

THE ULTIMATE TIPS FOR SLEEP



GOOD SLEEP NOW

BECAUSE WE ALL DESERVE THE BEST NIGHT'S SLEEP POSSIBLE :)

Good Sleep Now Cheat Sheet

Control your blood sugar.

Control your blood sugar throughout the day by ensuring each meal is comprised of a balance on proteins, healthy fats and non-starchy carbohydrates (vegetables).

Have a small snack before bed that contains healthy fat and a small amount of carbs. I recommend a tablespoon of coconut oil mixed with a dash of raw honey or maple syrup. The coconut oils is easy to digest (due to its medium chain triglycerides, which don't require bile for digestion) and the hint of sugar gives your body just enough sugar so that blood sugar levels don't drop too low overnight.

Consider an adrenal adaptogen supplement.

Adaptogenic herbs, such as Ashwaganda, Rhodiola, and Rehmannia, are able to support the body in different ways, adapting to the body's needs. Adrenal adaptogens can help support either under-stimulated or over-stimulated adrenal glands. Talk to your practitioner about what supplement might be best and how to use it.

Boost your B-vitamins.

When blood sugar is dysregulated, B-vitamins are used up quickly. These vitamins are also essential for our children, who often need extra vitamin B support. Talk to your practitioner about adding a B-vitamin for you and your child. Just don't take them too close to bedtime—they tend to have an energizing effect.

Limit screen time before bed.

Shut off your electronics at least 30 minutes before sleep (an hour is better). Not only will you reduce your exposure to light, but your mind will also have a chance to rest instead of being bombarded by the latest news, a work problem, or drama on your Facebook feed.

If you must, find a phone or app that controls the blue light emitted from your device. Or buy a filter that covers your computer screen to block the light. You can also use glasses that block blue light if you don't mind how funny you'll look lying in bed with grandpa's glasses on. Only take these measures if you absolutely *must* use your devices.



Take a bath.

An Epsom salt bath with a few drops of lavender essential oil may be just the thing you—or your child—need to get some rest. Magnesium helps to relax muscles, as well as supports the body’s detoxification and metabolic pathways. And lavender is well known to have relaxing properties.

Sip your stress away.

Chamomile tea is an enjoyable way to wind down your day. Make it part of your nighttime ritual. You could even sip your tea while bathing to create an ease-filled experience.

Read a book.

Sometimes, all you need to fall asleep is a book. If you are the type of person who starts a book and can’t put it down, grab a complicated book that will have your eyelids drooping before you know it. Reading to your child can also help you both fall asleep.

Set your room up for success.

Make your room dark (or wear a sleep mask) and cool. If you’re like me, a cool room makes your toes curl. But the research is in—a cool room is best for the brain’s overnight repair and regeneration. Turn that thermostat down.

Plan for tomorrow.

So many people have trouble falling asleep because they are thinking about all they need to accomplish the next day. If that sounds like you, you’ll benefit from taking a few minutes before bedtime to plan for tomorrow. After dinner, write down everything you need and remember to do tomorrow. That way you won’t shoot out of bed at midnight to set a reminder or ruminate about how you can’t possibly get it all done. A racing mind before bed is never helpful. Your list will be there to guide you in the morning.

Research melatonin.

Melatonin is a hormone that is normally secreted by the body to induce sleep. When circadian rhythms are disturbed, some practitioners find that melatonin supplementation can be helpful for both children and their parents. There is debate on whether melatonin is the best option, however, so do your research and talk to your practitioner. If you do go with melatonin, use it as a short-term Band-Aid approach while you work to correct the other issues highlighted above.

