



*Eternity Warrior*

# SLEEP SOLUTIONS GUIDE



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# Sleep Solution Guide

- Do you know how good it feels to have a full night's, restful, deep sleep?
- Maybe you have forgotten what good sleep even feels like!
- Maybe you need sleeping aids to get any sleep but you know that they aren't great for you and the quality of your sleep is far from what it could be.

Let me assure you that you are NOT alone - millions of Americans don't sleep well and many are dependent on sleeping aids.

People need more or less sleep at different phases in their life. Women may need more or less sleep at different phases of the month. As we age, we don't produce as much melatonin either - another reason we tend to get less sleep as we age! The simplest way to tell if you're getting enough is by noticing every morning - do you feel rested? Do you wake up without an alarm clock and feel ready to get right out of bed and start your day?

Not getting enough sleep is one of the most direct ways that we self-sabotage our success and well-being. When we are better rested we not only feel better, but are calmer, smarter, more rational, nicer to be around and well, we look better!!!

**Insomnia is not the problem.**

*Insomnia (as in both trouble falling and staying asleep) is just a symptom of something else going on in your body.*

*Uncover what it is and many of your health issues may improve, not just sleep.*

Sleep Matters. It is actually the very foundation of good health and wellbeing.

Here are some of the reasons:

- Your body repairs and renews cells during sleep.
- Your liver does most of the **detoxification during sleep**; between 1 am and 3 am.
- Hormone and neurotransmitter regulation happens during sleep.
- Poor sleep can cause 15% *less* leptin (which makes you feel full and not hungry) and 20% more ghrelin (which makes you hungrier) - this means it's easier to lose weight when you sleep more!
- Adrenals repair during sleep - overactive adrenals overproduce cortisol which can cause an array of health issues.

Let's dive into the most common causes of insomnia and strategies that might help you. Use the



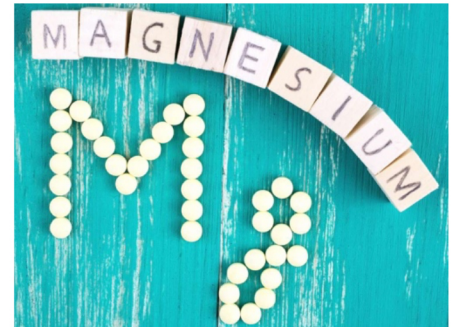
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following tips to help you develop new nighttime habits and eventually you will find yourself sinking into the most restful sleep possible!

## TOP SLEEP HACKS

### Increase Magnesium Levels

Most people suffer from low magnesium levels and don't even know it. This is probably because it's not on most doctors' radar to confirm this deficiency because most doctors aren't running intracellular nutrient levels! Common symptoms of low magnesium include poor sleep, leg cramps, shoulder tension, constipation, anxiety and edginess, depression and headaches. And everything in this modern day world depletes it- Stress, caffeine, alcohol, poor diet, etc, etc.



- ✓ Top up your magnesium levels: Having researched many forms of magnesium, I recommend (and personally take as well) the glycinate form. I like it for its high bioavailability, high absorption rate, and non-laxative effect. You can't go wrong with 250 to 300mg per day. If you're clinically depleted, you may need much more.
- ✓ Try topical magnesium: If you suffer from many digestive problems and your absorption is compromised, you can replenish your magnesium reserves with topical magnesium that gets absorbed through the skin. A good option is- Quick Magnesium, in a gel form.
- ✓ Reduce stress: Stress and cortisol rob you of magnesium – replenish magnesium levels but also work on reducing stress! What do you think is the underlying cause of **YOUR** stress? Only when we identify it, can we then take actions to reduce it and return to our natural and intended state of peace.

### Increase Low Progesterone

If you suffer from symptoms such as irregular periods, PMS, mid-cycle spotting, infertility, anxiety, depression, and problems falling and staying asleep, low progesterone levels could be the culprits.

- ✓ Replenish progesterone levels: In short, nutrients such as zinc, vitamin E, vitamin B6 can help a ton in boosting natural progesterone production. If you are clinically LOW



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in these nutrients, your progesterone will be affected- therefore your SLEEP will be affected!

- ✓ Learn how to use seed rotation: It can help rebalance estrogen and progesterone levels. This is a new tactic for me- But it's an interesting and fun thing to at least try!
- ✓ Try a topical progesterone cream: In times of stress, try topical progesterone because it's easy to use and helps you relax and sleep deeper. Try ProgestPure.
- ✓ Reduce stress: Stress and cortisol rob you of progesterone (it happens through a phenomenon called "pregnenolone steal"). Easier said than done, but well, needs to be done.

## Lower Stress and Cortisol

When you're always rushing and stressing, your body pumps out more adrenaline and cortisol. If these stress hormones are still circulating when you hit the sack, they keep your body in 'fight or flight' mode so your brain won't allow you to fall into a deep sleep.



- ✓ Remove yourself from the stressor: If your job, relationship or living situation is a constant source of distress or conflict, seek support and change it.
- ✓ Talk about your feelings: With an empathetic partner, friend or relative. If you're experiencing trauma, depression or anxiety, see a counselor.
- ✓ Keep a worry diary: Jot down your problems and a few solutions to debrief and get troubles off your mind before bed.
- ✓ Try an adaptogenic blend: It will support your adrenals
- ✓ Reduce alcohol before bed- Sure you want that chardonnay or shiraz? But alcohol delays and shortens the slow wave and REM dreaming phases of the sleep cycle. Alcohol may also make you wake later from dehydration and thirst. And because it's a bladder irritant and diuretic, you may also need to get up to pee! Red wine can be a particular problem. It is high in natural chemicals called salicylates and amines, chemicals which can cause blocked nose and headaches in some people, waking them overnight.
- ✓ Savor an herbal tea: Choose valerian or chamomile for their calmative benefits.



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- ✓ Stop caffeine at noon-Love a good macchiato or strong cup of matcha tea? Don't overdo it. Caffeine triggers the release of adrenalin and cortisol, which can keep your body on high alert for hours.

## Know the Low-down on Light

- ✓ Block out the artificial light before bed-Artificial light interferes with your circadian rhythm and melatonin production. Blue, yellow and green light emitted by electronic bright light screen devices such as lamps, smartphones, computer screen, TVs, radio clocks or even outside street lamps, can interfere with melatonin production. Research from Harvard University shows that exposure to blue light suppresses melatonin for twice as long as other colors and can shift your body clock by as much as three hours. Even just eight lux of light can have an effect!
- ✓ Banish electrical devices: That means no clock radios, TVs, computers or their standby lights in your room 2 to 4 hours before and while you sleep. They can truly interfere with melatonin production in these vital night hours.
- ✓ Get light blocking glasses: If you have no choice and have to be exposed to light in the evening hours, get the Blue Blocker glasses. People sensitive to lights experience the profound difference with these glasses. You won't know until you try them, or make it a point to avoid all artificial light one evening and see how it helps your sleep.
- ✓ Computer app: Install an app called f.lux. This reduces the blue wavelength coming from your screen, in favor of warmer more sleep-friendly tones. It, however, does not block out the yellow and green lights which some people are sensitive to.
- ✓ Enjoy a soft glow: At night, use candles or lamps instead of bright overhead electric lights. Need a toilet visit? Use a low-wattage flashlight or dim hall and bathroom globes with an amber glow.
- ✓ Open curtains on waking: This helps suppress melatonin levels, which should lower in the morning and rise at night.
- ✓ Breakfast al fresco: Go without your sunglasses for at least 10 minutes to ensure you get direct light exposure to your eyes.
- ✓ Be consistent. Rise and retire at the same time every day to synchronize your body clock with light and dark.



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## Skip High Sugar Late-night Snacks

The worse choice of snacks before bed are:

- Ice cream
- Dessert yogurt
- Cookies
- Cakes
- Sweet wine



Ironically, that's what many people end their dinner with. Have it on occasion as a special treat and not a daily habit. Try these instead.

- ✓ Have an herbal tea such as chamomile, peppermint, rooibos or rose tea.

## Know When to Nap

If your sleep has been interrupted or there've been unavoidable late nights, an afternoon nap can help you to feel more rested.

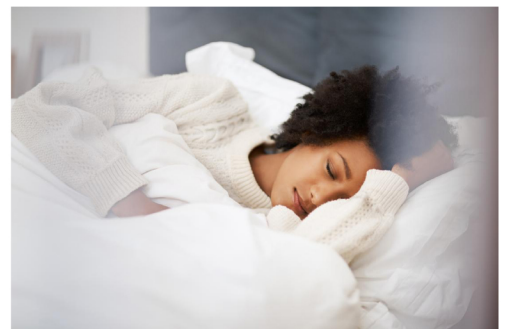
- ✓ Experts advise that naps should be taken earlier in the afternoon, rather than later
- ✓ Keep them to 30 minutes or less. This will avoid disrupting your sleep at night.



## Create a Bedtime Ritual

Eventually, this will be time you'll look forward to because you will have created your own sacred, special time. About 2 hours before your "scheduled" bedtime", start your bedtime ritual.

- ✓ Finish Up Early- Instead of working until the last minute (and doing that one more thing), make a point to throw in the towel at a designated hour. A good rule of thumb is to finish your work at least a few hours before bed. If you feel like there's too much to do to just stop working, make a point to write a list. Jot down all of your unfinished business and ideas and plan to tackle them the next day (after a good night's rest!).





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- ✓ Make your favorite calming, non-caffeinated tea using a special teacup
- ✓ Get into your yummy slippers and bedtime clothes, light a candle, burn aromatherapy, listen to a relation or mediation cd, journal or take a bubble bath.
- ✓ Turn off ALL electronics. (I know, easier said than done, but worth the sweetness of a sound sleep!)
- ✓ Use this time to pamper yourself. For example, you could take a nice warm bath in Epson salts (another way to soak up Magnesium!) and Lavender, a powerful yet relaxing essential oil. DoTerra Essential Oils are my FAV, especially their Lavender that comes directly from the lavender fields of France! <https://www.doterra.com/US/en/site/livingfresh>
- ✓ Pick carefully what you read or watch: Pass up on political debates, thrillers, and horror movies and opt for something soothing.
- ✓ Listen to sleep meditations & self-hypnosis tracks

## Try This Herbal Blend

- ✓ Ortho Sleep (by Advanced Orthomolecular Research) is a blend of herbs with GABA, L-theanine, 5 HTP, calming herbs such as passionflower, valerian root and lemon balm extract along with melatonin that prepare the mind and body for bed. The herbs in this formula have anti-anxiety and relaxing properties that wind down the body for sleep with the additional nutrients that quiet a chatty mind. (To purchase, CLICK HERE => <http://wellevate.me/nicole-andrews>, and Register as a “new patient” and receive a 10% discount of all pharmaceutical-grade supplements!)
- ✓ This sleep formula is a good fit for those with adrenal stress, are perimenopausal or menopausal, or anyone that just wants a good night’s sleep.
- ✓ It contains 3mg of melatonin, which, research shows, is a dose that won’t inhibit your own production of melatonin. The common issue and worry (for the right reasons!) with using melatonin is that your pineal gland will stop producing its own. The 3mg dose is safe though.



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## Raise Your Vibes

- ✓ Michael Tyrell (the creator of Wholetones) creates music at different frequencies to help with sleep, trauma, anxiety, etc. Turns out, not only is there science behind it but the reviews of the product are pretty amazing. In short: Tyrell writes and produces music at specific frequencies that help you to fall and stay asleep.
- ✓ The most popular is the Sleep Lullabies – you can check them out here (they come pre-loaded on a cute speaker). Is it a magic bullet to all your sleep problems? Probably not. But every little bit helps!

