



How to Get a Good Night's Sleep

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Sleep is as essential to you as food, air, and water. Good sleep boosts your ability to learn and remember things, keeps weight in check, helps you maintain an upbeat attitude, maintains cardiovascular health, helps you fight off disease, and helps prevent accidents caused by drowsiness.

According to Harvard Women's Health Watch, chronic sleep loss can contribute to weight gain, high blood pressure, and a weakening of the immune system. Dr. Mercola, a leading health expert, tells us that not getting enough sleep causes a pre-diabetic state, making you feel hungry even if you've already eaten.

If you struggle with getting quality sleep, I hope my eBook can help you develop healthy sleep habits and get a great night's sleep.

Tips for the Best Sleep Ever

1. Go to bed at the same time every night

Create a routine. Make sure to get enough sleep, but not too much sleep. The National Sleep Foundations says the “right” amount of sleep is based on the individual and his or her age. Aim some where between seven and eight hours of quality sleep.

2. Wake up at the same time every morning

Waking up at the same time each day not only assures you don’t oversleep, it also enables your body to get into a rhythm. Lots of studies have shown that longstanding routines, as well as adequate sleep, contribute to longevity.

3. Don’t consume stimulants in the evening

The caffeine that gets you going in the morning can also keep you up at night if you drink it too late in the day. Know your limits and avoid caffeine and other stimulants too close to bed-time. It affects people differently. Some people can’t drink caffeine or use other stimulants at all because it affects their sleep. Avoid or cut down on caffeine. Chocolate, some teas that are not herbal, Yerba Mate, and Guarana all contain some caffeine. If you are reading this you are probably health conscious and have already quit drinking soda because of the many detrimental health effects, but if you aren’t there yet take note that many sodas contain caffeine. Also alcohol can also be considered a stimulant. Experiment to find your limits.

4. Eat at least 3 hours before bedtime

Big meals right before bedtime force your body to digest rather than rest, while especially rich or spicy meals may cause sleep-depriving discomfort as they make their way through your stomach. Eat light and on the early side and you’ll ensure your food won’t keep you up.

5. Avoid alcohol before bed

Alcohol can make you drowsy and even help you fall asleep. But it also tends to wake you up in the middle of the night, disturbing the overall quality of your sleep. Experiment with this to see what effects alcohol has on you.

6. Exercise

Exercise regularly. A Stanford University Medical School study found that after 16 weeks in a moderate intensity exercise program, subjects were able to fall asleep about 15 minutes earlier and sleep about 45 minutes longer at night. Some people find that exercising too close to bedtime keeps them awake. Try exercising in the morning or afternoon.

7. Avoid sleeping pills

If at all possible avoid sleeping pills. They come with many negative effects such as disturbed sleep patterns, short-term amnesia, and impaired motor skills. Research shows that , the most commonly prescribed sleeping pills (benzodiazepine hypnotics), impair short-term memory, reaction time, thinking, and visual-motor coordination (such as driving).

8. Get you adrenals healthy

Have your adrenals checked with a saliva test. It's a non-invasive, easy to do test. Make sure it's a four sample cortisol test. Scientists have found that insomnia may be caused by adrenal stress. If you are interested in having your adrenals checked contact me. I have test kits ready to go.

9. Balance your hormones (naturally)

If you are menopausal or perimenopausal, have your hormones tested. The hormonal changes at this time may cause sleep problems if not properly addressed. Hormone testing can also be done with a saliva test. It's easy, not expensive and accurate. Let me know if you want to have your hormones tested.

10. Get out in the sunlight and retire in the darkness

Increase melatonin levels naturally with exposure to bright sunlight in the daytime. Full spectrum fluorescent bulbs can be used in the winter. Sleep in complete darkness at night. If it isn't possible to cover all windows and dim electronics, invest in a sleep mask.

11. Balance your blood sugar

Stabilize your blood sugar from the time you eat dinner until you go to bed. Make sure you eat a balanced meal of protein, carbohydrates and fat. Bedtime snacks are okay but they must be balanced and not contain sugar or processed carbohydrates.

12. Try relaxation exercises before sleep

"Just relax" is easier said than done. But do-it-yourself meditation practices may help you prepare for rest, and put worries or discomfort behind you. Here are some popular exercises that I have used and found to be useful:

- **Abdominal breathing:** Breathing from the abdomen and putting your attention on those breaths can help you relax both during the day and in bed at night.
- **Guided imagery:** Imagine a calm scene to help them wind down. Clouds, the ocean and mountains are common themes, you can focus on.
- **Mindful meditation:** Focusing on different aspects of your life before bed can help you earn your rest, if you're able to let those thoughts go. You should look at one thing at a time, which slows your mind down. Focus on an issue in your life, then let it go. The major learning experience here is "letting go."
- **Counting down:** While lying in bed, start by gazing upward, which relaxes you. Take an abdominal breath and hold it, and on the out breath, let everything relax. Repeat a few times. You can also try imagining yourself walking down a flight of stairs or a small hill while counting down from 10 or 20, each number signifying your movement to a lower step, exhaling with each imaginary step.

These techniques work best when done right before bed, in a quiet, calming environment. But you can also practice them several times a day. If you can keep your stress levels under control during the day, you'll sleep better at night. You can do these exercises anywhere to get results.

Is Your Environment Conducive To Sleep?

1. Comfortable bed

A quality mattress and bedding is well worth the sometimes hefty price. But consider them a preventative medical expense. A good mattress and comfy sheets and pillows help ensure you get the sleep your body needs to stay healthy. Organic bedding is made without any harmful chemicals and is readily available if you are willing to look for it.

2. Cool room temperature

Sleep in a slightly cool bedroom. Researchers don't all agree on an exact ideal temperature but approximately 60 degrees Fahrenheit will suit most people. Temperatures above 75 degrees and below 54 degrees will disrupt sleep. If you get too cold during the night use a blanket rather than turn up the heat.

3. Don't use technology in your bedroom

Unplug at least 30 minutes before sleep. EMF's can disrupt your sleep. They can cause insomnia, headaches and confusion, and may also cut your amount of deep sleep, interfering with your body's ability to refresh itself. Your TV, smartphone, and computer are all stimulating your mind, not relaxing. In order to calm yourself down, it's a good idea to keep all distractions out of sight. Your bedroom should only have items conducive to sleep.

4. A white noise machine

White noises machines produce soothing sounds, such as the sound of the ocean or the whisper of the wind, that can help you fall asleep and stay asleep. Noises like loud neighbors or honking cars can keep you from getting the restful sleep you need. Luckily, there are plenty of noise machines on the market that offer a variety of "white noise" options. I use a fan to help drown out unwanted noise. You can also try ear plugs but I don't think this is a long term solution.

5. Darkness.

Your body is designed to sleep in complete darkness. If there is even the smallest amount of light in the room it can disrupt your circadian rhythm and your pineal gland's production of melatonin and serotonin. Use room darkening curtains or shades and cover or hide the clock. If that's impossible wearing an eye mask to block out any stray light will help.



How Much Sleep Do You Need?

Every one of us, on average, will be sleeping 24 years in our lifetime. Nightly sleep needs vary from person to person. Sleep needs are individual; there is no “magic number” that’s right for everyone. Just like any other characteristics you are born with, the amount of sleep you need to function best may be different for you than for someone who is of the same age and gender. While you may be at your absolute best sleeping seven hours a night, someone else may clearly need nine hours to have a happy, productive life. Women need slightly more sleep than men. This is because women’s brains are wired differently from men’s and are more complex, so their sleep needs will be slightly greater, says Horne in his book *Sleepfaring: A Journey through the Science of Sleep*.

Here are sleep guidelines from the National Sleep Foundation. They tell us that sleep needs change as we get older.

NEWBORNS	
(0–2 months)	12–18 hours
INFANTS	
(3–11 months)	14–15 hours
TODDLERS	
(1–3 years)	12–14 hours
PRESCHOOLERS	
(3–5 years)	11–13 hours
SCHOOL-AGE CHILDREN	
(5–10 years)	10–11 hours
TEENS	
(10–17)	8.5–9.25 hours
ADULTS	
	7–9 hours

(Taken from the National Sleep Foundation Web site.)

Experiment to find the amount of sleep you need. I have included a Sleep Diary Chart for you to fill out for the next 7 days. This will serve as a useful tool to improve your sleep. By analyzing this information it can help make you become more aware of the parameters affecting your sleep. This data can help you get a better nights sleep. If you need help with this please contact me for an appointment. I am working on a Sleep program that will be available soon..

		COMPLETE IN MORNING						COMPLETE AT END OF DAY					
		I went to bed last night at: _____ PM/AM	I got out of bed this morning at: _____ PM/AM	Last night, I fell asleep in: _____ Minutes	I woke up during the night: _____ Times	When I woke up for the day, I felt: (Check one) <input type="checkbox"/> Refreshed <input type="checkbox"/> Somewhat refreshed <input type="checkbox"/> Fatigued	Last night I slept a total of: (Record number of hours) _____ Hours	My sleep was disturbed by: (List any mental, emotional, physical or environmental factors that affected your sleep, e.g. stress, physical discomfort, temperature?) _____	I consumed caffeinated drinks in the: (e.g. coffee, tea, soda) <input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Within several hours before going to bed <input type="checkbox"/> Not applicable	I exercised at least 20 minutes in the: <input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Within several hours before going to bed <input type="checkbox"/> Not applicable	Approximately 2-3 hours before going to bed, I consumed: <input type="checkbox"/> Alcohol <input type="checkbox"/> A heavy meal <input type="checkbox"/> Not applicable	Medication(s) I took during the day: (List name of medication/drug(s)) _____	About 1 hour before going to sleep, I did the following activity: (List activity, e.g. watch TV, work, read)
Fill out days 1-4 below and days 5-7 on Page 2													
DAY 1													
DAY _____													
DATE _____													
DAY 2													
DAY _____													
DATE _____													
DAY 3													
DAY _____													
DATE _____													
DAY 4													
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National Sleep Foundation Sleep Diary												
COMPLETE IN MORNING					COMPLETE AT END OF DAY							
Fill out days 5-7 below	I went to bed last night at:	I got out of bed this morning at:	Last night I fell asleep in:	I woke up during the night:	When I woke up for the day, I felt:	Last night I slept a total of:	My sleep was disturbed by:	I consumed caffeinated drinks in the:	I exercised at least 20 minutes in the:	Approximately 2-3 hours before going to bed, I consumed:	Medication(s) I took during the day:	About 1 hour before going to sleep, I did the following activity:
					(Check one)	(Record number of hours)	(List any mental, emotional, physical or environmental factors that affected your sleep, e.g. stress, noise, physical discomfort, temperature)	(e.g. coffee, tea, cola)			(Use name of medication/drug(s))	(List activity, e.g. read, TV, work, med)
DAY 5 DAY _____ DATE _____	_____ PM/AM	_____ PM/AM	_____ Minutes	_____ Times	<input type="checkbox"/> Refreshed <input type="checkbox"/> Somewhat refreshed <input type="checkbox"/> Fatigued	_____ Hours		<input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Within several hours before going to bed <input type="checkbox"/> Not applicable	<input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Within several hours before going to bed <input type="checkbox"/> Not applicable	<input type="checkbox"/> Alcohol <input type="checkbox"/> A heavy meal <input type="checkbox"/> Not applicable		
DAY 6 DAY _____ DATE _____	_____ PM/AM	_____ PM/AM	_____ Minutes	_____ Times	<input type="checkbox"/> Refreshed <input type="checkbox"/> Somewhat refreshed <input type="checkbox"/> Fatigued	_____ Hours		<input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Within several hours before going to bed <input type="checkbox"/> Not applicable	<input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Within several hours before going to bed <input type="checkbox"/> Not applicable	<input type="checkbox"/> Alcohol <input type="checkbox"/> A heavy meal <input type="checkbox"/> Not applicable		
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Supplements That Can Help You Sleep

If you have tried all the previous suggestions and you are still not getting a good night's sleep, it may be time to try some supplementation. I usually advise this as a last effort as I prefer to use a systematic approach with natural methods. Also remember that all supplements are NOT created equal so if you want to try supplements please use a reputable brand. I have some favorite brands I use and have had good results with. Contact me if you need help in purchasing supplements.

Melatonin

Melatonin is a hormone that helps regulate the sleep/wake cycle. It is produced by the pineal gland in the brain. Melatonin regulates your circadian rhythm, a biological response to light and darkness and sleep and wakefulness over a 24 hour cycle. When it becomes dark, your brain produces melatonin to put you to sleep. Melatonin enhances REM sleep, which is your deepest and most restorative sleep time. Melatonin levels decline with age due to calcification of the pineal gland, if we are under high stress and many other unknown factors. Before trying melatonin supplementation I recommend increasing foods that contain melatonin in your diet.

Benefits of melatonin (all research-backed):

- Supports growth hormone production
- Stimulates the immune system
- Powerful antioxidant
- Increases lifespan in animal studies
- Improves sleep quality
- Reduces jet lag
- Helps night-shift workers regulate sleep patterns
- Relieves depression and SAD (seasonal affective disorder)
- Protects the brain
- Improves recovery from stroke
- Reduces migraines
- Reduces side-effects of chemotherapy
- Protects the liver from toxins
- Alleviates glaucoma
- Reduces stress hormones
- Reduces blood pressure

Factors that may reduce your natural melatonin production:

- Poor sleeping habits, such as going to bed too late
- Inadequate darkness during sleep: clock radios, night lights, street lights. Your bedroom should be pitch black. You should be able to hold your hand in front of your face and not be able to see it at all.

- Not enough sunlight exposure during the day
- High stress levels
- Caffeine or alcohol consumption close to bedtime
- High protein/low carbohydrate diet, resulting in less tryptophan availability to the brain
- Inadequate cofactors for melatonin production as listed above
- Medications: Aspirin, diuretics, beta-blockers, benzodiazepines

Foods that contain melatonin:

There are lots of studies that show that both walnuts and tart cherries contain significant levels of melatonin, and may therefore be a natural, food-based way to get a better night's sleep. Oats, sweet corn (look for non-GMO), rice, Japanese radish, ginger, tomatoes, bananas, and barley also contain melatonin.

Caution: Melatonin may make autoimmune diseases such as Rheumatoid arthritis and Lupus worse. People with immune-related cancers such as leukemia or lymphoma should not take melatonin. Melatonin is also not recommended during pregnancy, breast-feeding or if you are trying to get pregnant. Do not combine melatonin with corticosteroids or MAO inhibitors.

Magnesium

Magnesium has a key role in the regulation of sleep. Magnesium, an abundant mineral in the body, is naturally present in many foods, and is available as a dietary supplement. Research has shown that even marginal magnesium deficiency can prevent the brain from settling down at night. One of the most absorbable forms of magnesium is magnesium citrate powder. Try taking two doses, a day, with the second dose right before bed. You can also get magnesium from food. Good sources include green leafy vegetables, wheat germ, pumpkin seeds, and almonds.

5-HTP (5-hydroxytryptophan)

5-HTP- is an amino acid that occurs in the human body and converts into serotonin. 5-HTP is currently used to relieve mild to moderate depression, anxiety, insomnia and fatigue. It has been shown to relieve migraine headaches at dosages of 200 to 600mg/day. People with Fibromyalgia each took 300mg three times per day and showed improvement in sleep quality, depression, insomnia and muscle pain. Double-blind clinical trials have shown 5-HTP to improve sleep quality and the time it takes to fall asleep. Recommended dose on empty stomach before bed is approximately 150mg to as much as 300mg. 5-HTP should not be taken with antidepressants and selective serotonin reuptake inhibitors. 5-HTP may enhance the effects of St. John's wort. Vitamin B6, niacin and magnesium should be taken on the same day as 5-HTP as they are required for its metabolism. Keep in mind that it can take a total of six to 12 weeks of taking 5-HTP routinely at bedtime before the user experiences the full effectiveness of this natural supplement for insomnia. Because 5-HTP is naturally produced by L-tryptophan, its amount in the body can be increased by eating certain foods. These foods include chicken, collard greens, seaweed, turnip greens, turkey, potatoes, milk, pumpkin and sunflower seeds.

GABA

GABA (gamma aminobutyric acid) is the main calming neurotransmitter in the body and central nervous system. Recommended dose approximately 100mg before bed. Dr. Eric Braverman, an authority on brain chemistry and author of the book, *The Edge Effect: Achieve Total Health and Longevity With The Balanced Brain Advantage*, suggests eating foods high in glutamic acid/glutamate to boost GABA levels. "The more GABA-producing foods you eat, the more GABA you will be able to create." Dr. Braverman explains. Feel good GABA-producing foods include: almonds, tree nuts, bananas, beef liver, broccoli, brown rice, halibut, mackerel, lentils, oats, whole grain, oranges, citrus fruits, rice bran, spinach, and walnuts

L-Theanine

L-Theanine is a non-protein amino acid found naturally in green tea (*Camellia sinensis*). It is clinically proven to reduce stress, balance mood and improve the quality of sleep. Its mechanism of action is through direct effect on GABA receptors. Recommended dose is approximately 100mg before bed.

Phosphatidylserine/Phosphorylated Serine

Phosphatidylserine's greatest benefit is its ability to lower cortisol levels by optimizing the brain's relationship with the adrenal glands. After only ten days of high doses of PS, research has shown that excessive cortisol levels can be decreased in healthy men. PS has also been shown to enhance brain function and memory, decrease anxiety and depression, improve mood, and enhance metabolism. It is also an antioxidant. It is very difficult for the body to make PS as it requires many nutrients for production. Supplementation is vital for optimizing adrenal function, so cortisol cannot have its negative effects on the body and the thyroid. It can also be found in soy beans, egg yolks and tuna.

Herbals

Dosing for herbs is based on a variety of factors. Consult your health care professional about recommended doses. Herbs can be taken in capsule form, liquid tincture or tea.

Valerian (*Valeriana officinalis*)

Valerian root has been used for hundreds of years in Europe to relieve insomnia, anxiety, muscle spasms, stress-induced heart palpitations, digestive spasms, hysteria, nervous headaches and menstrual pain. Native Americans would boil the roots into a tea to calm nerves. Valerian root induces the release of GABA in the brain, which has mild sedative effects. GABA basically calms the brain and nervous system. Valerian also influences serotonin and norepinephrine levels. Numerous studies have looked at the combination of valerian and St. John's wort for depression and anxiety. This combination was shown to be as effective as the drug amitriptyline for depression and more effective than valium for anxiety without any side effects..

Passion Flower (*Passiflora incarnata*)

Passion flower is traditionally used as a sedative, to calm nerves, insomnia, anxiety, nervousness and as an antispasmodic. Passion flower works well for those who “can't turn off their minds.” Passion flower actually binds to benzodiazepine receptors in the brain, which reduces anxiety thus helping you sleep. The nice thing about passion flower is that it does not have the side effects that medications do, such as drowsiness upon awakening, impaired memory, decreased motor coordination.

German Chamomile (*Matricaria recutita*)

Chamomile has been traditionally used to reduce tension and induce sleep, to relieve menstrual cramps, quiet upset stomach and relieve intestinal cramping. Chamomile is currently used for irritable bowel syndrome (IBS), insomnia, indigestion, heartburn, premenstrual syndrome (PMS), inflamed bowel, peptic ulcers, intestinal cramping and as an ointment for eczema. Chamomile has the same action as passion flower by binding to benzodiazepine receptors.

Skullcap (*Scutellaria lateriflora*)

Skullcap was traditionally used to calm nerves, reduce spasms, relieve stress headaches and for nervous exhaustion. Skullcap is currently used with chamomile, lemon balm, oats and St. John's wort for insomnia, anxiety and mild obsessive-compulsive disorder. Skullcap can also help with restlessleg syndrome.

Lemon Balm (*Melissa officinalis*)

Lemon balm was traditionally used for digestive disturbances. It is currently used for relieving nervousness, improving sleep, reducing over excitability and has a mild sedative effect. Lemon balm also work well as an antiviral topically on the herpes virus. Lemon can be combined with St. John's wort for seasonal affective disorder. Lemon balm works by enhancing GABA activity, thus calming the brain and nervous system but without the side effects.

Lavender (*Lavendula angustifolia*)

Lavender flowers and essential oils have been traditionally used with St. John's wort and lemon balm for depression. It has also been used for insomnia, irritability, headaches, digestive disturbances, pain and topically for burns.

Hops (*Humulus lupulus*)

Hops has been traditionally used as a diuretic, placed in small pillows next to bed to induce sleep, as digestive bitters for nervous stomach and digestive tract spasms, and as a sedative for insomnia, anxiety, nervousness, and tension headaches. Hops is currently used for insomnia- especially for those with difficulty falling asleep, restlessness, anxiety, and stress-induced tension.

Kava Kava (*Piper methysticum*)

Kava Kava works by modifying GABA receptors in the brain, preventing adrenaline uptake and reducing anxiety. Kava was traditionally used to reduce anxiety, reduce spasms, and as a sedative, diuretic and as a non-alcoholic calming drink. Kava is currently used to relieve anxiety, nervousness and tension. German studies have shown that kava is as effective a remedy for anxiety disorders as tricyclic antidepressants and benzodiazepines without the side effects. Kava enhances REM sleep without morning grogginess and relieves insomnia.

Ashwagandha (*Withania somnifera*)

Ashwagandha, also known as Indian ginseng, has been traditionally used as an adrenal adaptogen, sedative, anti-inflammatory, nervous system tonic, astringent, diuretic, antispasmodic and to raise low blood pressure. In Ayurvedic medicine it is used as an aphrodisiac, tonic for exhaustion, anxiety, depression, impaired memory, and poor muscle tone. Ashwagandha is currently used to support the adrenal glands, for chronic fatigue syndrome, anxiety, insomnia, stress-induced ulcers and male impotence associated with exhaustion and anxiety.

Black Cohosh

Black Cohosh may help insomnia caused by menopausal symptoms such as hot flashes and night sweats.

Other calming herbs

Other calming herbs include wild lettuce (*Lactuca virosa*), Jamaican dogwood bark (*Piscidia erythrina*), jujube fruit (*Zizyphus spinosa*), and California poppy (*Eschscholzia californica*).

Summary and Final Notes

Sleep is a basic human need, as important for good health as nutrition and exercise. When we sleep, our body rests and repairs. Growth hormone, which helps to repair all the damage that has been done that day, is released during sleep. Restful sleep lays the groundwork for a productive day ahead. Rejuvenating sleep is an extremely important and fundamental part of feeling your best again.

- Avoid the following stimulants In order to get good sleep :
 - Caffeine · Chocolate · Teas that contain caffeine · Yerba Mate · Guarana · Alcohol
- Stabilize your blood sugar. Especially from the time you eat dinner until you go to bed. You can stabilize blood sugar by eating a balanced dinner of protein, carbohydrates and fat. If you snack make sure it is balanced and does not contain sugar or processed carbohydrates.
- Exercising can significantly improve sleep quality. The earlier in the day the better. Keep in mind that some exercise is better than none so do it late if you have to but pay attention to how it affects you.
- Avoid a lot of stimulation before sleeping. Watching television before you go to bed can disrupt your sleep. Avoid watching intense tv shows or movies (even intense reading material) because this can stimulate your adrenals which will keep you awake.
- Reduce electromagnetic radiation, by turning off all electric devices in your room. Turn cell phone off (power down) if you keep in the room you sleep in. Turn off all computers and tablets.
- Adopt a regular sleep schedule. Go to bed and wake up at the same time every day.
- If you always wanted to learn about meditation, now is the time to begin. A regular meditation practice can calm the mind, reduce stress and help you get clear on what is important so your mind is not racing.

- Deep breathing can help relax you if you have trouble falling asleep. Deep belly breathing is like a baby breathes. Do this for 5 minutes every day. This will help to alkalize your body, reduce stress and relax you.

- Make your bedroom as dark as you can. It should be completely dark. No lighted clock radios, other lights or outside light of any kind should be in your sleep space. Did you know that even though your eyes are closed, your brain is still receiving light stimuli which can reduce melatonin levels.

- Magnesium is the first supplement I recommend trying. Take 400-600mg of magnesium before bedtime to calm your muscles and nervous system. Magnesium also alkalizing.

If you follow these strategies and utilize supplementation, you should be able to achieve quality sleep. Even though I have given suggested dosages, consult your health care practitioner for recommended dosing for you. Even if you do everything that you can from a holistic perspective, you may need to consult a doctor for sleep medication. Remember that is very difficult to overcome any health problem without adequate sleep so don't hesitate to talk to your doctor for prescription sleep medication. In many cases the benefits of achieving restful sleep outweigh the potential side effects.

I hope this eBook has helped you and by now you are enjoying deep & rejuvenating sleep!

About Me

Philosophy

The correct diet, appropriate exercise and adequate sleep equals good health. I've struggled with getting a good night sleep. As I've gotten older quality sleep has become harder. Through experimentation and patience I now have my perfect sleep formula. My hope for you is that with the help of this eBook you too can find your perfect sleep formula.

Mission

My mission is to empower people to make the right decisions to achieve greater health through a whole foods diet, exercise and rest. I specialize in balancing hormones naturally, weight management, women's issues: pre and post pregnancy nutrition, digestion wellness, detoxification, eating disorders, metabolic typing and general nutrition.

General Information

I hold a master's degree in Holistic Health and Nutrition from Hawthorn University and have also attended many continuing education workshops. I am a board certified holistic health and nutrition consultant. I encourage my clients to take control of their own health through a whole foods diet, exercise and rest. I am also a Menopause Type® Management practitioner, Life Potentials Practitioner, group exercise and spin instructor, and cancer survivor. I like to empower my clients to make food choices, that best support their metabolic type, and help to support their specific health conditions. I believe that every illness can benefit from and improve with a solid foundation of healthy food choices, along with proper exercise and rest. I maintain a practice in central NJ.

To request an appointment

In person or skype/phone consultations are available. I work with each person individually with respect to their own needs, goals, values, priorities and lifestyle.

If you would like to request a consultation please fill out the contact form at <http://simplegoodhealth.com/contact/>