



HOW TO GET A GOOD NIGHT'S SLEEP!

What is sleep hygiene anyway?

Another (yaaaawn) boring article on sleep... This article, either way you look at it, may be just what you need to have a more restorative and restful night so you wake feeling rested, energized and ready to jump out of bed and tackle the day. ☺

You may already be saying, yes, when it comes to sleep, I know:

1. I need it.
2. I should be getting more of it.

But, it may not be as simple as going to bed earlier or waking up later. For those dealing with insomnia (difficulty sleeping), here are suggestions you can try to improve your sleep.

1. First, why do you need sleep?

Sleep helps you:

- Reduce low-grade inflammation so you can repair and prevent health issues:
 - Reduces risk of Diabetes, Heart Disease, Cancer, etc.
- Cleanse the brain and improve memory
- Ward off infections like the flu and colds
- Improve coordination and balance
- Lower cortisol, lose weight and Increase energy
- Become more emotionally balanced and maintain calmer reactions to “stress events.”
- Remain more patient, loving and kind (meaning, you may make more friends). ☺

When we sleep, we are giving our body a chance for a deep cleaning to “tidy” up and repair itself. When we are sleep deprived, our bodies quite literally start breaking down.

2. Common causes of insomnia: (Check as many as you know of)

- Low-grade inflammation
- Hormonal changes—ovary, thyroid, adrenal, pituitary, etc.
- Overweight, obese and/or recent weight gain
- Drug, alcohol, or tobacco use—alcohol disrupts the quality of sleep
- Caffeine, sodas, coffee, tea, chocolate or other stimulants
- Metabolic or energy boosters with phelpropanolamine
- Herbs with ephedra, weight-loss/herbal products that contain gotu kola and other stimulants
- Medical disorders: COPD, asthma, diabetes, fibromyalgia, sleep apnea, snoring, adrenal fatigue, chronic pain, hypothyroidism issues
- Medications: allergy/cold medications, antihistamines/decongestants
- High blood pressure (antihypertensive) and/or heart disease (beta blockers)

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- Asthma and/or pain medications
- Life stress, worries, bereavement, post-traumatic stress disorders
- Watching a TV, computer screen, phone, etc. 60 minutes before bed
- Not having a blue light blocker on electronic devices in the evening
- Other _____

Tips for restoring natural sleep: Check what you are currently doing five (5) or more times a week and circle three (3) items you will try to incorporate:

- Reduce low-grade inflammation by working with a trained provider and health coach
- Try all-natural sleep formulas to assist in breaking poor sleeping habits
- Restore hormone balance
- Develop a bedtime ritual—bath, shower, calming music, reading
- Use bed for sleeping and not work or prolonged reading time
- Consider melatonin sublingual or extended release 5-20mg at night
- Identify relaxation techniques that work for you close to bedtime
- Meditation and or relaxation music
- No technology, TV, phone, computer, etc. 60 min before sleep
- Make a rule to not discuss anything stressful or potentially stressful after a set time
- Read a real book (not on a screen, phone or other technology)
- Put your phone in airplane mode
- Making love and/or partner intimacy/cuddling/connecting/trading massages
- No pets in the bedroom
- Herbal Teas: chamomile, passion flower, lemon balm, valerian root may have calming effects.
- Take a daily B-complex supplement in the AM
- Sleeping and waking at routine times help you avoid “re-setting” your internal clock
- Exercise: People, who work-out four times per week, fall asleep faster and sleep better
- Calcium-Magnesium supplements help in calming in body for sleep
- Count your breathing- 4 count deep inhale, 10 count deep exhale (A Dr. Gala’s favorite)
- “Dark proof” your room (Seeing a hand silhouette means too much light)
- No alcohol within 3 hours of sleeping
- No caffeine after 12pm
- Other _____

How important is sleep really? And what is a good goal?

Sleep is crucial for immune system function. Research shows a significantly increased susceptibility to influenza, the common cold and infections when receiving less than 7 hours in a night. Mice deprived of sleep were unable to clear the virus from their lungs while mice with normal sleep had complete clearance. (1) (2)

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Overall length of sleep:

- <7hrs = highest risk of infection**
- 7-8hrs = lowest risk of infection**
- >8hrs = additional health benefits**

Researchers found less than 7 hours to be the cut off for the highest increased risk of developing infection regardless of if someone claimed to “Feel Rested” or not. And, habitual sleep deprivation of <7hrs can: **“Increase cold infection risk by 390%”** (3)

Recommended supplements:

Note: We advise the “Core 4” as a simple, healthy and easy foundational strategy. Here are additional suggestions for sleep support:

1. *Clinical Multivitamin Complete
2. *Vitamin D Longevity (with K)
3. *Clinical Omega Concentrate
4. *Clinical Magnesium
5. Clinical Probiotics
6. Stress AM and Stress PM

How Good is Your Memory- Can You Pass?

1. Getting <7 hours of sleep can make you gain weight?
 - a. True
 - b. False
2. The best ways to improve sleep includes:
 - a. No technology 60 min before bedtime
 - b. Dark proofing your room (unable to see hand silhouette)
 - c. Avoiding Caffeine after 12pm
 - d. Working with a provider and health coach to reduce low grade inflammation
 - e. All of the above
3. A consistent good night’s sleep (7-8 hours) is important for all of the following except
 - a. Reducing risk of diabetes, flu, colds and chronic disease
 - b. Making you more pleasant to be around 😊
 - c. Improving energy
 - d. Allowing you to party all night long on Friday.

1. Besedovsky L, Lange T, Born J. Sleep and immune function. Pflugers Arch. 2012;463(1):121-37
2. Brown R, Pang G, Husband AJ, King MG. Suppression of immunity to influenza virus infection in the respiratory tract following sleep disturbance. Reg Immunol. 1989;2(5):321-5.
3. Cohen S, Doyle WJ, Alper CM, Janicki-deverts D, Turner RB. Sleep habits and susceptibility to the common cold. Arch Intern Med. 2009;169(1):62-7.