



NO.018

JULY 2026

# Monthly Newsletter

THE INTEGRATIVE APPROACH = PREVENTION + EMPOWERMENT

## In this Newsletter:

**“Why Can't I Sleep? Understanding Insomnia and Sleep Disorders.”, “Sleep Matters: The Hormone connection.” The Role of Genetics and sleep disorders: Looking Deeper with 3X4 Genetics Testing.”**

## **Sleep Matters: Understanding Insomnia and Sleep Disorders**

### **Why Can't I Sleep?**

Do you struggle to fall asleep, stay asleep, or wake feeling unrefreshed? You're not alone. Millions of Americans suffer from insomnia and other sleep disorders that affect energy, mood, memory, immune function, hormone balance, and overall health.

According to Dr. Frank Shallenberger's Second Opinion Healing Series, Volume 2, insomnia is rarely just a sleep problem. More often, it is a sign that underlying biochemical imbalances are disrupting the body's natural sleep-wake cycle.

At **Advanced Integrative Care**, we take a deeper look at the root causes of sleep disturbances and create personalized treatment plans to help restore healthy, restorative sleep.



Frank Shallenberger, M.D., HMD, ABAAM

# The Hormone Connection

Sleep is controlled by a delicate balance of hormones and neurotransmitters. When these systems become disrupted, insomnia often follows.

## Adrenal Hormones and Cortisol

The adrenal glands produce cortisol, often called the "stress hormone." Cortisol is essential for waking us up in the morning and helping us respond to daily stress.

Chronic stress, illness, overwork, emotional trauma, and inflammation can disrupt this rhythm. Many people with insomnia have elevated nighttime cortisol levels, leaving their brains and bodies in a state of alertness when they should be winding down.

### **Under normal circumstances:**

- Cortisol should be highest in the morning
- Gradually decline throughout the day
- Reach its lowest levels at night

### **Symptoms of cortisol imbalance may include:**

- Difficulty falling asleep
- Waking between 2:00 AM and 4:00 AM
- Racing thoughts at bedtime
- Anxiety or feeling "wired but tired"
- Daytime fatigue despite sleeping

---

## Serotonin: The Calming Neurotransmitter

Serotonin is often known as the "feel-good" neurotransmitter, but it also plays a critical role in healthy sleep. Even more importantly, serotonin serves as the precursor to melatonin, the hormone that signals the body that it's time to sleep.

### **Serotonin helps regulate:**

- Mood
- Relaxation
- Emotional stability
- Sleep quality

### **Low serotonin levels may contribute to:**

- Insomnia
- Anxiety
- Depression
- Irritability
- Poor stress tolerance

# Dopamine and Sleep Regulation

Dopamine is responsible for motivation, focus, reward, and mental energy. While dopamine is necessary for healthy brain function, excessive dopamine activity at night can make it difficult to quiet the mind and fall asleep.

**Conversely, low dopamine levels may contribute to:**

- Poor sleep quality
- Fatigue
- Low motivation
- Brain fog
- Mood disturbances

Achieving proper balance between serotonin and dopamine is essential for restorative sleep.



## GABA Deficiency: When the Brain Can't Shut Off

Gamma-Aminobutyric Acid (GABA) is the brain's primary calming neurotransmitter.

Think of GABA as the brain's natural brake pedal.

**Its job is to:**

- Slow excessive brain activity
- Reduce anxiety
- Promote relaxation
- Prepare the body for sleep

When GABA levels are deficient, the nervous system can become overstimulated.

**Common signs of low GABA include:**

- Difficulty falling asleep
- Racing thoughts
- Anxiety
- Restlessness
- Muscle tension
- Feeling unable to relax

Many individuals with chronic insomnia describe feeling exhausted physically but mentally unable to "turn off" their thoughts—a classic sign that GABA support may be needed.

By identifying these genetic predispositions, 3X4 Genetics Testing allows us to move beyond symptom management and develop highly personalized treatment strategies. Results can help guide recommendations for targeted nutrition, lifestyle modifications, hormone optimization, neurotransmitter support, and supplementation designed specifically for your unique genetic blueprint. This precision approach helps uncover root causes of sleep disturbances and supports long-term improvements in sleep quality, energy, cognitive function, and overall wellness.



## How Advanced Integrative Care Can Help

At Advanced Integrative Care, we use a comprehensive approach to uncover the factors contributing to sleep disorders and insomnia.

### Comprehensive Evaluation

- Detailed health history review
- Hormone assessment
- Adrenal function evaluation
- Cortisol testing
- Neurotransmitter assessment
- Nutritional evaluation
- Review of stress and lifestyle factors
- Functional medicine laboratory testing when appropriate

### Personalized Treatment Plans

- **Hormone Optimization:** Addressing imbalances in adrenal hormones, cortisol, and other hormones that influence sleep quality.
- **Nutritional and Supplement Support:** Targeted support for deficiencies involving: serotonin pathways, dopamine pathways, GABA production, endorphin support, and essential vitamins and minerals.
- **Stress Reduction and Nervous System Support:** Helping calm an overactive nervous system and restore healthy sleep-wake rhythms.
- **Integrative Therapies:** Advanced Integrative Care offers a variety of therapies designed to support healing, recovery, relaxation, and overall wellness as part of a comprehensive sleep restoration program.
- **Personalized Wellness Strategies:** Lifestyle, nutrition, and wellness recommendations tailored specifically to your unique health needs.

## Ready to Sleep Better?

If you have been struggling with insomnia, frequent awakenings, restless sleep, or chronic fatigue, there may be an underlying cause that has gone undetected.

Schedule your consultation today and discover how an integrative approach can help you sleep better, feel better, and live better.

**For more information or to schedule a consultation, contact us today!**

**Phone: 716.277.0267 | Email: [info@advancedintegrativecare.com](mailto:info@advancedintegrativecare.com)**