

Restored and Enhanced Sleep

Aids to sleep

Consistency in time of going to bed and time of rising.

Bedtime at 10 or 11pm at the latest. For most, going to bed after midnight may create “second wind syndrome”.

Warm bath (not showers). If you like, add lavender oil, Epsom salts and/or other essential oil conducive to sleep.

Floor or low level light in the evening will help your biological clock be tuned up for sleep.

Tranquil music or relaxation cd’s before bedtime and or while falling asleep. Sound machines with waterfalls, rain, etc., may also be helpful.

Keep the bedroom cool at night.

Keep the bedroom dark, unless you need the reassurance of a nightlight. If you wake up too early because of light, consider wearing an eye mask.

Keep the bedroom as quiet as possible. A white noise or other sound machine may help block out noise. Use earplugs if necessary.

Invest in a good mattress.

Make sure your pillow works for your head, neck and shoulders. Consult a professional if necessary.

Prior to bedtime practice the Relaxation Response. Use deep breathing, imagery, or a relaxation CD.

Set the alarm and then turn the clock around so that you cannot see the time. Keep the clock away from your head.

After speaking with your doctor, look into using non-addicting homeopathic remedies, which help the body relax enough to fall asleep and stay asleep. Example: rescue remedy, passion flower, valerian, and melatonin.

Avoid

Do not use the computer or cell phone one hour before bed.

Do not watch stimulating television one hour before bed.

Stop drinking fluids 90 minutes before bed if you tend to wake up to go to the bathroom in the middle of the night.

Avoid bright or overhead light in the evenings.

Do not eat heavy meals close to bedtime. However, if you are hungry, have a small, light snack.

Do not drink or eat caffeine from mid-afternoon or longer. Some people retain caffeine as much as 20 hours.

Eliminate naps during the day.

Do not use alcohol as a sleep aid. Although it may help some to fall asleep, the subsequent withdrawal reduces the quality of sleep and may cause wakeups, nightmares and sweating.

Do not expose yourself to bright light if you need to get up during the night. Instead, install a night light, preferably green.

Do not lie in bed worrying. If you have this tendency, get a notebook and set aside a time for writing down your worries. Defer worrying until the scheduled time.

General Health

Rule out possible health causes of sleep disturbance – apnea or other sleep disorders.

Review your life for sources of stress. Middle of the night wakeup and worry is likely to be related to unreleased daytime anxieties.

Rule out medication side effects.

Take up meditation, yoga, tai chi or other studies that teach relaxation.

Pursue the use of acupressure, acupuncture, cranial sacral or Reiki to help with your overall well-being.