

## Sleep

Sleep and Rest provides our body dedicated healing and recovery time.

Consequences of poor sleep: ↓ memory, ↓ learning, ↓ athletic performance, ↓ creativity, diabetes, obesity, cancer, blood pressure, cardiovascular disease, pain, osteoporosis, ulcers, emotional regulation, depression, anxiety, PTSD, premature aging....

- Not too little, Not too much... Goal is 7-8 hours
  - To little increases ALL RATES of Mortality
  - To much increases Cardiovascular Disease & Death
- “The greater the divergence from the recommended durations of sleep, the greater the association for cardiovascular harm and mortality.”

Awake during the Day and to Sleep at Night Pretty Simple... is it though?!?

30 million insomnia, 25 million sleep apnea

### Key concepts

- Stress balance – do you want to sleep if there is a bear in the room?!? No so you have to decrease your stress, having a nightly routine helps.
- Melatonin Drives sleep cycle. Also has interactions with serotonin, dopamine.
- Light Anchoring - 30-60 min outdoor light between sunrise and noon
  - Indoor lights are commonly not bright enough for this effect
- Solar Gazing - Looking at the sun within minutes of sunrise, watching the sunset
- Light exposure at night decreases Melatonin significantly – dim the lights



## The Ready to Sleep Guide

### The Room Setup

- Complete Darkness, COMPLETE... get your black electric tape out.
  - Alarm clocks, windows, phone, black out shades/ sleep mask
  - Don't turn lights on even for bathroom at night
- Cool 60-68 degrees
  - Consistent body temp – sleep naked 😊
- EMF (Electro-Magnetic Frequency) – disrupts pineal gland production of serotonin and melatonin, also memory and learning
  - Wifi, Alarm clocks, any electronics, faraday cage
  - Phones and electronics Away from bed, out of room if possible
- Reserve bedroom for sleep – no tv, no work
- No distractions – people and pets

### Preparation

- Early Bedtime: 9-10pm bedtime is ideal. Sleep hours between 11pm-1am are vital for adrenals, gall bladder/liver
- Consistent timing- even on weekends – promotes fast fall asleep times
- Goal is 7-8 hours of sleep a night
- Routine – reading, smell/diffuse essential oils, breathing, prayer, meditation, gratitude (decrease stress)
  - Inhale (4 sec)-pause (2 sec) - exhale (8 sec) - pause (2 sec) or other lower ratios
  - Listen to relaxing cd or Relaxing reading no page turners
  - Journaling
- Decrease fluids one hour before bed, go to the bathroom right before bed
  - Decrease need to go to the bathroom at night
- No food 2-3 hours before sleep
  - Blood sugar spikes up and down, damages your mitochondria
- Dim lights – after dinner start winding down
- No screens 1-2 hours before bed (Blue light)
- Socks – cold feet or unequal skin temp decreases rest
- Eye mask
- No tv or work
- Reduce Prescriptions as much as possible Many alter sleep
- Decrease alcohol – impairs full rest, promotes 'sleep' but then causes alertness when fully metabolized/absorbed. Alcohol depletes melatonin, and serotonin.
- Exercise but not right before bed – first half of day is best
- Reduce excess weight – excess weight increases sleep apnea
- Reduce food sensitivities