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## Larson Law Newsletter

### May 2026



*"The world's favorite season is the spring. All things seem possible in May"*

-Edwin Way Teale

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## Numbness & Tingling After a Car Accident: What You Should Know



After a car accident, symptoms like numbness, tingling, or “pins and needles” can signal underlying nerve damage. These sensations may be caused by conditions such as pinched nerves, sciatica, bulging or herniated discs, or peripheral neuropathy. In some cases, symptoms may improve on their own—but if they persist, worsen, or appear suddenly, it’s important to seek medical attention.

Nerve-related injuries can affect movement, strength, and sensation, and without proper treatment, they may lead to long-term or even permanent damage. Common treatments include chiropractic care, physical therapy, massage, medication, and, in more serious cases, surgery.

**Bottom line:** Don’t ignore numbness or tingling after an accident. Early diagnosis and treatment can significantly improve recovery and help prevent lasting complications.

Article from <https://www.complete-care.com/blog/numbness-tingling-car-accident/>

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## Understanding REM sleep: How Much You Need and Why It Matters



### Why Sleep Matters for Injury Recovery (Especially REM Sleep)

After a long day, your body needs sleep to recover—and it's doing more behind the scenes than you might think. Sleep happens in cycles that include both deep sleep and **REM (rapid eye movement) sleep**, the stage where most dreaming occurs and your brain is highly active.

During REM sleep, your brain processes information, supports memory, and helps regulate emotions, while your body stays mostly still. In contrast, deep sleep is when your body focuses on physical healing—repairing tissues, building muscle, and strengthening your immune system.

If you're recovering from an injury, sleep isn't just helpful—it's essential. While you rest, your body and brain are actively working to heal.

Sleep occurs in cycles that include **deep sleep** and **REM (rapid eye movement) sleep**. Each plays a different but important role in recovery.

- **Deep sleep** is when your body does the heavy lifting of healing—repairing tissues, building muscle, and supporting your immune system.

- **REM sleep** is when your brain is highly active, helping with memory, emotional balance, and processing stress or trauma.

Most adults need **7–9 hours of sleep per night**, including about **90–120 minutes of REM sleep**. Because REM sleep happens more in the early morning hours, cutting sleep short can limit your body’s ability to fully recover.

#### **Why this matters after an injury:**

Not getting enough quality sleep may:

- Slow down physical healing
- Increase pain sensitivity and inflammation
- Affect mood, stress levels, and emotional recovery
- Make it harder to focus and follow treatment plans

#### **Simple Ways to Improve Sleep During Recovery:**

- Keep a consistent bedtime and wake-up schedule
- Avoid caffeine or alcohol in the evening
- Create a cool, dark, and quiet sleep environment
- Stay gently active (as recommended by your provider)
- Avoid heavy meals right before bed

#### **What This Means for You:**

Healing doesn’t stop when you go to sleep—it actually accelerates. Prioritizing good sleep habits can help your body recover more effectively, reduce discomfort, and support your overall well-being after an injury.

Article - <https://www.goodrx.com/well-being/sleep/rem-sleep>

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## Helpful May Reminders For You!

As we move into May in Utah, increased travel, outdoor activity, and seasonal work can also bring a higher risk of injury.

Here are a few important reminders to help you stay safe and protect your health this month:

### **1. Stay alert on the roads**

With heavier traffic leading up to Memorial Day, accidents are more common. Avoid distractions, follow speed limits, and give yourself extra time to reach your destination safely.

### **2. Don't ignore symptoms after an accident**

Pain, stiffness, headaches, numbness, or tingling may not appear immediately. Even minor symptoms can indicate a more serious underlying injury and should be evaluated by a medical professional.

### **3. Prioritize early medical care**

Prompt treatment after an accident can improve recovery outcomes and help document injuries properly. Waiting too long to seek care can make recovery more difficult and complicate your claim.

### **4. Be cautious with seasonal activities**

Spring and early summer often bring yard work, hiking, biking, and sports. Take precautions to avoid overexertion, falls, and soft tissue injuries.

### **5. Know you don't have to navigate this alone**

If you've been injured, having the right support matters. Early guidance can help protect both your health and your legal rights.

## We're Here to Help

If you have questions after an accident or need assistance understanding your options, our team is available to support you every step of the way.



[www.larsonlawutah.com](http://www.larsonlawutah.com)

801-601-8323

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## May Recipe

### Fresh & Easy Strawberry Spinach Salad



As warmer weather returns in Utah, this light, nutrient-rich salad is a simple way to fuel recovery, support healing, and enjoy seasonal produce.

**Ingredients:**

- Fresh spinach
- Sliced strawberries
- Crumbled feta cheese
- Sliced almonds or pecans
- Grilled chicken (optional for added protein)
- Red onion (thinly sliced, optional)

**Simple Balsamic Dressing:**

- 3 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 tsp honey
- Salt & pepper to taste

**Directions:**

1. Add spinach to a large bowl as the base.
2. Top with strawberries, nuts, feta, and optional chicken.
3. Whisk dressing ingredients together and drizzle over salad.
4. Toss lightly and serve fresh.

**Why it's a great May choice:**

This salad is packed with antioxidants, vitamins, and protein—supporting overall wellness and recovery after injury or physical stress.

**A seasonal reminder:**

Good nutrition plays an important role in healing. Staying hydrated, eating fresh foods, and maintaining balanced meals can support your body's recovery process.

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We are truly grateful for the trust you place in us to handle your personal injury needs.

Your referrals mean the world to us—they are the highest compliment we can receive.

If you know someone who could benefit from experienced legal support after an accident, we're here to help them get the care and compensation they deserve.

Rest assured, we'll treat them with the same dedication and respect we've shown you.

Thank you for your confidence in us!

**HAVE A WONDERFUL MONTH OF MAY FROM ALL OF US AT  
LARSON LAW!!**

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### **We Want to Hear From You!**

Unlike many law firms, **we actually want you to call us** and keep us updated on your case!

If it's been more than 30 days since we last spoke—please reach out. Staying in touch helps us serve you better and make sure nothing slips through the cracks.

Here's what we need to know:

- ✓ **Any updates on your recovery, care, or treatment**
- ✓ **If you've seen a new doctor**
- ✓ **If you've had new imaging like X-rays or MRIs**
- ✓ **If your health insurance has changed**
- ✓ **If your doctor says you've completed treatment**
- ✓ **If you're feeling frustrated with your recovery process**

We're here to guide you through this—but **we need your help** staying informed.

**Call us. Email us. Let's talk.**

**We're your team, and communication is key.**

**Did you know Larson Law has Facebook Pages, Instagram, TikTok and more!**

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**We'd love for you to join and like our pages!**

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