

# TIPS FOR 40 WINKS



Review all the benefits you get from sleep—and put it at the top of your list. Value sleep highly as the magical resource it is for you. Whether you consider sleep to be a purely physiological function or a more spiritual encounter with your deeper consciousness...VALUE IT HIGHLY.

- Go to bed around the same time each night, ideally around 10 PM. But take time before that to prepare. Some researchers even feel that every hour of sleep before midnight is equal to two hours of sleep after midnight.
- Create your own pre-sleep ritual that goes beyond your normal teeth brushing and other practical activities. Make this a special time to set the tone for your journey into deep consciousness. Light candles, read inspirational or spiritual literature, and let your mind consider the big picture.
- Take some time to visualize how you would like tomorrow to be for you. See, hear, and feel what it will be like when you reach your goals. Connect with your overall mission and purpose. Remember, this will tell your brain which of the data stored in temporary memory should be flagged for transfer into long-term memory. New insights may be waiting for you in the morning.
- Create a morning ritual designed to capture these insights, perhaps a special journal on your bedside table. Taking time to record any impressions upon awakening sends a powerful message to your deep consciousness. It says you do in fact value the entire sleep process. It also says you expect results.
- Design your bedroom primarily to support good sleep. Keep it clean and uncluttered...no overflow storage in there, please. Get high quality linens and pillows. Sleep is far more important than half the things you spend money on now. Have complete control of the lighting in your bedroom. Be able to make the room totally dark.
- Avoid turning on the light if you have to go to the bathroom. Any bright light will shut off melatonin production.
- Listen to white noise or relaxation CDs. Some people find the sound of white noise or nature sounds, such as the ocean or forest, to be soothing for sleep.
- If possible try to awaken naturally without the use of an alarm. Your brain will know when it has had enough sleep. Ideally you should wake up with the sunrise. If you must get up before dawn, use a dawn simulator alarm clock which either comes with a light or causes one of your lights to gradually increase in intensity to mimic the rising sun. Many people find these very effective and certainly less disturbing than a loud alarm that can disrupt your adrenal glands and cortisol levels.
- If you must sleep during the day, make the extra effort to completely block all daylight from your bedroom.
- Dim the lights in your house around 8 PM. Light stimulates the release of cortisol and shuts down the release of melatonin.
- Stop watching TV or using your computer by 8 PM.
- Avoid snacking just before bedtime, particularly grains and sugars. These can raise your blood sugar and inhibit sleep. Then later, when your blood sugar drops, you might wake up and not be able to fall back asleep.

- Keep the temperature in your bedroom no higher than 70 degrees F.
- Wear socks to bed. Due to the fact that they have the poorest circulation, the feet often feel cold before the rest of the body.
- Eat a high-protein snack several hours before bed. This can provide L-tryptophan, a precursor to melatonin and serotonin.
- Talk to your doctor about reducing or avoiding as many drugs as possible. Many medications, both prescription and over-the-counter, may have effects on sleep.
- Avoid caffeine as much as possible.
- Keep electrical devices as far away from the bed as possible so their electromagnetic fields do not interfere with your nervous system.
- Avoid alcohol. Too much alcohol interferes with deep sleep and will prevent you from getting its healing benefits.
- Avoid foods that you are sensitive to.
- Don't drink any fluids within 2 hours of going to bed so you won't have to get up to go the bathroom.
- Take a hot bath, shower or sauna before bed if you have trouble falling asleep.
- Journaling may be helpful if you often lay in bed with your mind racing. Writing you thoughts down may allow you to let go of your concerns before bed.
- Lose weight. Being overweight can increase the risk of sleep apnea, which will prevent a restful night's sleep.
- Remove your clock from view. It will only add to your worry when constantly staring at it...2 AM...3 AM...4:30 AM...
- Keep your bed for sleeping. If you are used to watching TV or doing work in bed, you may find it harder to relax and to think of the bed as a place to sleep.
- Have your adrenals checked by a good natural medicine clinician. Scientists have found that adrenal stress can interfere with sleep.
- If you are menopausal or peri-menopausal, get checked out by a good natural medicine physician. Hormonal changes at this time may cause problems if not properly addressed.
- Don't change your bedtime. You should go to bed, and wake up, at the same times each day, even on the weekends. This will help your body to get into a sleep rhythm and make it easier to fall asleep and get up in the morning.
- Make sure you are exercising regularly. Try to make it part of your morning ritual. Exercising in the evening—within a few hours of sleep—may actually serve to stimulate your nervous system and make it more difficult to easily fall asleep.