



# HOW TO ADDRESS SLEEP DISTURBANCES

AKA INSOMNIA

ISSUES WITH SLEEP ARE OFTEN MISUNDERSTOOD. THE FIRST THING YOU SHOULD KNOW IS THAT WE ARE EITHER AWAKE OR ASLEEP, THEREFORE A VARIETY OF PROCESSES HAPPEN DURING SLEEP SUCH AS DETOX. GOOD SLEEP IS CRITICAL TO OUR OVERALL HEALTH. MANY OF US BELIEVE OUR SLEEP DISTURBANCES ARE A SERIOUS ISSUE OUTSIDE OF OUR RESPONSIBILITY, WHEN IN FACT IF YOU DO NOT TAKE CARE OF YOUR PART OF THE SOLUTION THEN ADDRESSING CHEMICAL NUTRITIONAL IMBALANCES ARE MORE DIFFICULT TO RESOLVE.

01

## ADDRESS THESE ITEMS FIRST

- Avoid being on phone 2 hours before lights out.
- Limit screen time 3 hours before bed.
- Avoid late night eating which switches the body to digestion and away from rest and recovery.
- Avoid messiness in room which stimulates our senses.

02

## ADDRESS THESE SECOND

- Avoid caffeine and alcohol even if not interfering with sleep due to impact on REM.
- Address melatonin signaling or deficiency.
- Address histamine imbalances as histamine overload interferes in sleep.
- Increase total darkness in room.

03

## ADDRESS THIRD

- Address hormone issues.
- Address neurotransmitter imbalances.
- Address adrenal function.
- Address Detox pathways.
- Many of these are addressed through our functional testing.

04

## ADDRESS FOURTH

- Addressing core body temperature with glycine if deficient.
- Address core body temperature with adjusting thermostat to 68 degrees.
- Deep breathing before sleep.
- Consider weighted blanket.

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