 2021 NEWSLETTER CHEW ON THIS!



Getting a good night's sleep is so important to our overall health. First, is to really establish a regular sleep/wake schedule. Also, avoid caffeine, alcohol, nicotine, bright light, heavy meals, and strenuous exercise before bed. Certain medications can cause insomnia, such as anti-depressants, high blood pressure meds, steroids, and epilepsy meds. Insomnia can also be tied to a medical condition such as pain in the back, neck, shoulder, COPD, asthma, neurological disorders, pregnancy and menopause. Here at Summit we are happy to talk to you about ways we can help you get a better night sleep as we even treat patients for snoring and sleep apnea.



BACK TO SCHOOL

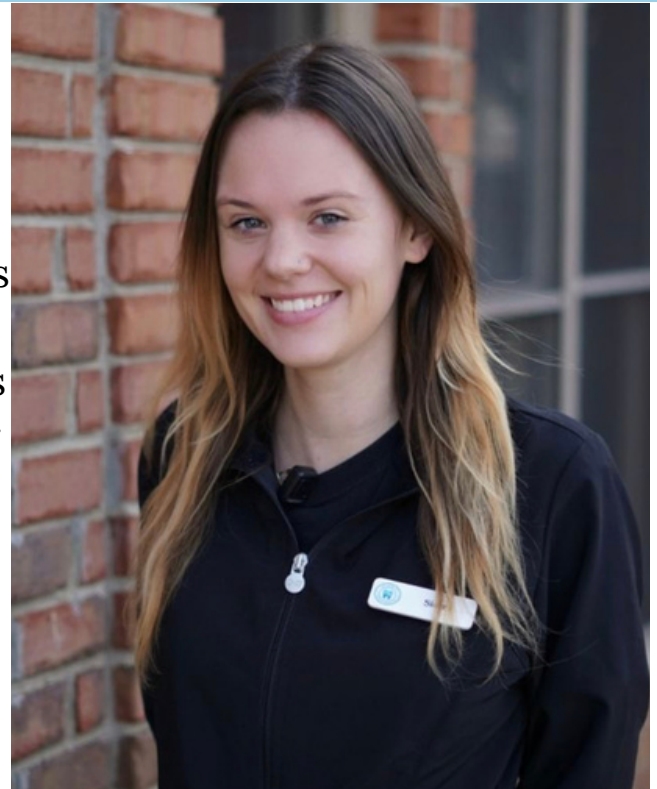
Can you believe it's September already and that means back to school! Fingers crossed that things will be back to normal and kids can go on and create great memories once again. Going back to school is daunting for many reasons. For parents, one of the most difficult adjustments may be re-establishing a bedtime routine and earlier bedtimes for their children. Up to one in four school-aged children suffer from bedtime problems or night waking's, and three in four teens don't get the sleep they need on school nights. Kids thrive on predictability, so one of the best ways to help get better sleep is to establish clear limits and routines. Keeping a consistent bedtime schedule establishes a rhythm that makes it easier for your child to get the recommended amount of sleep for their age. Research shows that teens who have a parent-set bedtime get around 20 minutes of sleep per night. The National Sleep Foundation guidelines state that school-age children should obtain between 9-11 hours of sleep per night, and adolescents should obtain 8-10 hours of sleep per night. Between school, homework, socializing and extracurricular activities, getting

enough sleep isn't always easy, but prioritizing sleep will pay off in the long run. You can help your child wind down for bed by establishing a regular bedtime routine with calming activities that they enjoy. For younger children, a bedtime routine might consist of having a bath, choosing pajamas, brushing teeth, and reading a bedtime story. Older children can take a more active role in managing bedtime, perhaps doing some reading on their own or other quiet activities. Encourage them to stay off social media right before bed. Have them put their phones away at least 20 minutes before they go to sleep. Sometimes the blue light from the screens will distract them from going to sleep and it's harder for their brains to relax. For better sleep, encourage your child to eat healthy, exercise, keep the bedroom cool and dark and cut out energy drinks and sugar in the evening.



Team Highlight: MEET SIERRA

Meet Sierra! She has been a dental assistant for 4 years. She loves working in the dental field because of the fast paced environment and the amazing staff here at Summit Family! In her free time, she loves traveling and adventuring outdoors with her boyfriend and dog Zoey. She also has a new Australian Shepherd puppy named Izzy and is having a blast with her. It is definitely keeping her busy. She's an avid boater, in the summer time and you can find her on Lake St Clair every weekend that she can get out there



WIN A YETI COOLER!!
Refer your friends and family and receive 3 entries into our drawing on September 30th!

WHAT OUR PATIENTS SAYING ABOUT US

Summit Family Dental has been the best dentist I've ever been to...I'm 69 years old and I've been with your practice for over 25 years. They are kind, caring and great dentists. It really is a family atmosphere. They make you feel comfortable. I saw Dr. Lauren for the first time today. I had a root canal...I would highly recommend her. R Reinhold

"Very knowledgeable, caring, and courteous. Pleasant environment, I would highly recommend to others, and great for families and children."

- Janice G.

Called kind of last minute of tooth pain... they took me in that day. This was my 1st time here and what a great experience! Great environment, professionalism and knowledgeable staff. I felt like I've been coming for years. I'm so happy I found a new dentist office! T. Thompson



Wild SPECIAL

50%
OFF
**Back to
School**

**UP TO 50%
OFF!**

For the month of September we are offering are custom whitening trays for only \$75! (Value of \$149) That's a 50% savings! Limited for the first 27 patients who mention our "white smile" code.!

Come in and take advantage of this!

Lets show off your bright smiles!

September EMPLOYEE OF THE MONTH BECKY



FOLLOW US ON TIK TOK

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We like to share all the fun we have here. Not only do we work hard but we play hard too



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INSIDE ISSUE SUMMIT FAMILY DENTAL'S NEWSLETTER

CHEW ON THIS!



- Back to School
- Team Highlight and Reviews
- Refer a friend to be entered to win a YETI Cooler. Drawing September 30th
- September Employee of the Month
- 50% OFF WHITENING!!!



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