



10 Tips for better Sleep



Cheat Sheet



Ani WILSON



Sleep is the one and only time in the 24 hour day that our body has the ability to heal itself. So when I hear people saying that they have no need for sleep, or that they survive on less than 4 hours of sleep a night, I can't help but wonder what other ailments are starting to creep into their lives.

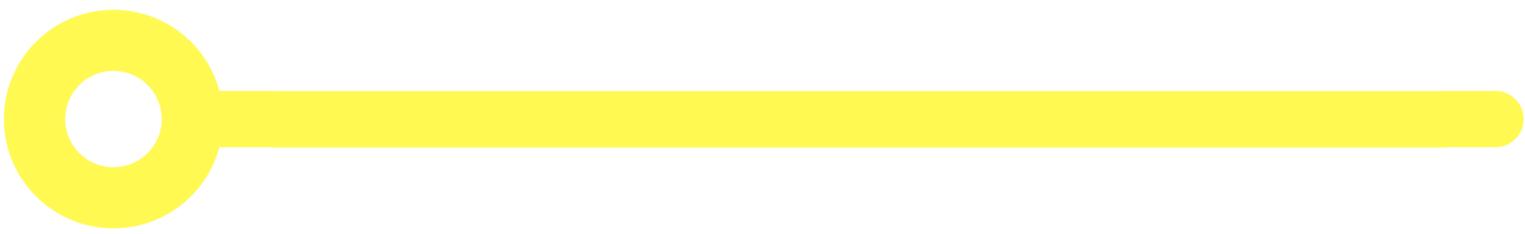
I think it's ironic that in a society so hell bent on finding the cure to many of man's diseases, that we are all still so ill-informed about this simple truth.

Sleep is THE MOST Important function in our lives.

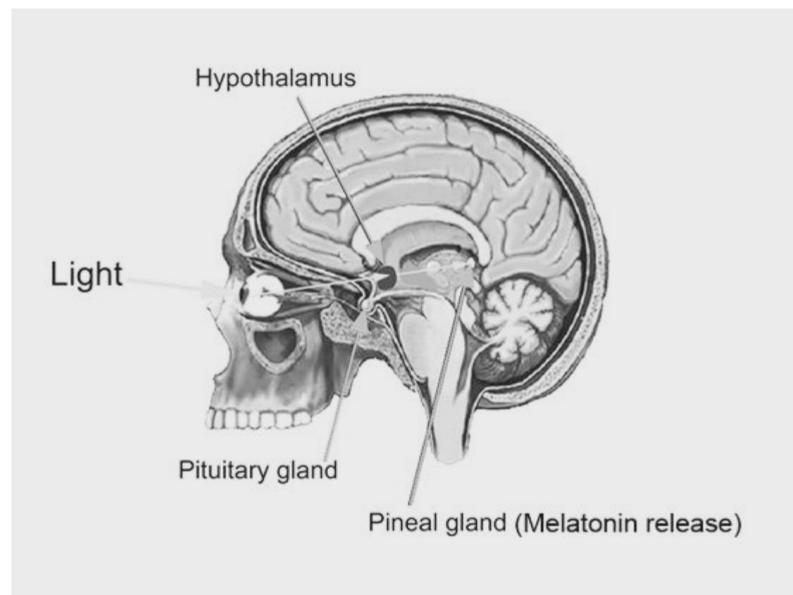
Human beings are supposed to be diurnal, meaning we sleep at NIGHT. Our body clocks are in synch with the moon and sun. Our energy hormones are at their optimal in the morning, and our relaxation hormones are highest in the evening. Why mess with Mother Nature?

With the onset of night shifts, and the recent ability to party all night at your local bar, we are rapidly becoming a population of sleep deprived zombies. The longer you go without restful sleep, by waking intermittently, or reducing your sleep time in some way, the further into habit your sleep cycles go.

If you were to tell me that you hadn't slept well in years, I would say that your predicament was now part of your subconscious patterning. This is a habit that must be broken.



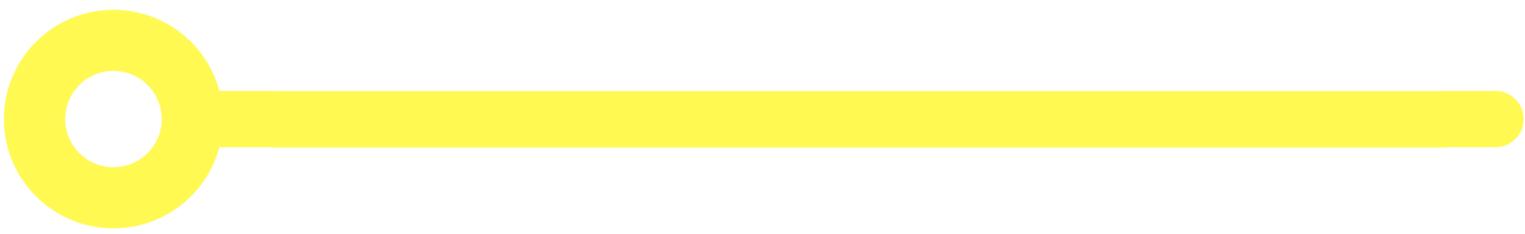
When the sun goes down, your eyes send a signal to your pineal gland within your brain telling it to kick start the production of melatonin, a hormone that regulates our bodies own circadian rhythms.



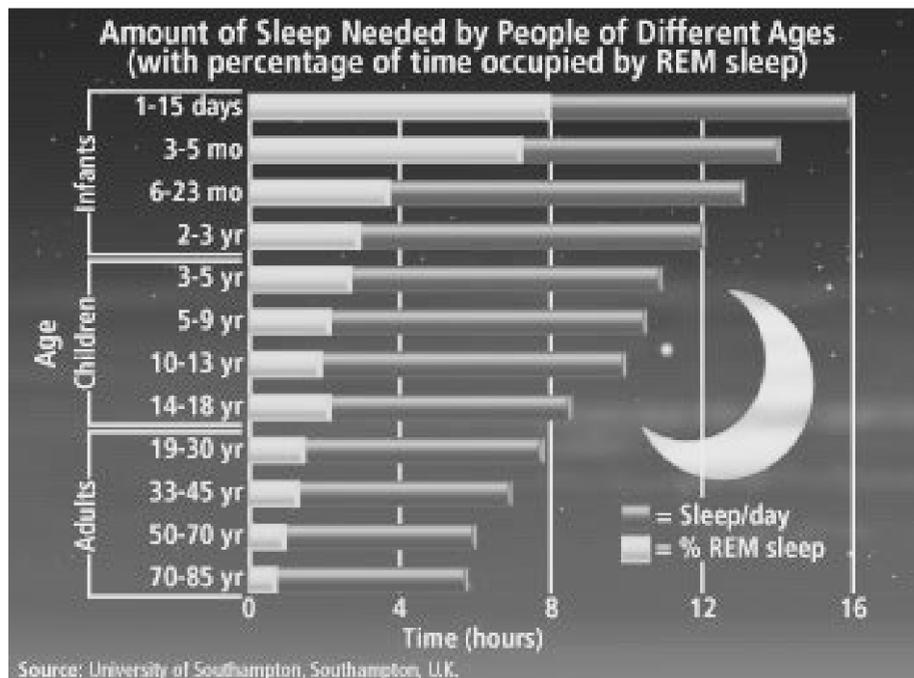
Fight against that by ingesting sugar or caffeine for instance, and your brain goes into a tail spin. It's OK to defy nature for one or two nights, but to do so for months or even years on end is madness.

Sleep deprivation has been linked to:

- Significant reductions in performance and alertness - reducing your night time sleep by as little as one and a half hours for just one night could result in a reduction of daytime alertness by as much as 32%
- High blood pressure
- Heart attack
- Heart failure
- Stroke
- Obesity
- Psychiatric problems, including depression and other mood disorders
- Attention Deficit Disorder (ADD)
- Mental impairment
- Foetal and childhood growth retardation
- And even Injury from accidents



The optimal sleep duration for an adult aged between 26 and 65 is 7.5 hours, reducing as we age. It is considered optimal to have fallen asleep by 10:30pm, and wake at 6am. If you feel you need more sleep, have a nap in the early afternoon, instead of staying in bed until 10am so as not to impact your production of energy hormones in the morning.





Techniques and Tools to aid the onset of Sleep

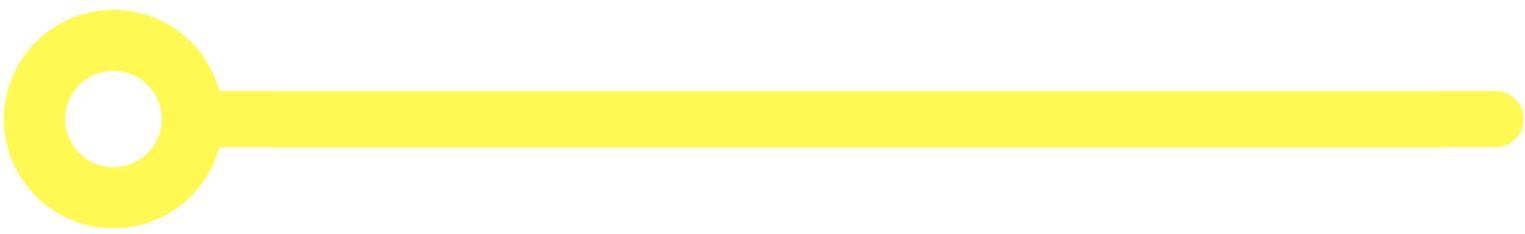
1. If you are a night owl by habit, break this cycle by going to bed 10 minutes earlier every night for a period of 21 days. It takes an average of 21 days to replace a habit remember! Stick with it!



2. Remove any blue light (such as alarm clocks) or technology (phones, televisions) from your bedroom. These interrupt your sleep patterns whether you believe it or not. Blue light is the one light colour that has been proven to permeate through your closed eye lids thereby allowing your eyes to send signals of light to your pineal gland.



3. Refrain from partaking in alcohol, caffeine, or sugar after 2pm. I realise this one will be hard for many people! Think of this as a TEST that you are swotting hard for, and give yourself a gift at the end of those 21 days for all your hard efforts to make it more worthwhile for you. Caffeine for example, has a half life (for the average adult) of 5-7 hours. This means if you consume 200mg of caffeine at mid-day, you would still have 100mg in your system at around 5.45pm, and 25% will still be in your system at 10pm. Do the math if you're an afternoon or dinner time caffeine consumer! These substances are stimulants and mess with your circadian rhythm.



4. If you have anything on your mind before you go to bed, write it down. This simple task relieves your mind as it gladly accepts the matter has been taken care of for the time being. Whether you action upon it the next day or not is irrelevant.



5. Have a warm shower before bed. The warm water is thought to warm the blood which slows down the blood flow and improves our ability to relax.



6. Do NOT take sleeping pills! Although most sleeping pills help you to FALL asleep, they actually interfere with your sleep cycles once asleep.



7. Add exercise to your daily routine. The Endorphins produced are a natural sedative (after a few hours delay – don't try to fall into bed straight after an aggressive workout though).



8. Have a cup of relaxing tea 30 minutes before bed, such as Chamomile.



9. If you suffer from regular night waking, it is best to refrain from ingesting anything immediately before going to bed. Eating can cause your digestion to kick into hyper-drive when it is supposed to be in slow-mode. I've found this particularly true for women going into or through menopause.



10. Have a cup of warm milk 20 minutes before bed. When cows' milk is heated, a chemical reaction is created that forms an amino acid called Tryptophan. Tryptophan is naturally formed in the human body to assist the creation of Serotonin, ensuring when you wake, you feel calmer.





If you wake in the night, don't rush to turn the bright lights on to read. Your brain still needs to know that it is night time, so if you do get out of bed to read a book, keep the lights as dim as you can, and refrain from watching an exciting movie, as this will only stimulate your brain further. The aim here is to promote relaxing, calming and regenerative cycles of sleep.



I know there are a lot of people out there who want to know how to **STAY** asleep rather than how to get to sleep too. If that's you, do head back to my website for the second ebook in this series; "What's Waking You?"

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