

Sound Sleep

Wake-up Call

- Our Sleep Crisis
 - Lights are always on
 - Everyone is stuck indoors
 - Work hours have extended
- Sleep Like a Baby
 - Let there be (less) light
 - Soak up the sun
 - Bring on the boundaries

There isn't one facet of your mental, emotional or physical health that's not impacted by your sleep. 60% of people in the U.S. experience difficulties sleeping every night. Sleep is not a tradable commodity, remove the badge of honor and get to bed.

Lack of sleep increases cortisol, appetite, fat storage and decreases thyroid. The master hormone insulin doesn't work as well when an individual is sleeping poorly. One night of sleep deprivation can make you as insulin resistant as a person with type 2 diabetes.

Critical Recommendations

Sun Exposure: signals the hypothalamus (controls release of pertinent hormones)

- Get sunlight between 6:00 am and 8:30 am, direct sunlight for at least 30 minutes per day

Screen Time: triggers your body to produce daytime hormones and cravings

- Turn off all screens 90 minutes before bed

Six Saving Strategies

1. Bedroom Basics

- Light suppresses melatonin - buy “blackout” curtains (available at most retail stores)
- Get electronics out of your bedroom or at the very least six feet away
- World Health Organization lists Cellphones as a Group 2B Carcinogen

2. Temperature Control

- HPA Axis (hypothalamic-pituitary adrenal axis) related to overall stress-load
- Keep home at 60-68 degrees, aim for a warm bath 1-2 hours prior to bedtime

3. Beverage Curfews

- Caffeine has a half life of around 5-8 hours, which provokes anti-sleep hormones
- Cut caffeine off by 2:00 pm or think about cycling it: 2 days on 3 days off
- Alcohol significantly disrupts REM sleep, throws off body’s balance of wakefulness
- Wrap up drinks 3 hours before hitting the sack and drink more water

4. Tight on Timing

- Humans get the most beneficial hormonal secretions and recovery between 10:00 pm and 2:00 am
- Best to be in bed within a few hours of being dark, aim for 7 ½ or 9 hours of sleep (90 min cycles)

5. Quality Exercise

- Muscle is a reservoir for anti-aging hormones, focus on a superset strength training style
- Morning or afternoon workouts are ideal, evening workouts problematic

6. Connect Practice

- Breathing is a secret key to unlocking your parasympathetic (rest-digest) nervous system
- Massage increases delta brain waves (deep sleep and relaxation)
- Create a practice 5-10 minutes prior to bedtime

Your Next Moves...

1. Identify how you will live differently to improve your sleep.

Examples include: increased time outdoors, reduced artificial light, exercise in the morning, etc.

I will...

2. Decide on a new strategy that you can plug into your evening routine.

Examples include: warm shower or bath, connect practice, etc.

Each evening, I will...

3. Create and maintain a consistent sleep schedule.

a. I will go to bed between _____ and _____ .

b. I will wake up at _____ .

Recommendations

“Sleep Smarter” by Shawn Stevenson

“The Sleep Revolution” by Arianna Huffington

“Power of When” by Michael J. Breus, PhD

“Lights Out” by T.S. Wiley

“Why We Sleep” by Matthew Walker

Sleep Resources

Products		
Blue Light Blocking Glasses	Swanwick	https://www.swanwicksleep.com/
Cooling Mattress Top	Chilipad	https://www.chilitechnology.com/
Mouth Tape	SomniFix	https://somnifix.com/ - \$19.97
Mouth Tape	Micropore Tape	https://www.amazon.com - \$5.99

Meditations		
Tuck Me In: Relaxing Yourself to Sleep	Martha Ringer	https://www.amazon.com - \$0.89
Meditation: Yoga Nidra	Skyterra	https://skyterraathome.com/video/yoga-nidra/
Smartphone Applications		
Meditations for Restful Sleep	iSleep Easy	Apple Store - \$4.99 & Google Play - \$2.99
Short meditations by Buddhist Monk	Headspace	FREE Apple Store/Google Play - \$7.99/mo
7 Days of Sleep, 11-Minute Meditations	Calm	FREE Apple Store/Google Play - \$3.33/mo
Nutrition and Supplements		
Organic Chamomile Tea - 20 - 96 packs	Taylors or Yogi	https://www.amazon.com - \$5.02 - \$19.14
Sleep Remedy - 30 Packets	Doc Parsley's	http://www.docparsley.com/ - \$59.95
Magnesium Supplement: Topical Spray	EASE	https://www.amazon.com - \$24.76

