

SELF CARE: SLEEP

SEVEN TO EIGHT HOURS OF SLEEP IS RECOMMENDED

Evidenced based research: the body's ability to function declines if sleep isn't in the seven to eight hour range



Sleep: How lack of sleep impacts the body

- Psychological health (irritable, anxious, poor decision-making)
- Decreases metabolism (causing excess weight gain, hormones)
- Cardiovascular health (activates a molecule that causes inflammation and leads to fatty buildup in arteries (other chronic illnesses))
- Immune System (more susceptible to infection)
- Lack of sleep increases duration of illness
- Promotes mental wellness (think clearly, more energy, productive)
- Sleep deprivation (brain unable to reset)

Importance of Sleep/ Helpful tips

- Sleep allows your body to repair itself, process thoughts
- Promotes Mental Health (think clearly, more energy, productivity)
- Decrease risk for chronic illnesses
- Set a bedtime and stick to it (consistent with wake and sleep hours)
- Decrease blue light exposure at night (light from electronic devices)
- Do not drink caffeine in the evening (avoid after 3-4pm)
- Reduce irregular or long daytime naps
- Melatonin supplement (check with doctor for all OTC supplements)

Helpful Tips

- Ginkgo biloba, Glycine, Valerian root, Magnesium, L-theanine, Lavender
 - Check with doctor/practitioner and only take at bedtime
- Don't drink alcohol - several drinks can negatively affect sleep pattern and hormones
 - Can increase sleep apnea and snoring
- Bedroom environment
 - Temperature, noise - such as television/music
 - Minimize bright light, external light-curtains to decrease light, dim alarm clock light, arrange furniture to avoid external light
 - Make bedroom as quiet, relaxing, clean and enjoyable
 - Comfortable bed and pillow

Helpful Tips

- Relax your mind, bath/shower
- Exercise (not before bedtime)
- Avoid drinking water/juice/tea before bed
- Avoid dinner after 8pm/avoid late night snacks (prevent acid reflux)
- Counting backwards, night routines, light yoga/stretch, prayers etc.
- Extreme difficulty sleeping (Rule out sleep disorder/Practitioner)

Dr. Fontaine Timmer

(Adams, 2016)