

THE SLEEP HANDOUT

Good sleep is critical to our overall health. A variety of processes happen during sleep such as detox and recovery. Many of us believe our sleep disturbances are a serious issue *outside* of our responsibility, when in fact if you do not care of your part of the solution then addressing chemical nutritional imbalances are going to be more difficult to resolve.

ADDRESS THESE FIRST

- Avoid being on your 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 bedroom which stimulates a sensory stress response

ADDRESS THESE SECOND

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

ADDRESS THESE THIRD

- Address hormone issues
- Address neurotransmitter imbalances
- Address adrenal function
- Address detox pathways

ADDRESS THESE FOURTH

- Address core body temperature with glycine if deficient
- Address core body temperature by adjusting thermostat to 68°F
- Deep breathing before sleep
- Consider weighted blanket

Handout courtesy of www.optim8healthandwellness.com