

## Natural remedies for rest

**Guest: Dr Trevor Cates**

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### **[00:00:10] Meagen Gibson**

Hello and welcome to this interview. I'm Meagen Gibson, cohost of the Sleep Super Conference.

Today I'm speaking with Dr Trevor Cates, author of the USA Today and Amazon best selling book, *Clean Skin From Within*, and founder of thespadr.com.

She received her medical degree from the National University of Natural Medicine and was the first woman licensed as a naturopathic doctor in the state of California. She currently lives in Park City, Utah, where she helps patients from around the world with a focus on skin and hormones.

Her next book, *Natural Beauty Reset: The Spa Doctor's 7-Day Program to Harmonize Hormones and Restore Radiance*, is out now. Dr Trevor Cates, thank you so much for being with us today.

### **Dr Trevor Cates**

Thank you. It's great to be here with you.

### **Meagen Gibson**

And so a lot of people, I'm sure, are thinking, what is this spa doctor doing talking to me about sleep? But I know for sure that sleep has such an impact on the way that we look, the way that we act, the way we can focus. And so how does sleep impact our skin in particular?

### **Dr Trevor Cates**

Yes. Well, I think people have asked me, is beauty sleep a real thing? Is sleep really important for skin? And it absolutely is. Not only is sleep a time for our bodies to restore, but there are actually some really great connections between melatonin and the protection in our skin.

So melatonin, of course, as I'm sure you're talking a lot about, is the hormone that helps us fall asleep, stay asleep, and our body releases it in response to changes in light. So when the lights go down, our melatonin goes up.

But melatonin is not just for sleep. I mean, that's usually what it's mostly known for, but melatonin actually acts like an antioxidant in the body, it has protective effects. So researchers made a connection between melatonin and aging. When your melatonin is higher, it helps with more graceful aging. And then also helping prevent certain types of skin cancers.

**[00:02:17]**

And there's even been some research showing that melatonin may even help protect against things like basal cell carcinoma and different things. So it's amazing what we can get from the benefits of sleep.

And I think a lot of times people think of sleep as just something that you just have from, when you have a good night's sleep, it gives you energy. But I'm sure as you're exploring, there are so many benefits of sleep and we need good sleep.

And of course, as a naturopathic physician, for 22 years I've been talking to my patients about sleep. And it's a big thing that I talk about in my book, *Natural Beauty Reset*, is the importance of getting sleep. And in my new book, I talk about the seasonal changes and how we need to change for the seasons, and that includes our sleep. Our sleep patterns change throughout the year.

### **Meagen Gibson**

I'm going to come back to that in a second but I want to go back, because you said so much, and I want to go back. As somebody that has a focus on skin and can talk about skin really informatively as you can, one of the things that I was thinking about as you were speaking was that everybody wants to be protected from the sun. We want to avoid cancer.

And so there's this balance at play because you need sun exposure. From what I'm reading, you need like 15 minutes of sun exposure, especially to the eyes. Nobody look directly at the sun, that would be bad. But I'm saying, sunlight that hits your eyes, gives your body the signal to produce melatonin.

So like 15 minutes, we get vitamin D. We get all of these health benefits from the sun. And so things like avoiding the sun or overusing sunscreen or things like that, how are they impacting your body's cues to make melatonin and therefore impacting your ability to get those sleep cues from that melatonin?

### **Dr Trevor Cates**

Yeah, absolutely. And I do want to clarify that I said basal cell carcinoma, but what I meant was melanoma. For prevention. Sorry. So I wanted to clear that up.

As far as helping with, you're saying what are some things to help with getting a good night's sleep? There are so many great things that we can do to help us sleep. There are a lot of things that we do on a day to day basis that prevent us from getting a good night's sleep.

And it's part of modern day living, is that we're used to artificial lights and we're used to our computers and our phones that emit light. And so what happens is, when we get that exposure to light, our brains think that it's daytime, and so it turns off, it suppresses that melatonin production.

So what we really want, one of the biggest things we want to do is to dim the lights, to take a break from electronics so that we can make sure that we get that adequate amount of melatonin production naturally. Because I think a lot of times people just think, oh, I'll just take a melatonin supplement, but, and we can talk about it, it's not necessarily that easy.

**[00:05:28]**

It's a lot better when we help support our body's natural production. So that's the first thing is when I look at, from a naturopathic perspective when I look at anything, we want to remove the obstacles to healing. We want to address underlying causes.

So if one of the biggest things is you're staying up late on your electronic devices or you're watching television, you've got bright lights all over the house, then that's one of the first things that you want to address. Dim the light. And there are simple things and giving yourself a certain amount of time to unwind and get that reduction in light.

Put blinds on your windows too, because a lot of us live in cities where there's street lights and lights outdoors. Or even if it's a full moon, it might be really bright outside. So it's nice to have blinds on the windows so that you can control your environment. So light is a big one for melatonin and production.

And then the other on the flip side of it, when you wake up in the morning, to be able to have that light. So, I mean, it would be really great if you had your blinds that were on timers and so at night they're closed and then as soon as the light starts to shine, they open up.

### **Meagen Gibson**

Or if you're like a character in Downton Abbey or something where they come in and they open the curtains for you.

### **Dr Trevor Cates**

Or you have somebody open it for you, right. But we might need to set the alarm, and then open up the curtains or the blinds and get that light. Or even go outside into the sunlight. And then that also will help reset your clock. So it's not just what we do at night, but also in the morning. And that's melatonin. But there are other reasons why people can't sleep too.

### **Meagen Gibson**

Yeah, and I have a lot of sympathy for people who use pharmaceutical help to get to sleep. Because when it's an acute problem that you need immediate relief for, like if you are in a real sleep deficit and you need assistance, I'm far from somebody that would tell you not to take something, however, prolonged use of things like melatonin or sleep aids or sedatives, things like this, can have really detrimental effects on you.

And we should, like you said, always look for the natural way to get that, sleep aid. So for somebody who, and I want to come back to what you were saying in a second, is using sleep aids, what is your recommendation on how to, if they're interested, remove those from their practices and habits? Beyond what you've said, getting morning light, making sure you're dimming lights at night, and then how to remove yourself from that habit?

### **Dr Trevor Cates**

Yeah, absolutely. I think sleep medications are one of the most common things people are put on and I see it often in practice. And people are so quick to be put on sleep medications, but the problem is that they come with some side effects and some of them are very debilitating.

**[00:08:35]**

And they're only really meant to be a temporary solution, but then people get hooked on them and they just rely upon them and are so used to the way that they sleep and the way they feel that they don't realize that they're actually not getting quality sleep and that it actually can be impairing their health and they could be having side effects.

So they're one of my least favorite medications and I'm a naturopathic doctor, so I'm more inclined to natural medicine. But I think as far as detrimental effects, it can definitely have huge detrimental effects on people's health.

And so often people don't even realize until they go off of the sleep medications how much they're harming their health and how much they were using that as a crutch. And I can just tell you, I hear it over and over again, and I will tell my patients this, and still when they go off it, they'll say, I had no idea. I had no idea how bad I actually felt in comparison to how I feel now.

So I just want to tell you, if you're on medication, work towards getting off of it. So that's the first thing I just want to make sure I say, because I'm really glad you're bringing this up. And unfortunately, so many people are put on things like Ambien or Trazodone, and these can come with a number of side effects.

And I think it would be okay for me to share this, but my husband now, when we were dating, was on Trazodone, and I could smell it on him. His body odor actually changed. And I told him, in order for us to continue dating, you're going to have to go off this medication. And he was like, oh, no, it can't be. And he would say, oh, it's going to be fine.

But once he went off, and I can share some of the things that I share with people to help them go off it, he was amazed. And sure enough, even the body odor, when people are on medications, they don't even realize what's going on.

### **Meagen Gibson**

Well, as I always tell my middle schooler, you can't smell yourself. That's the problem. You're going to be the last one that knows, not that you necessarily smell, but that you have an odor about you because you can't smell it yourself.

### **Dr Trevor Cates**

And it's not like it was bad. I'm just super sensitive to this because I love a very clean life. So when I'm around other people, I notice these things. So anyway, it really, truly is important to go off.

But if you are on medication, talk to your doctor about tapering off. I feel like with any medication, you want to be careful, work with your doctor, but have the goal to get off of it. And so what you're going to need though, is something else to help you. If you just stop taking medication like that, you're not going to sleep.

Your body is so used to it, so you need other things to help support your sleep. So as a naturopathic physician, I'm always like, what is the reason you can't sleep? So we want to figure that out. Is it having to do with having high cortisol at night?

**[00:11:56]**

Hormone cortisol is one of our adrenal hormones, and that should lower at night. Should be higher in the morning, and lower at night. But a lot of people have high cortisol at night, they're doing stressful things or adrenals are kicking in at night. Maybe they're exercising, they're stressed out, they're working late at night and that's keeping their cortisol levels up and that's more of an acute thing.

Or chronically, they've stressed themselves out so much that their cortisol is just high every night no matter what they do. And so we want to address that. So if cortisol is high, if you're super stressed, if that sounds like you, you're kind of amped up and you just can't unwind, that's one of the things.

Of course I know a lot of times people just go for melatonin and sometimes people do need help with their melatonin. And like I said, melatonin can have some really great health benefits. It's an antioxidant, and prevents melanomas and it's been connected with other types of cancer as well, and so that can be great.

But for women, one of the common things that I see in addition to high cortisol is low progesterone. So even in a woman's 30s, our hormones start to change going towards menopause. So perimenopause starts even in our 30s. So progesterone will start to drop in relationship to estrogen.

And especially for women who have more estrogen dominance, it can be even more pronounced. So that drop in progesterone, one of the symptoms that women often have early on is insomnia. And so they might experience night sweats and hot flashes that wake them up or they just can't seem to sleep.

And that's one of the things that if we can get that estrogen dominance in a better place or taking things like chaste tree berry or things like that, that can help progesterone naturally. Some women might want to look at bioidentical hormones, like bioidentical progesterone, if that's indicated as other symptoms going on with low progesterone.

So again, you've got to really figure out what is going on and then maybe it's not even adrenal, maybe it's more your nervous system. So we have the sympathetic parasympathetic balance with our nervous system. So we have the sympathetic, fight or flight. The parasympathetic is rest and digest.

And so if we are in the sympathetic dominant state, which is so common these days with a very stressed out state, and again for people who are overstimulated and it can be environmental as far as your work, your social life, your home life, and it can also be related to taking stimulants, whether that's caffeine or medications that have that stimulant effect.

So to help us sleep, we have to address these root causes and then depending upon which are the root causes, then we can tackle what would be the best treatment plan.

### **Meagen Gibson**

Absolutely. And I'm sure it can be more than one thing at once as well. I mean, you could have an extremely stressful job situation. And then if you've got kids under the age of six, especially, the bedtime routine can get me ramped up.

And then you've got the thing of revenge bedtime, where you're as the adult, the responsible adult, staying up too late because you're trying to calm down, you're trying to get some peace and quiet. So

you have to stay up late in order to feel like you can rest and recharge, when really the answer was probably just to go to bed when your kids did. But multiple things going on at once, maybe.

**[00:15:47] Dr Trevor Cates**

Absolutely. And pets too. So the dog, the cats, they're keeping you up, waking you up. Maybe you have a puppy, whatever. Maybe your partner snores. I hear that a lot, too. Or tosses and turns. And then that affects your sleep. And then you end up with the same sleep pattern as your partner or other people in your house who are up and about and moving around. There's noise outside.

There's so many things that can interfere with our sleep. And another big one that I did mention is your blood sugar. A lot of people will snack late at night and I think it's really important to not eat close to bedtime because you just don't want to mess up your blood sugar.

And then also that can tie into your cortisol and different things. So making sure that you don't have that evening snack or that glass of wine as a nightcap or whatever, those can actually, I think people forget that wine actually increases your blood sugar.

**Meagen Gibson**

Huge blood sugar trigger, isn't it?

**Dr Trevor Cates**

Yeah, it is. And so we get that blood sugar surge at night. It's going to be another one of these stimulants. And especially for people who are prone to that, more and more people are insulin resistant, so their body is not as adept at balancing their blood sugar.

So you want to be particularly important in not having that nighttime snack. Or another one that wakes people up at night is having to go to the bathroom. So you're drinking a bunch of water before bed. I mean, I used to recommend just drinking some herbal tea, but then people get up in the middle and I have to go to the bathroom.

**Meagen Gibson**

Right, yeah. Or even with the wine, you've got the triple whammy. It's a blood sugar stimulant, it's a sedative and it's a liquid that's going to be pressing on your bladder at 02:00 A.M. It's like a triple whammy of, let's just cut off that stuff at a certain hour, 07:00 P.M. or something. Yeah.

**Dr Trevor Cates**

And it is definitely one of those myths that we want to bust, too, that it is a nightcap. Alcohol is not a nightcap. I mean, it might make you feel drowsy, but it actually interferes with your sleep patterns. And so you're not going to get the quality of sleep.

And that's what happens with a lot of these sleep medications too is that you feel like you're drowsy. You feel like, oh, I got to sleep. So your brain is not just going a million miles a minute but when you wake up in the morning, you probably still won't feel refreshed and you're still not having that alertness that you need through the day.

**[00:18:26]**

Because ideally we want to just really love life and be embracing it. And especially as we get older, sleep gets more and more challenging, more of these things can stack up against us and we have, a lot of times, more going on in our brains than necessarily in addition to what's going on externally. We don't have little kids anymore.

**Meagen Gibson**

We've got adult kids we're worried about.

**Dr Trevor Cates**

We're worrying about our adult children.

**Meagen Gibson**

Exactly. And you mentioned earlier seasonal changes. Now I wasn't sure if you meant seasonal literally, like winter, spring, summer, fall. Or life seasons metaphorically. So can you expand on that?

**Dr Trevor Cates**

Yeah, both. But what I was actually referring to was more of the seasons, fall, winter, spring and summer. But yeah, we go through seasons of life. It's what I was talking about, as we get older we go through changes. And what I think a lot of people actually notice is you don't need as much sleep. You don't feel like you need as much sleep.

And so I sometimes think, oh, I've got to get 8 hours of sleep. But it is important to realize that not everybody needs 8 hours of sleep. You might function really well on six. Some people might need closer to nine. So it really is up to you. But the average is six to eight. Well, for most people somewhere in that sweet spot.

But trying to go to bed at the same time is one of the things that can really help you make sure you get through the right sleep patterns. Getting that deep sleep and getting that REM sleep. You want to make sure that you're going to bed at the same time.

But when it comes to seasonally, as far as the seasons go, the sun changes at different times of the year. So in the summer we have longer days or sun during, throughout the day. In the winter we have short days. And this is most of the world, not everywhere. I mean for some people it's a little bit different, right, depending on how close you are to the equator.

But for the most part, most of us are going to be impacted by the sun and where it is in relation to us, the length of the day, how far away or how close it is, further away in the winter, closer in the summer. And with that, because of melatonin, we might notice that summer is actually a little bit harder to sleep because we have these longer days, sunnier days.

And so it's nice to know. So that way when you might turn to a natural product to help support your sleep in winter, you might find that it's easier to fall asleep because the days are shorter, it gets dark earlier. And so I think it's important for us to realize these factors so that we know when we can use natural sleep aids and to not beat ourselves up, too.

**[00:21:35]**

And even with a full moon, that can cause some people, there's research on that right around a full moon, that can cause people to stay awake and they might feel like, why is it that I can't sleep right now? Well, look outside. Is it a full moon? Because that might be, if you're not normally having difficulty sleeping but all of a sudden you are, it could be something like that.

So I think so often we are disconnected from the natural rhythms of life, of what's going on outside of us, and we forget how much the sun and the moon and things like that impact our physiology.

**Meagen Gibson**

Absolutely. I was in Northern Europe. My company is based in Northern Europe. I'm there a lot. And I was recently there over the summer and was reminded of just that they have very thick, heavy curtains there for a reason. The sun rises at 04:00 A.M. and it does not set until like 11:00 P.M. It is not truly dark until 11:30. That's only like 4 hours of darkness.

And for somebody like me, I will travel with paper tape so I can cover up lights in hotel rooms and things like that because I'm a little bit light sensitive. It was just, I was like, okay. And I brought some very low milligram, like 3 milligram melatonin because I was like, I'm never going to be able to sleep if it's light 18 hours a day here.

So, a very good point. And there's plenty of places where it is light. And then by contrast, I would assume it's even more important to get that daytime light when the darker hours occur. If there's not that much light, all the more important for you to get some light in your day for all the benefits that you get from it.

**Dr Trevor Cates**

Yeah, absolutely. For some people, it's good to have the light devices that give you a little bit of that boost and especially for people who tend to have seasonal affective disorder or something like that. Yeah.

**Meagen Gibson**

So what are some myths that we haven't covered yet about sleep?

**Dr Trevor Cates**

Yeah, so I think we've covered a lot of them. I think that one of the biggest ones I want to reiterate is that people forget that these things that are so called a nightcap or a sleep medication that is actually helping us sleep, when we look at sleep, it's not just about being drowsy and falling asleep, but getting the quality of sleep, so what's actually happening while you're sleeping.

And so I actually have become a big fan of some of the devices that you can use to monitor your sleep, like Oura rings or other devices that will help you determine how much of the light, deep, REM sleep that you're getting and that they're reminders, okay, it's bedtime, start unwinding.

It's nice to have, at least for a period of time, if you're trying to get back on track, to use some of these devices towards your benefit, because I think a lot of times we're just not even aware of how much



we're missing out. And so if you get a device like that, it might clue you into some of the things that are going on that might be impacting your sleep.

**[00:24:54]**

And I mean, I got an Oura ring not long ago just to see, because I've been recommending it and I have no association with Oura. So there are plenty of other devices. That's just an example because it's really easy to wear on your finger. I actually have it right here.

And what I noticed was my heart rate variability, and so that's another thing, that your heart rate variability as you're sleeping can also be an indicator of how well you're restoring at night. So there's a lot of information that you can gather about your sleep to then really help you hone in on what you need.

I think another big thing is there are a lot of myths around melatonin, that everyone should take it and everyone will do great with it, and more is better. Let's break down those things. So some people actually don't do well with melatonin. I've heard of people who have nightmares or such vivid dreams that they are actually not feeling rested when they wake up at night. So that is one of the side effects of melatonin, especially if you're taking it at too high of a dose.

But some people, even a small amount, is creating these nightmares or difficulty with getting a really high quality sleep. So it's not necessarily for everyone, and it's not necessarily something you have to take all the time. Sometimes it's just to help you get yourself back in rhythm and then you can do things that naturally restore your melatonin.

But then the other thing is about dose. I've seen people taking 20 milligrams every night. Okay, let's back off the melatonin. Let's talk about what a physiologic dose is, what your body would naturally be producing. There's been some research showing that even 0.3 milligrams is all that we really need in order to get a good night's sleep. I find that 0.3 milligrams isn't necessarily enough for everyone if they're really struggling with their sleep.

But ideally, that would be around the dose that we would just need to help us naturally get into sleep. Most of the people that I talk to, it's somewhere between a half a milligram to two milligrams. Most people do. We're talking more on an ongoing basis, if you're taking it long term, that's what you typically want to shoot for. At least that's what I found in my practice is what's therapeutic for most people.

What you shouldn't feel is groggy in the morning. So if you're taking melatonin and you're still feeling groggy or don't feel like you're getting going in the morning, then either you have too much melatonin or melatonin is not what you need. It might be that your cortisol level is too high or something else, or maybe that you need progesterone, like some support with your progesterone production.

I don't think it's necessarily a band aid for everything. People just say, oh, just take melatonin. It's like we're so used to conventional medicine. It's like, oh, take Ambien, if you have sleep problems, take this medication. And so we're so used to just taking this thing. It's not always that simple.

So if you've tried melatonin and it's not working, again, look for things like high cortisol. There are supplements that you can take. There's even a supplement called Cortisol Manager. It's one of my favorite ones for patients to take. Yeah, it's really a great one for people who have high cortisol. Last

time I tested, my cortisol was actually low. Except that it's not where it needs to be in the morning to get me going.

**[00:28:56] Meagen Gibson**

Ah, yes, yes.

**Dr Trevor Cates**

Cortisol Manager can be one that if someone has high cortisol, but for me, Cortisol Manager wouldn't be a good one for me because my cortisol, I'm trying to get my cortisol where it should be, but being high in the morning and low at night.

**Meagen Gibson**

And that's something a lot of people don't realize is that cortisol isn't a negative substance. It's used literally to wake up, as your melatonin drops in the morning, your cortisol raises intentionally so that you will wake up.

The purpose of it is not just a response to stress. We've labeled cortisol as this response to stress and stressful environments when it actually has its job outside of our stress.

**Dr Trevor Cates**

Yeah, cortisol is actually a really important hormone. That's why I did a whole nine part documentary series on hormones because hormones sometimes get a bad rap because they create issues for people if they're too high or too low. But wow, when our hormones are working for us rather than against us, it's amazing.

When we have that ideal cortisol diurnal rhythm, it's fantastic what it can do. But sometimes we just need, our bodies are amazingly wise, and so we just sometimes need to get it back to where it needs to be. We give it a little support, and it can get back there.

Some of the herbs and things that I think are particularly helpful for sleep, Ashwagandha, talking about adrenals and cortisol, is one of, Ashwagandha and Rhodiola, some adaptogenic herbs can be really helpful, especially if you don't know if your cortisol is high or low or what's going on with that. These adaptogenic herbs can actually help get your cortisol levels to where they're supposed to be.

And they can be Ashwagandha. We make it as a supplement called Stress Adapt. And so really what it is it helps your body be more resilient. So it's not like if you take Ashwagandha in the middle of the day, it's not going to make you fall asleep, but if you take it in the evening, it can actually take the edge off. So it just helps you ease into sleep a little bit more.

So it's not going to be like taking Ambien or Trazodone where it just knocks you out, or drinking a few drinks of alcohol, which again, is not really what we want anyway. We don't want to just knock you out. We want to take the edge off. We want to help you naturally transition into sleep. So those are good ones, adaptogenic herbs, as well as Valerian is another one of my favorites to help people with sleep.

I oftentimes will recommend it as a tincture just because people can add it a little bit to their water and they can sip on it and don't drink a big glass of water. Just little sips because you don't want all that fluid in your body, then have to wake up in the middle of the night. But that's another one.

**[00:31:58]**

And if you need something a little bit more, Kava. Kava is one that just really creates more of a sedative effect. And that's one that I think unless you really want to calm yourself down, that would be one maybe save for the nap or the bedtime.

So those are some of my favorites for helping people with transition to sleep. The lower dose melatonin, and the Cortisol Manager if someone's cortisol is high. And Valerian, Kava and adaptogenic herbs like Ashwagandha.

### **Meagen Gibson**

And I'm really glad that you've mentioned so much about the dosage of melatonin, because depending on where you buy it, one of the things people don't understand, very rarely is somebody looking at the actual milligrams of active ingredient on the bottle of melatonin. They're just like, I'm going to buy some Melatonin. It's like, I'm going to buy a multivitamin. They just buy it.

And I didn't know until probably a year, maybe two years ago that they could differ so drastically. One bottle from a pharmacy would be ten milligrams. Another bottle that I could get on a supplement website was like three milligrams. Such a variety in dosage.

And so if I'm taking two melatonin, depending on what the actual dosage is, if I'm not paying attention, if I think I just chew this gummy, I mean, they put it in candy now, essentially. And actually, melatonin is illegal in the UK as a supplement. You're not allowed to buy it there for all the reasons we've already explained.

So even though it's easily, readily available here, it's good to be responsible about when you take it, how you take it, and knowing how much you're taking.

### **Dr Trevor Cates**

Yeah, that's why I really wanted to talk about melatonin because I feel like it's everywhere now. It's in candy and all these places. Also, just be really careful with children getting their hands on this kind of candy. Just make sure you put it, if you have children in the house, in a high place.

It's not that kids can't take melatonin, but they only need a tiny, tiny amount. And if they taste something good, they could just think that more is better. And if you have that mindset that you think more is better, then maybe you need to put it up high too.

### **Meagen Gibson**

And they make melatonin gummies for kids now in the States. So it's basically like you're giving your kid a fruit chew. What do they call them? My kids don't get them because they...

### **Dr Trevor Cates**

Like a multivitamin kind of thing?

**[00:34:35] Meagen Gibson**

Yeah. And gummies essentially before bed are like a sure-fire way to be at the dentist and filling a lot of cavities with your money. Fruit snack. That's what I was trying to say, a fruit snack as I was holding paper towels in my hand.

So it's like giving your kids a fruit snack. So if you associate I go to bed, I get a fruit snack. What kid wouldn't decide to suffer with sleep if they were going to get a fruit snack? So a lot of those associations.

And then for the adaptogenics, where are some safe places that people can look into those, purchase those? It's not as easy as going to the pharmacy and just picking it up and feeling like you can trust what you're getting. So where would you recommend people starting with those adaptogenics?

**Dr Trevor Cates**

Yeah, well, I mean, at the spa doctor we make stress adapt, it's our supplement that is a Ashwagandha supplement. Certainly, quality is something that you want to pay attention to. And some people prefer capsules or tinctures. It really depends on what's going to make it easiest for you.

I typically find that with patients, they like capsules because they're easy to travel with, they're easier to take, they don't have to worry about the flavor or the taste or brushing your teeth and then taking them or anything like that. So I find that capsules, although some people really like them because they feel like they absorb them better depending upon your digestion and all of that.

But I think for the most part you could find if you have a practitioner you're working with, I feel like practitioner lines of supplements tend to be a little bit better. I think that there are some places where you can find those. I know my local compounding pharmacy, they carry supplements, practitioner supplements. So you could go to some place like that that has a higher level of supplements, higher quality.

Or if you don't have that you can order it online or your local health food store. But again, quality is key. It's really important.

And then also just remembering that again, you really want to support your lifestyle in addition to taking these. If you're still doing other things, for example, if you're a nap person. I'm not really a nap person. I like to meditate but I don't really nap. It's rare but I know some people really love their naps.

If you choose to nap during the day it's actually okay, just make sure that they are short naps. So if you tend to be a long napper, set your alarm for maybe 20 minutes. And so that you only take a nap for maybe a few minutes, to 20 minutes would be the top. And try not to do it in the evening or closer to bedtime, try and keep yourself awake.

Go for a walk, do something not necessarily stimulating but something to keep you awake because that can interfere with your sleep because then you're more likely to stay up late because you already got some sleep during the day.

But actually there's been some interesting research on napping and meditating and closing your eyes and breathing and things like that, that actually can be helpful to get your energy level up throughout the day. So that can be beneficial.

**[00:38:09]**

Another thing is I prefer people to exercise earlier in the day, especially more of a high intensity type of exercise to get your cortisol going and those sorts of things in the morning and earlier in the afternoon. And then later in the day as you get closer to bedtime, especially within a couple of hours of bedtime, if you want to exercise, you want to move your body, which I'm a big fan of movement, is to go for a walk.

Or a swim, or a little bit of yoga or something where it's a little bit less of an intense workout. Maybe not pumping iron, working out hard at the gym or doing your high intensity and interval training or your HIIT or whatever that is.

And then the other thing that I think is we talked about light, but also temperature makes a difference with sleep too. And I'm going to tie this back to skin too, that when we sleep in a cooler room, that's actually helpful for our sleep.

So you can lower your thermostat in the evening so that the temperature is a little bit cooler and that actually helps signal your body, it's time for sleep. And it's actually beneficial for your skin as well. And if you are a woman who tends towards hot flashes and night sweats. You're also going to like having that cooler temperature.

**Meagen Gibson**

Absolutely.

**Dr Trevor Cates**

There are things, too, like chilly pads or different devices and things, the type of bedding you use, what you sleep in, the type of mattress you have, the type of pillow, all of these things can impact your temperature as you sleep. So that's another big one that I find is that if people can stay cool while they're sleeping and not too cold, but cool and comfortable then that actually can help too.

**Meagen Gibson**

Absolutely. Well, that's a ton of information today. Dr Cates, how can people find out more about you and your work?

**Dr Trevor Cates**

Absolutely. So people can go to [thespadr.com](https://thespadr.com), so [thespadr.com](https://thespadr.com). So doctor is abbreviated, dr.

We're also on social media, [Facebook](#), [Instagram](#), all those great places. And people can also check out my book at [thespadr.com/book](https://thespadr.com/book) or anywhere. It's called *Natural Beauty Reset*, anywhere books are sold.

**Meagen Gibson**

Fantastic. Thanks so much for being with us today.

**[00:40:44] Dr Trevor Cates**

Thank you.