

SLEEP ACTION PLAN

Our practice recommends creating a routine to promote restful sleep.

The key is to find helpful tools that can assist you in feeling more relaxed, then repeat each night to help release tensions from the day.

YOUR ASSIGNMENT FOR NATURAL SLEEP



1

Dark

Dim the lights at night, get zero light window blinds, wear an eye mask



2

Stimulant Free

Eliminate ALL caffeine, chocolate, and alcohol. Avoid nighttime snacks



3

Unwind

Before bed, dim the lights and meditate or read or journal



4

Sleep Apnea?

Use the Snore Lab app to make sure you are not snoring. Get a sleep study.



5

Retrain

Use the bed for sleep or intimacy only. If you are ever awake in bed for more than 10 minutes, get out of bed and stretch or breathe or meditate or other calming activity



6

Unplug

Remove all screens from the bedroom. Go screen-free for 1 hour before bed

SECRETS ABOUT SLEEP THAT FEW PEOPLE KNOW

1

We all need 7-9 hours of sleep per night. No exceptions.

2

If you get less, you are doing low-level brain damage every day.

3

For the most part, there is no sleeping pill in existence that promotes restful sleep or makes you function better the next day. Instead, sleeping pills make you unconscious but not restored. Sleeping pills have serious risks.

4

We are way too overstimulated! Screens, caffeine, chocolate, bright lights can keep us from getting the sleep we need.

5

If you are waking up at night for any reason, you likely have sleep apnea.

6

Sleep apnea is way more common than you think, and most people who have it are unaware.

6 MAJOR HACKS TO IMPROVE YOUR SLEEP

1

Get to bed at an early consistent hour, instead of that night time snack. You will feel better and lose weight!

2

Exercise outside in the daytime to reset your biological clock.

3

Dim the lights at night as dark as you can while still being safe.

4

Calming rituals before bed really work!

5

Blacken the bedroom. The slightest amount of morning light can wake us up.

6

Zero stimulants. Some people are very sensitive to any stimulant. If you are awakening early, try stopping all caffeine, decaf coffee, and chocolate.

DISEASES THAT RESULT FROM POOR SLEEP

Do you have 1 of these conditions? Improving your sleep could improve it! Sometimes these conditions simply go away when we start sleeping well.



ANXIETY OR DEPRESSION



ATTENTION PROBLEMS



HEADACHES, TMJ, JAW PAIN



ARTHRITIS OR OTHER PAIN



FIBROMYALGIA



FREQUENT ILLNESS

8 BENEFITS OF 8 HOURS OF NATURAL SLEEP



MORE ENERGY



LESS STRESS



BETTER MOOD



STRONGER IMMUNE SYSTEM



BETTER ATTENTION



LESS PAIN



EASIER TO LOSE WEIGHT



LESS INFLAMMATION