

	<p>BETTER SLEEP STARTS HERE</p> <p>Judith Cobb, MH, CI, NCP/OHP www.cobblestonehealth.com 403-287-2991</p>
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More than one cause

More than one solution

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What does your sleep look like?

	
	

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Common Sleep Issues

- 1) Primary or secondary insomnia
- 2) Sleep being disturbed by outside source
- 3) Snoring
- 4) Sleep apnea
- 5) Frequent waking
- 6) Restless leg syndrome
- 7) Melatonin imbalance
- 8) Not enough hours of quality sleep
- 9) Hot flushes

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Primary vs Secondary Insomnia

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10 Commandments of Sleep

Adapted from Dr. Adam Moscovitz of the Foothills Hospital's Sleep Centre and Deepak Chopra's Better Sleep

- 1. Schedule a relaxing period before going to sleep to separate your body and mind from the day's hassles.

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- 2. Use your bedroom primarily for sex and sleep and not as an all-purpose activity area.
- 3. Your bed should be comfortable, large enough, in a quiet, dark room and at the right temperature.

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- 4. Keep a regular schedule, going to bed and getting up at the same time each day. Learn to relax in bed until you fall asleep. Train yourself!
- 5. Be consistent about taking naps. Take one regularly or not at all.

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- 6. Exercise regularly in the morning or early afternoon, but do not engage in strenuous activity late in the evening. A relaxing, mild physical activity might be helpful close to bedtime.
- 7. Avoid caffeine in all forms. Smoking close to bedtime or at night causes further sleep disruption so quit now to help your adrenals!

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8. Don't use alcohol or street drugs as sedatives. While they might help you fall asleep initially, they lead to sleep disruption and deprive you of deep sleep, sometimes for years after stopping heavy use.

9. If you feel hungry in the evening, have a light snack that includes a light protein. Heavy meals close to bedtime can result in discomfort and bizarre dreams.

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10. Above all, don't try too hard. If you can't fall asleep, just lie in bed focusing on relaxing your body and clearing your mind. There is some rejuvenation in resting.

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Did you know?

Historical studies have shown that before electric lights people averaged 9 – 10 hours of sleep per night.

How much do you get?

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Relaxation Breathing

- Belly breathing
- Slowing down your breath
- Counting your exhalation backward from 100
- Repeating a mantra or affirmation

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Sleep being disturbed by outside source



Bedroom too hot

Bedroom too cold



Uncomfortable bed



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Outside disturbances

Solution
Ear plugs
White noise
Room temperature adjustment
Bedding adjustment
New mattress
Sleeping attire

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Snoring		
Problem	Solution	Solution details
Sinus congestion	Fix the bowel/elimination	Increase fibre and water intake, probiotics
	Increase silica	horsetail
	Eliminate dairy products - milk, cheese, yogurt, cottage cheese	Replace with hemp milk, almond milk, kefir
	Loose weight if overweight	
	Relieve congestion	Fenugreek & Thyme
Sleep posture	Tuck chin	
	Tennis ball in back of nightshirt to keep you off your back	
	Sleep on a 30° incline	<u>Get It Up</u> by Sydney Ross Singer and Soma Grismaijer
Relaxed uvula	Side sleeping with chin tucked	Collatrim to firm up uvula

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Sleep apnea		
<ul style="list-style-type: none"> ● More than just snoring ● Medical attention (CPAP) ● Sleep on 30° incline - <u>Get It Up</u> by Sydney Ross Singer and Soma Grismaijer 		

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Frequent Waking		

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Sleep is the time your adrenals have to rebuild and repair.

Exhausted adrenals usually fall asleep for a few hours, then spend the rest of the night waking up over and over again – every minor stimuli is like an alarm clock going off



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People with ADD or ADHD often have problems getting to bed at a reasonable hour

If adrenals are a part of the problem...

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If you are adrenal exhausted:

1. Be in bed before 10:00
 2. Sleep until 9 AM whenever possible
 3. Waking between 1 - 4 AM usually indicates low blood sugar - have a protein snack (2 - 3 oz) before going to bed
 4. Daily exercise is important in sleep enhancement - for every hour of exercise add 15 minutes of sleep
 5. Turn off the computer and TV at 8 PM
- Sleep will improve as adrenals heal.

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To Rebuild Adrenals

Homework	Why?
Avoid caffeine in all forms, also avoid coffee, tea, green tea, alcohol	Reduces stress on adrenals, reduces depletion of B vitamins, vitamin C, Calcium, Magnesium
Eat six 2 - 3 oz servings of protein throughout the day	Helps balance blood sugars
Avoid refined carbs - anything with white flour, processed sugars and avoid all artificial sweeteners	Stabilize blood sugars, protect levels of B vitamins, Vitamin C, Calcium, Magnesium
B-vitamins, pantothenic acid	Restore levels of these nutrients, support nervous system
CalMag	Restore levels of these nutrients, support nervous system
Herbs to strengthen the adrenals	AD-C, Chinese Mineral Chi Tonic, Adrenal Support - astragalus, eleuthero, hawthorn

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Restless leg Syndrome

Supplement	Why	What to look for
Cal Mag, Magnesium Complex	Balances muscle contraction & relaxation	Avoid calcium carbonate 1:1 or 2:1 ratio Needs vitamin D
Herbal Potassium	Sodium & potassium required to send message to muscle fibre to contract and relax	Think 'leafy salad veggies' and potato skins (not deep-fried)
Stress Formula	Feeds nervous system, provides base for serotonin and dopamine	Mid-potency, non-time-released B complex with vitamin C, herbal base of nervine and adaptogenic herbs
Vitamin B6	Critical for serotonin and dopamine	
Pantothenic Acid	Support for adrenal gland, always in addition to B complex	

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Did you know?

Falling asleep in less than 15 minutes shows sleep deprivation

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Melatonin
 Sleep and wake neurotransmitters are affected by sunlight.

In normal hours of daylight (bright light exposure) this is what happens:
 Tryptophan → 5HTP → Serotonin → Pineal
 with bright light exposure → ↓Melatonin

Melatonin should be highest in the middle of sleep episode. In SAD it is usually highest in the daytime!

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Not Enough Hours of Quality Sleep
 Assuming you are spending 7 – 9 hours in bed every night

Supplement	Why
Cal Mag, Magnesium Complex	Balances muscle contraction & relaxation
Stress Formula	Feeds nervous system, provides base for making serotonin
Vitamin B6	Critical for serotonin formation
Pantothenic Acid	Support for adrenal gland, always in addition to B complex
Melatonin	Re-establish healthy sleep cycles
Relaxing Nervine Herbs	Hops, Valerian, Passion Flower, Skullcap

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Hot Flashes

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Possible causes	Details	Possible solutions
Imbalanced HDL/LDL	HDL can be too high or too low	
Imbalanced adrenal glands		Mid-potency B-complex + extra pantothenic acid Add adaptogenic herbs - astragalus, hawthorn, eleuthero
Low Omega 3 & 6	Add Omega 3 and 6 separately to achieve proper balance (including dietary intake) should be 1:1	Reduce omega 6 in diet (especially canola oil, soybean oil, sunflower oil) Add fish, krill oil, salmon oil, flax seed oil
Nerves need support	Add cooling nervine herbs	Passion flower

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Symptoms	Essential Oil	
Sleep problems	Bergamot Roman chamomile Lavender Lemon	Sweet marjoram Neroli Sweet orange Sandalwood

Room Spray

2 oz purified water
1 tsp witch hazel
6 - 10 drops essential oil
Combine in spritz bottle. Spritz as needed.

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Every sleep issue has a remedy or combination of remedies

Diet
Stress
Supplements
Exercise
Sleep posture
Environment

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**IF ONLY I COULD SLEEP LIKE A
BABY AGAIN**

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