SELF CARE: SLEEP

SEVEN TO EIGHT HOURS OF SLEEP IS RECOMMENDED

Evidenced based research: the body’s ability to function declines if sleep isn’t in the seven to eight hour range
Sleep: How lack of sleep impacts the body

- Psychological health (irritable, anxious, poor decision-making)
- Decreases metabolism (causing excess weight gain, hormones)
- Cardiovascular health (activates a molecule that causes inflammation and leads to fatty buildup in arteries (other chronic illnesses)
- Immune System (more susceptible to infection)
- Lack of sleep increases duration of illness
- Promotes mental wellness (think clearly, more energy, productive)
- Sleep deprivation (brain unable to reset)
Importance of Sleep/ Helpful tips

• Sleep allows your body to repair itself, process thoughts
• Promotes Mental Health (think clearly, more energy, productivity)
• Decrease risk for chronic illnesses
• Set a bedtime and stick to it (consistent with wake and sleep hours)
• Decrease blue light exposure at night (light from electronic devices)
• Do not drink caffeine in the evening (avoid after 3-4pm)
• Reduce irregular or long daytime naps
• Melatonin supplement (check with doctor for all OTC supplements)
Helpful Tips

• Ginkgo biloba, Glycine, Valerian root, Magnesium, L-theanine, Lavender
  • Check with doctor/practitioner and only take at bedtime
• Don’t drink alcohol - several drinks can negatively affect sleep pattern and hormones
  • Can increase sleep apnea and snoring
• Bedroom environment
  • Temperature, noise - such as television/music
  • Minimize bright light, external light-curtains to decrease light, dim alarm clock light, arrange furniture to avoid external light
  • Make bedroom as quiet, relaxing, clean and enjoyable
  • Comfortable bed and pillow
Helpful Tips

• Relax your mind, bath/shower
• Exercise (not before bedtime)
• Avoid drinking water/juice/tea before bed
• Avoid dinner after 8pm/avoid late night snacks (prevent acid reflux)
• Counting backwards, night routines, light yoga/stretch, prayers etc.
• Extreme difficulty sleeping (Rule out sleep disorder/Practitioner)

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(Adams, 2016)