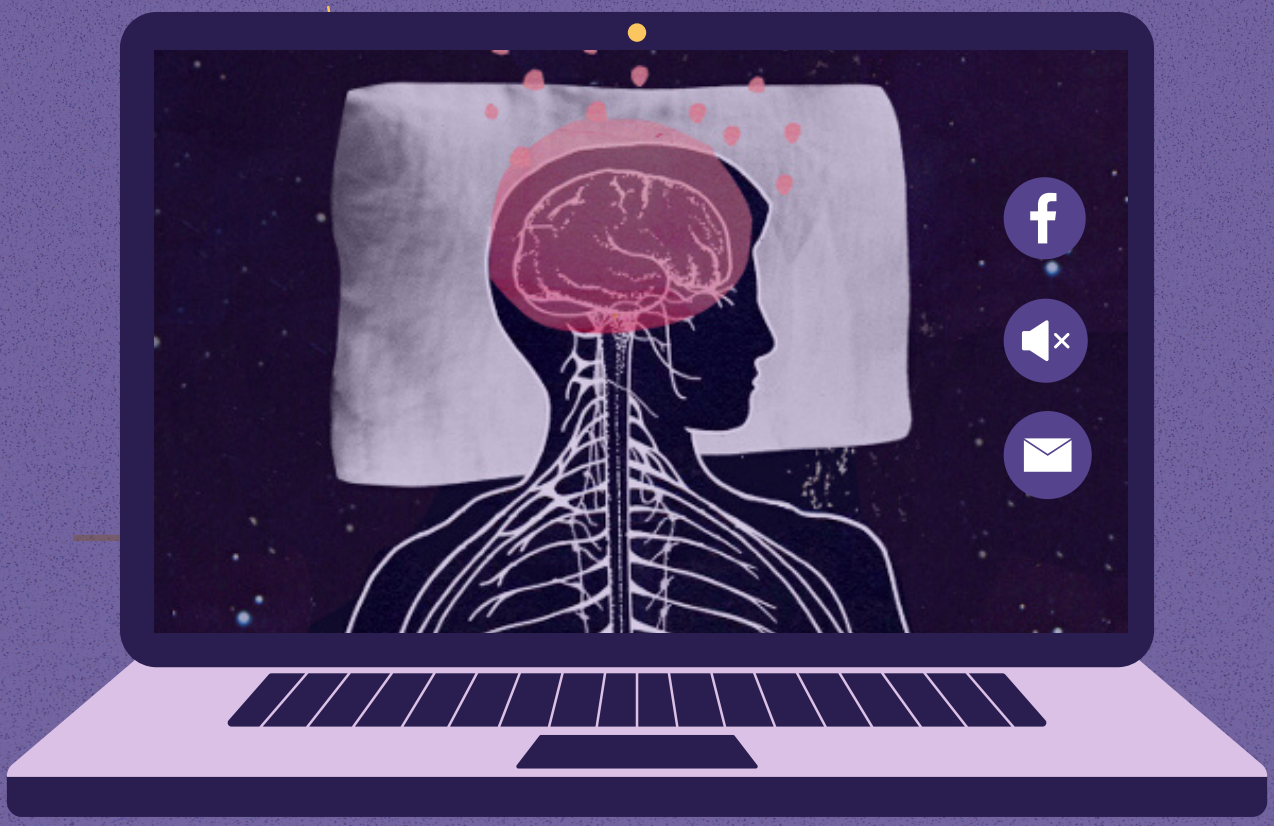
Sleep Smarter. Live Better

AMP 30 Day Sleep Better Challenge Report

A scientific guide on how to get the sleep your body has been craving.

Kirsten Taylor
Naturopathic Sleep Specialist



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Kirsten Taylor

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Hi I'm Kirsten Taylor, CEO and Founder of SleepDrops and I'm here to help YOU sleep better!

Congratulations on beginning your SleepDrops 30 Day Sleep Better Challenge! I firstly want to applaud you for taking this first step to prioritising your sleep. Improving your sleep will literally transform your life for the better and it may very well save your life.

Sleep is the most scientifically recognised anti-stress, anti-disease and anti-aging strategy for all people, any age and anywhere. Insomnia does not discriminate by age, sex or by socio economic status. Insomnia is now becoming an epidemic worldwide with it affecting nearly 1 out of every 2 people in some countries. While the rate of insomnia is predicted to increase, research continues to prove that it is literally the most important thing we can do for our health. So bravo to you for being proactive and taking back the control.

You have now completed the sleep seminar and an online holistic consultation about your sleep and overall health. Your responses have been reviewed by the team at SleepDrops, after careful evaluation, you have been prescribed products to help you achieve your best quality sleep.

This report has lots of very helpful information on sleep and managing stress as well as some handy resources for you to make use of in your daily and nightly quest to improve your sleep.

This 30 days is just the beginning and we hope this will be the start of a new you where you can start feeling great day and night!

WHAT YOU WILL LEARN FROM THIS REPORT



1. How important sleep is
2. What sleep actually is
3. The role of Melatonin in regulating your sleep wake cycle
4. How much sleep you need
5. What might be causing your insomnia
6. Medications that might be contributing to sleeplessness
7. How to recognise sleep the signs of insomnia
8. How to recognise if you might be sleep deprived
9. The relationship between stress and insomnia
10. 15 tips to overcome stress
11. 26 tips to help you achieve great sleep

WARNING important side effects to a great night's sleep include:

Improved mood
More smiling
Actual belly laughs
Wanting to socialise with friends and family again
Increased sex drive
Feeling fun and spontaneous
Remembering things more easily
Having way more energy
Actually enjoying your job
And many more physical,mental and emotional positives!

WHAT IS SLEEP?



Sleep is an involuntary and essential part of life. The time spent sleeping is not just recuperative, its a dynamic and active state especially for our brain! It's a critical time for cellular repair, memory storage and healing. There are many bodily processes that are solely dependent on you getting into a deep enough sleep.

SLEEP IS IMPORTANT FOR EVERY SYSTEM IN OUR BODY AND AIDS IN:

- Restoration and repair
- Reducing stress
- Emotional wellness
- Healthy immunity
- Learning and memory
- Detoxification
- Temperature regulation
- Healing

SLEEP PHASES

There are 2 Primary phases of sleep:

Non-REM sleep - consists of four stages of sleep, each deeper than the last
REM sleep - when you do most active dreaming. Your eyes actually move back and forth during this stage, which is why it is called Rapid Eye Movement sleep.



SLEEP CYCLES

Over the course of the night, your total sleep is made up of several rounds of the 'sleep cycle', which is composed of four individual stages. During the night, you will cycle through the various stages of sleep as many as 5 times. The first cycle is about 100 minutes, with only 10 minutes of REM sleep (Rapid Eye Movement sleep) - the deep sleep where you dream. However in each cycle, you'll start to get more REM sleep so that your last cycle includes about an hour of REM sleep. This is often why people who wake during or directly after a REM phase feel like they have been dreaming all night.

During each cycle of sleep we go through several stages each deeper than the previous one starting with fast moving brain waves and moving towards what is known as slow wave sleep, the deepest of which is known as stage 4 non REM sleep. Whilst each of the stages of sleep are important, we need to ensure we get adequate slow wave sleep because this is when we repair and restore ourselves.

Stage 4 Non Rem sleep is only achieved by healthy adults with enough melatonin, healthy liver function and with enough nutritional stores in the blood and at the cellular level. This deep slow wave sleep phase is also known as Delta sleep. At the Delta sleep level, the body repairs itself, consolidates memories (hits the save button on the computer of our brain) replenishes its energy, releases anti-ageing hormones, relieves stress & boosts immunity.

Decreased levels of Slow Wave Sleep is also linked to anxiety, depression and mood disorders.

Many drugs including sleeping pills, tobacco, alcohol and even sugar can disrupt Slow Wave Sleep and the subsequent release of Growth Hormone and other sleep hormones.

Do Sleeping pills disrupt Slow wave Sleep?
Yes! the brain waves people experience after taking sleeping pills are different from normal healthy sleep.

More about REM sleep

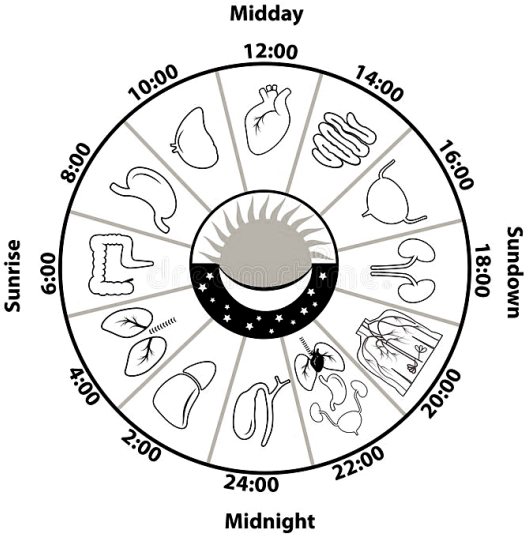
REM sleep was made famous by 90's band R.E.M and infamous by Michael Jackson's total lack of it, which contributed to his untimely death.

The following is a summary of some of the important things REM is responsible for....

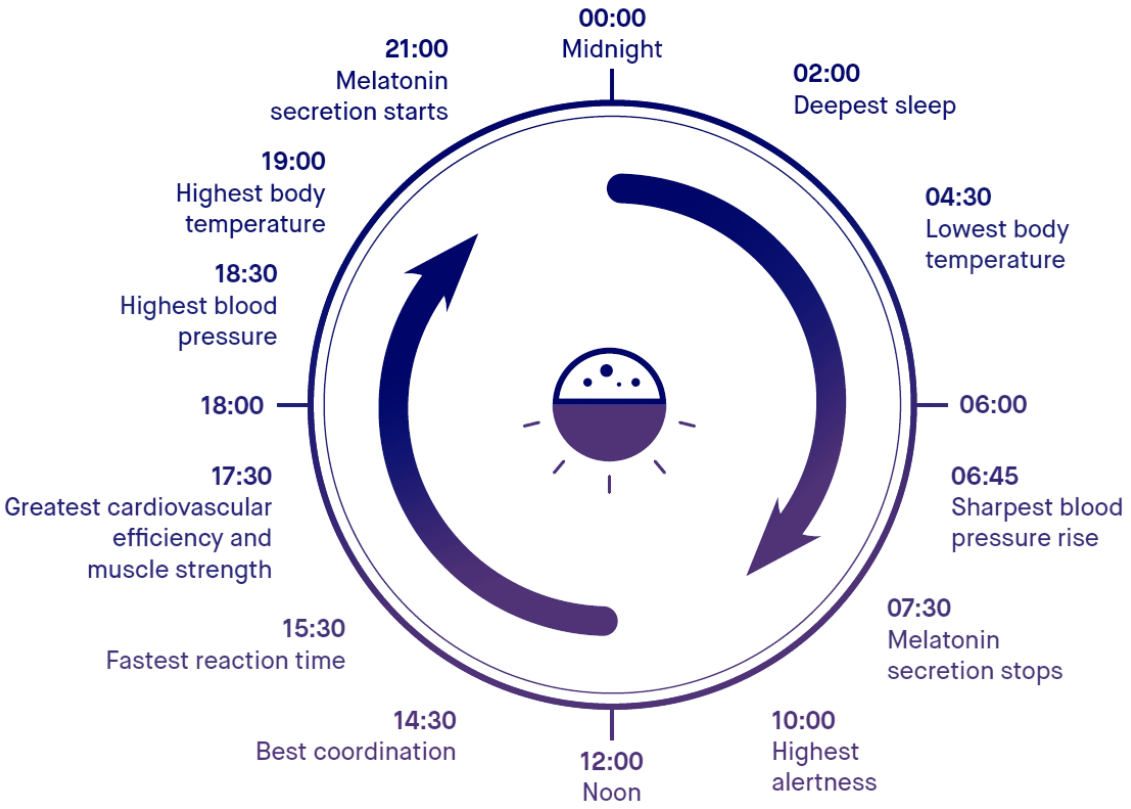
- REM sleep creates heat in the Central Nervous System and follows the cooling that occurs during Slow Wave Sleep.
- REM sleep is important for processing new things and hits the save button to turn them into long-term memory.
- REM sleep is important for emotional health, as it helps us process life experiences – stress or happiness about a situation.
- Reduced REM sleep is linked to depression, aggression, pain sensitivity and poor memory as well as brain activity.
- Sleep apnoea may occur due to the relaxation of the pharyngeal muscle especially if the person is overweight or has sinus problems during REM sleep.
- Extreme REM deprivation may lead to suicide or psychosis.
- Common inhibitors of REM sleep include anti-depressants, cocaine, marijuana, ecstasy and alcohol.

WHAT TIME DO YOU WAKE UP IN THE NIGHT?

According to Traditional Chinese Medicine (TCM) different organs get innervated or energised in the body at certain times of the day or night. If you happen to find yourself waking at a particular time each night then you may want to have a quick look at see what organ system may need some additional support. The most common time that our SleepDrops clients complain about waking up in between 1am and 3am which is liver time. A diet rich is green leafy vegetables and fresh fruits and nuts with low toxicity and low alcohol consumption will support good liver health.



CIRCADIAN RHYTHMS



WHAT GOVERNS OUR CIRCADIAN RHYTHM?

Our circadian rhythm is governed by the relationship between two main hormones; cortisol and melatonin.

Cortisol (our alerting hormone) rises in response to daylight waking us up for the day. Whereas Melatonin rises in response to darkness and makes us sleepy. All of this happens over a 24 hour period.

Melatonin is the main sleep hormone regulated by your body clock. Melatonin rises to help prepare the body for sleep after darkness and tapers off when the sunrises and it's time to wake up.

Melatonin works like a see-saw with Cortisol (also known as the stress hormone). As Melatonin rises with darkness, Cortisol lowers and then as Cortisol increases again with the rising of the sun, Melatonin decreases.

HOW CAN I REGULATE MY CIRCADIAN RHYTHM?

Start each day by opening up the curtains after you wake up and expose yourself to natural light and sunshine. If you can get outside and in direct sunlight in the morning and throughout the day, this will help keep your circadian rhythm consistent.

At night try not to have too many lights on and switch the Blue lights off on your devices, turn off any electronic devices with led lights and wear an eye mask to bed. These techniques will help your body produce Melatonin.

Your circadian rhythm is also controlled by hormones, inflammation, stress and our environment. Making small changes to positively influence all of these areas of your life will make a big difference to your health and sleep overall.

Here are the important factors to remember to do during the day to positively impact on sleep during the night:

- Keeping a steady routine
- Getting up at the same time each day
- Getting sunlight exposure in the first 30 minutes of the day
- Adequate hydration
- Eating the right food at the right time - regular meal times
- Avoid caffeine after 12 pm
- Limit sugar
- Managing stress
- Exercising - 150 minutes per week
- Taking supplements and herbs to help your body make great sleep
- Practicing gratitude ALL day long
- 20 minute nap or mindfulness
- Spending time with loved ones

“After thirty years of intensive research, we can now answer many of the questions posed earlier. The recycle rate of a human being is around sixteen hours. After sixteen hours of being awake, the brain begins to fail. Humans need more than seven hours of sleep each night to maintain cognitive performance. After ten days of just seven hours of sleep, the brain is as dysfunctional as it would be after going without sleep for twenty-four hours. Three full nights of recovery sleep (i.e., more nights than a weekend) are insufficient to restore performance back to normal levels after a week of short sleeping. Finally, the human mind cannot accurately sense how sleep-deprived it is when sleep-deprived.”

Matthew Walker

Professor of Neuroscience and Psychology and Director of the Sleep and Neuroimaging

MELATONIN

Melatonin is known as the 'hormone of darkness' and the 'sleep hormone'. As previously mentioned its primary function is to maintain the body's natural time clock.

When levels of melatonin are too low or there is inadequate melatonin throughout the night, sleep quality is affected.

People can only achieve deep slow wave sleep if they have healthy melatonin production and utilization. Without adequate Melatonin people may not go into slow wave sleep and may wake too often.

Melatonin is made by the body during slow wave sleep so if a person doesn't go into slow wave sleep then they will not make melatonin, so it can easily turn into a cycle of poor quality sleep.

Liver dysfunction, even mild, can cause sleep problems as impaired liver function delays the release of melatonin.This highlights the importance of avoiding foods & drinks that have detrimental effects on the liver.

SO HOW MANY HOURS OF SLEEP DO I NEED?

The best way to figure out if you're getting enough quality sleep is to evaluate how you feel during your day. Can you get your work done? Do you feel energetic and alert all day long from the moment you wake up until your regular bedtime? Or do you feel a little bit flat, tired or slightly overwhelmed? If you could, would you take a nap during the day? Do you need a caffeine hit during the day? Are you irritable or lacking sex drive or can't be bothered playing with your kids? Are you finding it difficult to concentrate at work, or lose focus easily?

While sleep requirements do vary from person to person, the science is overwhelming clear that the majority of healthy adults need 8 hours of sleep per night to function at their best.

Young children and teenagers need even more sleep!

There is a common misconception that we don't need as much sleep as we age. This is simply not true. Many people find as they age they begin to have difficulties sleeping when previously they had never had any trouble. Just because this is common doesn't make it "normal". The team at SleepDrops has had great results helping people of all ages sleep better again, even people in their nineties after fifty years of not sleeping well have been able to achieve 8 hours of deep sleep each night!

Below is a table of the recommended sleep hours for each age group.

Recommended Sleep Hours By Age	
Newborn to 2 months old	12 - 18 hrs
3 months to 1 year old	14 - 15 hrs
1 to 3 years old	12 - 14 hrs
3 to 5 years old	11 - 13 hrs
5 to 12 years old	10 - 11 hrs
12 to 18 years old	8.5 - 10 hrs
Adults (18+)	8 hrs

I CAN GET BY ON LESS SLEEP CAN'T I?

In today's demanding society many people are getting by on only five, six or seven hours of sleep. At a recent business conference held in Auckland, the participants were asked what they would do if they had two extra hours a day e.g. 24 hours became 26 hours. Most said they would spend it with their family and friends or invest it in their health and wellbeing. However, the next question posed by the facilitator was what would they do if they had two less hours e.g. 24 hours became 22 hours? 85% of participants said they would cut their sleep in order to accomplish what they needed to. Unfortunately this is what many people all around the world are doing and that is a recipe for disaster.

There is a very big difference between the amount of sleep you can "get by on" and the amount you need to function at your optimal level. Just because you're able to operate on seven or less hours of sleep doesn't mean you should.

STILL NOT CONVINCED AND THINK SIX HOURS OF SLEEP IS ENOUGH?



It does seem like some people can get away with going without adequate sleep right? Researchers at the University of California, San Francisco have proven that indeed some people do have a gene that enables them to function well on six hours of sleep a night. This gene, however, is very rare. They found it in less than 3% of the population. For the other 97% of us, six hours is definitely not enough sleep!

Another recent scientific study looked at what genes were affected when we don't sleep enough. The results were astonishing - over 711 genes were altered when sleep was decreased by just I hour. These genes affected body temperature, what foods were craved, how foods were metabolised, hormones of many varieties including hunger hormones and even the red blood cell transcriptome (red blood cell stamp) which pretty much affects every other cell in the body! If we don't get enough sleep the body does have to pay for it....

WHAT IS CONTRIBUTING THE MOST TO THE INSOMNIA IN THE WORLD?

I. STRESS – episodic (short term) and chronic (on-going)
2. Circadian rhythm disruption – imbalance between melatonin and cortisol
3. Nervous system over stimulation – interacting with screens, too much to do.
4. Nutritional deficiencies - poor diet, sugar, not enough fresh vegetables
5. Allergies – low grade food or environmental allergies causing histamine reactions
6. Medications – particularly medications that directly cause insomnia
7. Medical conditions – pain syndrome
8. Hormones – from onset through to Menopause
9. Ageing – slow wave sleep decreasing due to all factors
10. Others... adrenal fatigue, EMF's, Wifi's etc
11. Modern life syndrome

You will need to assess whether you think any of these factors are contributing to your sleep challenges and address them one by one. See your Doctor and make an appointment with a Naturopath to address any underlying health issues.

MODERN LIFE SYNDROME

How you feel and what you do during your day time has a big impact on how well you sleep. The answers for your sleeping difficulties can often be found by looking into what you are doing during your day. Your daily pressures, day-to-day lifestyle choices including what you eat, drink or consume, how much or how little you exercise, what time you exercise, the things you worry about, your bedtime habits and your sleep schedule can all make an enormous difference to the quality of your sleep.



Are you trying to fit too much into your day or your night? We refer to this as modern life syndrome. Not prioritising sleep and so sacrificing it to make time for other activities. This needs to be stopped. You are more productive and more creative if you have had a great night's sleep.

HOW DO YOU KNOW IF YOU ARE SLEEP DEPRIVED?

The answer to this is simple. If you are getting less than the recommended 8 hours of quality sleep a night, you are sleep deprived. The key word here is quality. You may be striving to get 8 hours sleep a night but still not getting enough of the right type of sleep. Many people are so accustomed to going without enough good quality sleep that they have forgotten what it's like to feel fully awake, alert and really functioning at their optimal level. Many people rationalise the signs of being sleep deprived with thoughts such as "the meeting is just boring", or "there is not enough oxygen in the room" or "I always get sleepy after meals".

A FEW SIGNS YOU MAY BE SLEEP DEPRIVED....

- Needing an alarm clock to wake up on time or you feel inclined to hit the snooze button
- Finding it difficult to get out of bed in the morning
- Experience a dip in your energy in the afternoon
- Drowsiness after eating or when driving
- Wanting to sleep more in the weekends
- Finding it difficult to concentrate or losing focus easily at work
- Feeling sleepy in meetings, lectures, or warm rooms

SIGNS AND SYMPTOMS OF INSOMNIA



SHORT-TERM

- Poor concentration
- Impaired memory and inability to learn new things
- Poor performance of tasks
- Headaches
- Irritability
- Anticipatory anxiety; insomnia can become a vicious cycle with bed & bedtime coming to represent restlessness & anxiety
- Less enjoyment of activities & social interaction
- Increased likelihood of caffeine, alcohol, tobacco & other substance abuse
- Daytime drowsiness
- Constant fatigue
- Slower reaction times
- Poor emotional perception
- More bodily injuries
- Reduced ability to cope with stress leading to Mood disorders – Anxiety and depression & panic attacks
- Loss of Libido and reduced sexual function

LONG-TERM

- Increased risk of cardiovascular disease, hypertension, obesity and diabetes
- Reduced immune system function, cancer
- Premature ageing and reduced cognitive function
- Increased risk of pain and pain related disorders, i.e fibromyalgia
- Inadequate and/or fragmented sleep is linked to premature deaths in older adults

<u>According the World Health Organization the main effects of sleep deprivation include physical and mental effects:</u>

Sleepiness, fatigue, hypertension, cognitive impairment, decreased attention and motivation, increased risk of accidents at work and mental health complications, reduced ability to handle stress, and to moderate emotions which can lead to depression, reduced immune system function, increased rates of cancer.

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Sleep is not a luxury, it is not an indulgence, it is a fundamental biological need, enhancing creativity, productivity, mood and ability to interact with others

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Professor Russel Foster

Professor of circadian neuroscience and the Head of the Sleep and Circadian Neuroscience Institute



MEDICATIONS

There are many medications that affect sleep in various ways from interfering with melatonin production and utilisation through to that drug having insomnia as a known side effect.

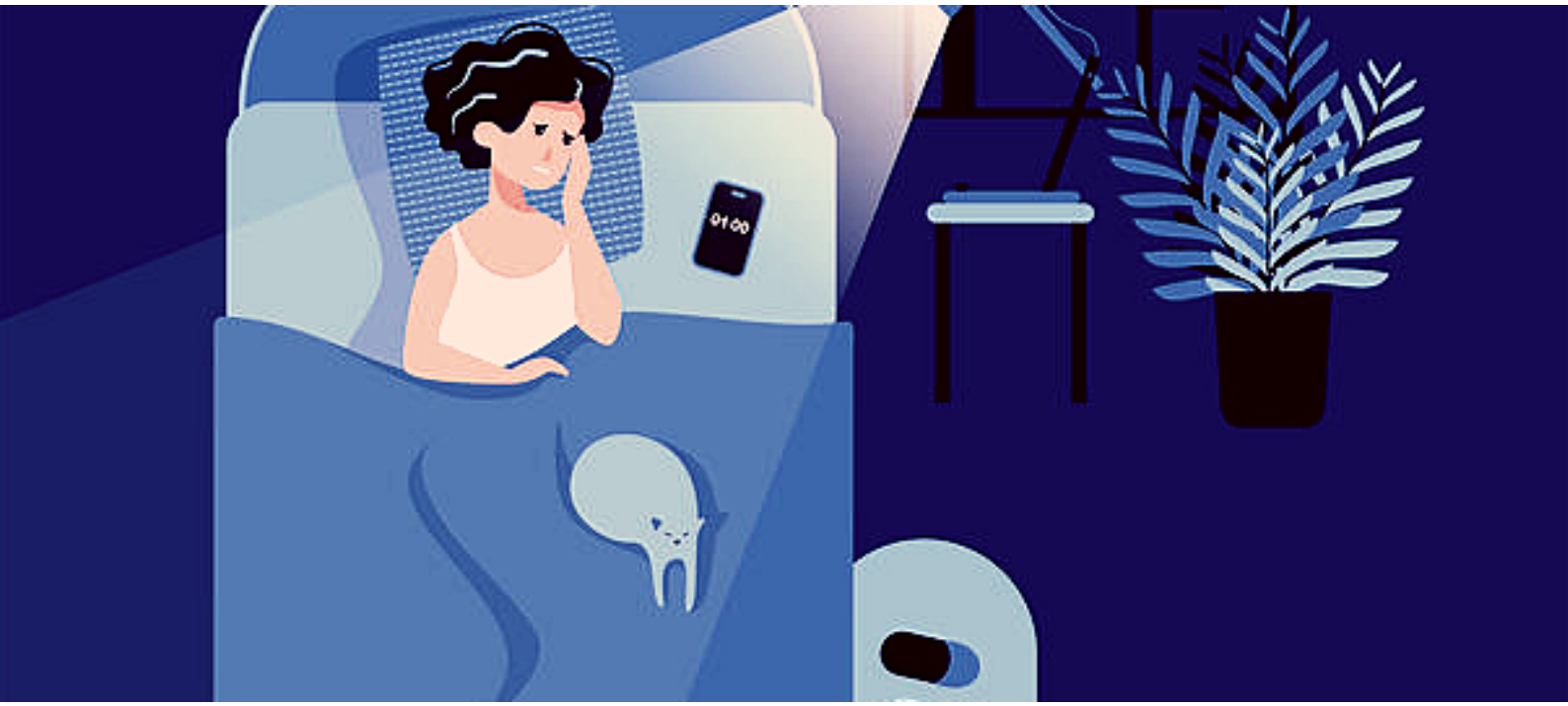
This list is not exhaustive. Please follow the link below this summary list to check on whether your medication/s have insomnia listed as a known side effect. If they do, it might be worth discussing with your Doctor next time you are visiting to see if there are safe alternatives for them to consider for you.

MEDICATIONS THAT CAN AFFECT SLEEP...

Alcohol
Sleeping pills
Caffeine*
Anti-arrythmics
Carbidopa / Levidopa
Anti-convulsants
Corticosteriods
Anti-histamines
Diuretics
Appetite suppressants
Decongestants
Benzodiazepines
MOAI's and SSRI's *
Sympathomimetics (ritalin)
Nicotine
Tetrahydrozoline (eyedrops)
Pseudoephedrine
Thyroid hormones
Sedatives and Statins
Tricyclic antidepressants
Oestrogen
Bronchodilators
Lipophilic beta blockers*

The following website is a good resource where you can find out helpful information on medications. The following website is a great resource for you if you are currently taking medications http://www.drugs.com/

STRESS



Stress is the number one cause of sleeping problems due to the release of stress hormones which have an alerting effect on the brain. Stress is anything that causes strain to your daily life whether it is mental, emotional or physical. Whilst some stress is needed to get us moving and motivated, too much stress does negatively impact on all aspects of health and well-being.

In many cases, insomnia occurs with acute psychological, social or medical stress. It is important to note that chronic low-grade stress such as nursing a loved one or staying in an unhealthy situation has a longer and more detrimental impact on sleep (up to 18 months) whereas episodic stress, a singular event, such as a minor car crash can impact on sleep for up to 6 months.

Stress is anything that causes strain to the individual whether it is mental, emotional or physical.
• Too much stress can affect all aspects of health and wellbeing.
• Stress is associated with 2 main chemical hormones in our bodies; cortisol and adrenalin

STRESS IS LINKED TO:

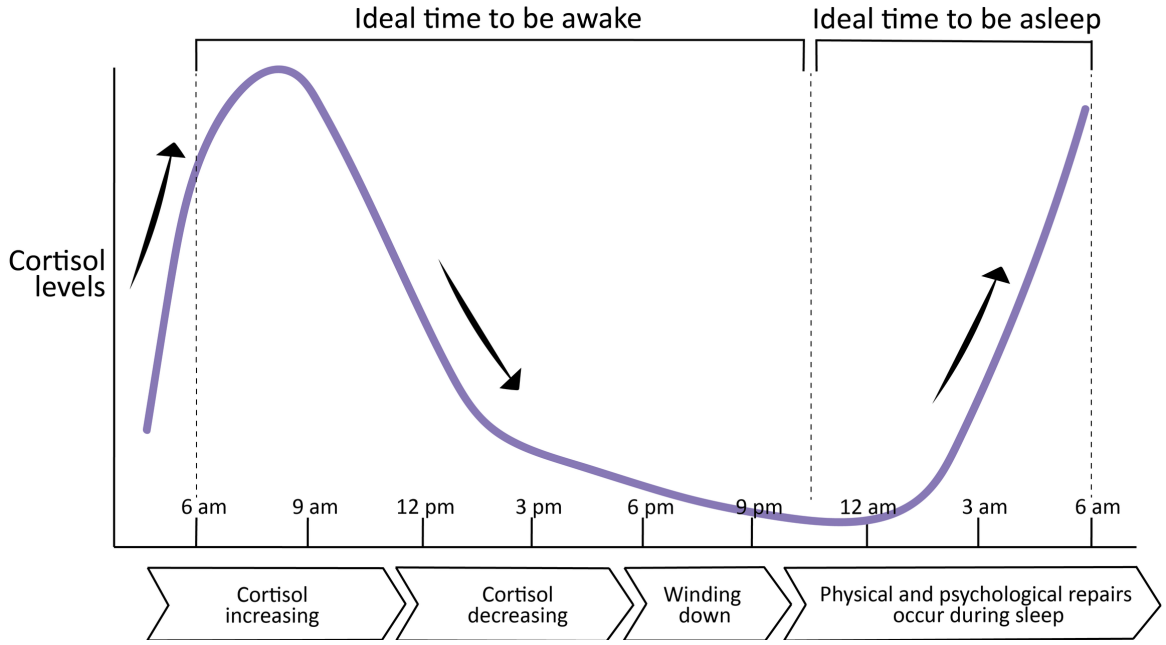
- Altered brain responses.
- Insomnia.
- Changes in blood flow and sugar metabolism in the brain, reduced brain connections over time.
- Reduced immune responses and increased inflammatory chemicals.

CORTISOL - THE STRESS HORMONE

Cortisol is an anti-sleep hormone. As Cortisol levels rise, we are given the energy to begin our day. Cortisol levels are naturally highest in the morning, then it reduces throughout the day & is lowest at night during sleep.

Cortisol levels drop about three hours after dark allowing our body to enter into a period of rest & recovery, physical repair & regeneration.

If we are stressed Cortisol can "spike" at the wrong time of the night making us alert when we should be sleeping. If you find yourself waking at 1.00 am or 2.00 am Cortisol may be out of balance. The following graph shows healthy cortisol patterns day and night:



COMMON CAUSES OF STRESS

There are many situations that may make you feel stressed but the following are classic triggers of stress, especially if you are dealing with more than one at a time:

- An excessive workload – yes this does include children!
- An uncomfortable physical environment, e.g. prolonged extremes of temperature or noise
- Not enough sleep. Not quality sleep
- Ill health
- Prolonged physical activity
- Financial difficulties
- Renovations
- A change in your living or working patterns: Leaving home, new flatmates or new job, Moving house
- Pregnancy
- Bad self-image: 'I'm too fat', '... too dumb', '... too ugly'
- Living or working or studying in an environment that is not of your culture or language

PERSPECTIVE

A small amount of stress can be a good thing. We all grow and move forward when we are in situations that challenge us. But often, the demands of these situations can get so big or go on for so long that they overwhelm us. As stress builds up we become less able to deal with it effectively and if we are not aware of the impact of stress we may find that we are not coping or judging ourselves as "less than our best".

IF YOU FIND YOURSELF STARTING TO GET STRESSED OUT:

- Take control by consciously relaxing - try physical exercise, breathing exercises or doing activities you enjoy.
- Be creative in your approach to tasks. For example, if you feel stressed at the prospect of extra work in the office, ask the advice of your boss or another work colleague on the approach you need to take.
- Talk with others about your anxieties and concerns.
- Never be afraid of asking for help. Everyone experiences stress at some time.
- Accept your failures and move on. See value in your mistakes: no mistake, no progress.
- Be encouraging and supportive of yourself. Always appreciate who you are and the unique qualities you have.
- Try to keep things in perspective. If a situation is getting on top of you, step back, adjust your goals and take action – do what you can and learn how to say no.
- Most of us are very good at giving advice. Try looking at your situation as if it were someone else's - a friend, perhaps. Think about the advice you would give them, and follow it yourself.

Most important is to remember that stress is a normal response but ignoring it is not a good idea. Instead acknowledge it and think about what support you can give your body so that it may cope with the stress better BEFORE it starts to have detrimental affects on your body.

BE SURE TO:

- Eat every 2 to 3 hours include protein rich, healthy foods to keep your blood sugar stable and to help regulate your mood.
- Drink 30mls of healthy pure water for every kg of body weight per day e.g. 70 kg person = 2100mls. Consume no more than 200mls per half hour-in other words drink regularly throughout the day.
- Take vitamins from the B complex range and specific minerals such as magnesium to support your nervous system. When combined with Vitamin C in the correct formulations and amounts these nutrients can regulate cortisol production and utilisation.
- Take appropriate nervous system herbs to support yourself. Daytime Revive has been formulated to support your body and mind n times of stress and to protect you on a daily basis from feeling frazzled or being mentally affected by stress. We like to think they give you more resilience and help you get through your day.

ESSENTIAL SLEEPING TIPS



The following practical tips will help you optimize your sleep so that you can be the best you. With a great nights sleep you are capable of being more productive, more mentally focused, emotionally stable and full of energy all day long!

Start by making small changes little by little each night. Try not to put additional pressure on yourself and slowly implement these tips into your routine over a week or two. Over time all these small steps will start to make a big difference.

I BE CONSISTENT WITH TAKING YOUR PRODUCTS

The products that have been prescribed for you will address your specific sleep challenge. Read and follow the instructions on the bottle/ box on how to get the best results out of the products. If you are unsure, please contact us.

2. CONSUME CAFFEINE SENSIBLY DURING THE DAY

Both coffee and tea have valuable nutritional qualities (e.g. antioxidants). However, due to their stimulatory nature, it's advisable to limit consumption to 1-2 cups per day and not to consume after 2.00pm. It can take up to 9 hours for the caffeine to be processed by your body. As an alternative consider drinking decaffeinated coffee or caffeine free herbal teas or pure water throughout the day

3. REDUCE STRESS

As previously mentioned, Cortisol aka the stress hormone, is stimulating by nature and can have a serious impact on your ability to fall asleep and stay asleep. Do all that you can to mitigate the stress in your life. If you find you have a "second wind" from 10pm until 1am and become energized at this time, or you go to sleep and wake again an hour or 2 later – cortisol may be an issue for you.

Reduce cortisol with these tips:

- Try and make sure you are in bed by 9:30 with the lights out by 10pm.
- Naturally manage your cortisol levels by utilising the Essential Sleep and Stress Nutrients and Daytime Revive.
- Try relaxation techniques such as deep breathing, yoga, mindfulness, meditation, listening to soothing music.
- Create a regular exercise routine
- Having fun! Incorporate things you enjoy in your daily life that will create a positive disposition. This has been scientifically linked with lower cortisol.
- Maintain healthy supportive relationships for ongoing positive encouragement.



4. SET AN ALARM

Set your alarm 1- 1.5 hours before the time that you would like to be asleep once alerted turn off all techonology and begin your wind down routine with the aim to be asleep within 1- 1.5 hours.

5. DEVELOP A REGULAR SLEEP ROUTINE

Go to bed at the same time each night and get up at the same time each morning - 8 hours later. Even in the weekend try to get into a good sleeping pattern. Have a wind down period before bed with no stimulating activities involving the TV, computer, electrical device or intense physical activity.
This is your time to unwind and relax and prepare for sleep.

6. STOP INTERACTING WITH YOUR CELL PHONE OR COMPUTER 1.5 HOURS BEFORE SLEEP TIME



It has been scientifically proven that interactions such as emailing, texting, Facebook etc. can delay sleep onset by up to 1.5 hours. Avoid 'screens' of any kind at least 1.5 hours before you want to go to sleep.

- Artificial light exposure between dusk and the time we go to bed at night suppresses the release of the sleep-promoting hormone melatonin, enhances alertness and shifts circadian rhythms to a later hour—making it more difficult to fall asleep," says Charles Czeisler, PhD, MD, Harvard Medical School and Brigham and Women's Hospital.

- Dr Czeisler found that people who use light-emitting screens within the pivotal hour before sleep had significantly impaired sleep quality. "Invasion of such alerting technologies into the bedroom may contribute to the high proportion of respondents who reported that they routinely get less sleep than they need."

To reduce the blue light emitting from your electrical devices you can download software that helps your technology adapt to the time of the day such as Iristech.co.

7. MAKE SURE YOU ARE TIRED

Do some exercise during the day. If you can only exercise at night, try and make it short and leave a few hours for you to unwind. Invigorating exercise should be avoided within 3 hours of sleep.

8. WASH YOUR WORRIES AWAY

A warm bath helps your muscles relax. Research has shown a hot bath or a shower half an hour before bed helps bring about a change in your body temperature which is needed to fall asleep. Try adding Epsom Salts to your bath to help soothe and relax your muscles.

13. MONITOR YOUR FLUID INTAKE

Try to drink most of your fluids in the morning and/or early afternoon. If you drink too much liquid before bed, you may frequently need to wake up in the night. Our bodies want, on average, 30mls of good quality water per kg of body weight per day.Our kidneys prefer it if we only drink a maximum of 200mls per half hour. If you are waking in the night to go to the toilet then stop all beverages at least 1 .5 hours before you plan to retire for the day.

14. GO TO THE TOILET BEFORE BED

A full bladder is a common reason to wake during the night. Make sure to go to the toilet before getting into bed for sleep. If you do need to use the toilet during the night, avoid turning on the light (if it safe for you to walk with the light off) when using the toilet.

15. NIGHT TIME SNACK - NATURALLY RELAXING FOODS/TRYPTOPHAN CONTAINING FOODS

Turkey, bananas and almonds are natural tranquilisers because they contain tryptophan which is a “feel good” neurotransmitter that has a role in the sleep cycle. Having a small amount of protein on a cracker right before bed helps provide the amino acids you need.

16. AVOID RECREATIONAL DRUGS

While some people like to believe that recreational drugs can have a postive effect on sleep, the research clearly shows that drugs of any kind can interfere with sleep quality and directly alter brain waves resulting in poor quality sleep.

17. AVOID ALCOHOL

Avoid using alcohol as a sedative to get you to sleep! While it may help relax you enought to make you fall asleep, it does not promote good quality sleep and will stop you from geting the full phases of sleep. As previously mentioned, the hours between 12am and 3am is 'Liver time' according to Chinese medicine. If you do like to have a glass or wine or have a social event to go to make sure you take your Essential Sleep Nutrients when you get home. Alcohol depletes the body of magnesium and can interfere with sleep.

18. PREPARE FOR TOMORROW

Check your schedule as you finish work for the day so you are not wondering if you have forgotten anything for the next work day. Make a list of everything you need to do the next day. Keep a note book by the bed in case you get ideas that need to be remembered. Write them down and then forget about them until tomorrow.

19. TEMPERATURE REGULATION

Make sure you are not too cold or too hot. Be sure to wear wool next to your body in winter to keep your core body organs warm - cotton in the warmer months. If you do wake too hot or too cold, do something about it straight away.

20. DON'T KEEP AN LED ALARM CLOCK NEXT TO YOUR BED

They emit radiation and the light interferes with melatonin production stopping your body from sleeping properly. If you must have one as an alarm clock, set it and put it into a drawer where you can't see the light.

21. SWITCH OFF YOUR MIND

If you have a busy mind and cannot switch off or stop the mind chatter take another dose of your SleepDrops specialised liquid formulation, hold it under your tongue and breathe calmly and deeply for 1 minute, then repeat. 3 additional doses in 3 minutes usually does the trick. Repeat until sleep is achieved.

22. REDUCE OUTSIDE NOISE

Use ear plugs (industrial grade) to reduce outside noise. Use soft ear plugs to be comfortable. If you are sensitive to noise you will most likely respond to some magnesium supplementation before bed.

23. LISTEN TO RELAXING MUSIC

Relaxing music, guided meditation or self-hypnosis can help encourage you to go to sleep. These are highly effective for many people. But make sure you turn the music off once you are finished. Have an easy turn off system such as only having to push one button or shut down your smartphone.

24. TURN THE TV OFF BEFORE FALLING ASLEEP

Blue light from your TV can interfere with melatonin production and stop you from reaching the full phases of sleep.



25. SNOOZE CONTROL

Make snooze control rules. There is no point in hitting the snooze button every 5 or 10 minutes for an hour in the morning. Give yourself no more than 3 chances to hit snooze and then that's it – go start your day!

26. LIGHT EXPOSURE

To regulate your sleep-wake cycle, try and get some sunlight first thing in the morning. This will send a powerful signal to your brain that it is day light and assist in the regulation of your circadian rhythm.

”

There is nothing more restorative to the soul, there is nothing more loving to the body, there is nothing more powerful to the mind than the gift of a great night's sleep

Kirsten Taylor

“

FOOD GUIDELINES FOR SLEEP

- Aim for whole foods - fresh, unprocessed - still in their natural state
- Lots of colours (rich in antioxidants)
- A balance of protein, carbohydrates and fats throughout the day
- Eat 5 or more servings of vegetables and fruit a day
- Avoid high fat foods with dinner as these can disrupt sleep



FOODS RICH IN NUTRIENTS FOR SLEEP

- Magnesium: Red meat, Chicken liver, Pork, Chicken ,Turkey, Nuts: Almond, Brazil, Cashew, Hazelnut, Pecan, Peanuts, Pine, Pecan, Pistachio, Walnut, Sesame seeds, Tahini, Sunflower seeds, Yeast, Chocolate (dark), Chilli powder, Curry powder, Mustard powder, Goats milk, Dried fruit: Apple, apricot, currant, dates, figs, sultana, prunes, Passionfruit, Banana, Blackberry, Raspberry, Legumes, Shallots, Spinach, Parsley
- Vitamin C: Blackcurrant juice, Guava, Banana, Blackberry, Red Chilli peppers, Red peppers (Capsicum), Parsley, Watercress, Cabbage, Strawberries, Papaya, Rock melon, Citrus fruits, Broccoli, Brussel sprouts, Green peppers, Cauliflower, Kohlrabi, Snow peas
- Zinc: Oysters, Red meats, Liver - chicken/ veal/ lamb, Nuts: Brazil, almond, cashew, chestnuts, peanuts, pecan, pine, walnuts, Chicken, Duck, Turkey, Cheese - esp. hard yellow types & blue vein, Yeast spread, Tomatoes – sundried.
- Tryptophan: Soy protein, Spirulina, Oat and wheat bran, Cheese, Meat, Nuts and seeds, and Eggs

Here is a one day meal plan with recipes for a whole day high in sleep nutrients:

Breakfast: Scrambled Eggs with Smoked Salmon, Spinach and Chives
Lunch: Thai Beef Salad
Dinner: Turkey and Broccoli Pasta
Snacks: Mixed nuts and seeds, Banana, Citrus fruits

GUIDED SLEEP MEDITATION BY KIRSTEN TAYLOR

Have you listened to a guided sleep meditation before? I listen to guided meditations nearly every night to help myself relax and go to sleep.

Meditation is a completely non-religious practice and has been widely researched and practised for thousands of years. According to the evidence, meditation has very beneficial effects on the body and mind.

Research shows mindfulness meditation and guided meditation can improve the quality of sleep for individuals with sleeping difficulties, moderate sleep disturbance, daytime fatigue, depression, anxiety, stress and fatigue!

Meditation also increases happiness. Several studies have proven the inner state of happiness can actually be measured! Studies show there is a 50% increase in Serotonin after just 20 minutes of meditation - Serotonin is our happiness hormone and plays an important role in sleep and mental health.

I have created 2 meditations for you to enjoy with this programme. They are both designed to shift your minds focus from the thoughts whirling in your head to your physical body, restoring and calming your body and mind by gently controlling your breathing and relaxing into a restful sleep.

I recommend climbing into bed, laying on your back in a comfortable position and listening to our guided mediation whilst you fall asleep.

I hope you enjoy learning to relax your busy mind by listening to this meditation. I will take you through a series of gentle mindfulness and breathing techniques which will teach you how to get yourself to sleep every night.

1. 20 MINUTES LEARNING TO RELAX A BUSY MIND AND RESTING GUIDED MEDITATION
2. 26 MINUTE BODY BREATHE SCAN

CLICK NOW

GUIDE TO CUTTING BACK ON CAFFEINE

When focusing on improving your sleep, reducing coffee or caffeine intake is one of the natural steps. Especially when you have sleep disturbances, cutting the amount of caffeine you are drinking should be a high priority. Though there can be a number of reasons why you may want to reduce your intake... maybe it makes you feel jittery... or maybe you are relying on it for a 'pick me up'... perhaps you have even tried cut out caffeine before but couldn't deal with the headaches.

Whilst consuming 1 coffee per day is relatively harmless, did you know that coffee takes your body 9 hours to metabolize? So considering what time you drink your coffee is important. If you are stressed, tired, or anxious caffeine intake should be avoided as it exacerbates these issues.

Here is our simple guide for how to reduce your caffeine (and not feel horrible), for those of you who are ready to take the next step! Please note we do not recommend going cold turkey! The process should be gradual. We want to avoid the withdrawal symptoms of headaches, dizziness, fatigue, sluggishness, irritability, daytime drowsiness and an overall reduced sense of wellbeing.
We recommend reducing your coffee intake by 1/4 a cup per day.

So if you are currently drinking 2 cup of coffee per day, we recommend the following:
Day 1: normal 2 cups of coffee
Day 2: 1 ¾ cups of coffee
Day 3: 1 ½ cups of coffee
Day 4: 1 ¼ cups of coffee
Day 5: 1 cup of coffee
If you are having a 3 cups of coffee per day, your plan would look more like this:
Day 1: normal 3 cups of coffee
Day 2: 2 ¾ cups of coffee
Day 3: 2 ½ cups of coffee
Day 4: 2 ¼ cups of coffee
Day 5: 2 cup of coffee
Day 6: 1 ¾ cups of coffee
Day 7: 1 ½ cups of coffee
Day 8: 1 ¼ cups of coffee
Day 9: 1 cup of coffee



Make sure to drink plenty of water!
Remember to keep your Daytime Revive on your desk and have 5 drops under your tongue every time you feel tired or ready to give in and reach of another coffee...

Sleep diary to fill in each morning

A great way to monitor your progress is by documenting your sleep in a sleep diary. This is a dedicated space to make note of how you slept each night and as a result how you felt during the day. All of this information will expand your awareness around what is improving your sleep and what is disrupting it.

Day of the week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Sleeping							
Did you fall asleep (tick below):							
Easily							
After some time							
With difficulty							
What did you do in the hour before sleeping?							
What time did you attempt to go to sleep?							
How many times did you wake up in the night?							
How many minutes were you awake for?							
What woke you up? (e.g noise, pets, bathroom)							
What time did you wake up in the morning?							
How did you feel in the morning (Tick below):							
Refreshed							
Somewhat refreshed							
Tired/ fatigued							
Food, Exercise, Medicine & Lifestyle Considerations							
Did you use technology 1 hour before bed?	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Did you exercise for at least 20 minutes?	AM/ PM	AM/ PM	AM/ PM	AM/ PM	AM/ PM	AM/ PM	AM/ PM
Did you drink alcohol?	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Did you drink caffeine after 2pm?	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Take any medication and/or supplements?							
How was your mood?							
Did you take a nap?	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
If yes, how long for?							

”

“We need a third metric of success, which includes our health and our well being, first of all, because if we sacrifice that, what do we have?"

Arianna Huffington

“

Sleep is the most life-enhancing and healing body process that you can do each night. It is the key to optimal well-being and ongoing health. However, sometimes your body needs to be supported on more than one level at a time in order to achieve great sleep and vitality.

To really experience optimal health, through better sleep or to address any other health goals you may have I highly recommend you book a comprehensive Naturopathic wellness consultation at our SleepDrops Sleep and Wellness Centre – Our highly qualified and professional team will bring together medical and naturopathic approaches to support your outcomes. We also offer long-distance consultations for those that cannot make it in person.

Want to know more about how we can help you?
email us at info@sleepandwellnesscentre.co.nz and our Naturopathic Doctor to reply and address your inquiry.

Happy Sleeping!
Warmest regards,



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SleepDrops 30 Day Sleep Better Challenge
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