

BE A NATURAL.CO.ZA

Understanding Sleep

COMPILED BY: BEATA PACHOLIK E.MED
NATURAL MEDICINE PRACTITIONER
074 457 4678



What's the hype about sleep?

WHY WE NEED SLEEP

Regeneration for body and brain

Energy - glucose metabolism and weight control

Detoxification and processing by the liver and autophagy

Immune function - melatonin protects against cancer

Concentration and mood

Prevents inflammation and heart disease

Hormone regulation - neurotransmitters, reproductive and insulin

On average people need 6-9 hours of sleep.



FACTORS AFFECTING SLEEP

CONDITIONING

Poor sleep habits
Poor sleep hygiene

BEHAVIOURS

Lack of exercise
Poor bedtime habits

ENVIRONMENT

Light
Temperature
EMFs

BIOLOGICAL

Genes
Gender
Ageing
Hormones

STRESS

No boundaries
Not mitigating stress
Saying yes
Taking work home

MEDICATIONS

Antidepressants
Beta blockers
Corticosteroids
Allergy meds
Stimulants: Caffeine,
alcohol, nicotine

MONKEY BRAIN

Inability to switch off
Worrying
Over thinking

Factors that help the Sleep Cycle

WE NEED REST AND SLEEP EVERY DAY TO BE HEALTHY AND FUNCTION OPTIMALLY PHYSICALLY, MENTALLY, PSYCHOLOGICALLY AND SPIRITUALLY



CONDITIONING

Promote good routine and habits

BEHAVIOURS

Exercise - work off excess or nervous energy
Sleep hygiene

ENVIRONMENT

Eliminate Light
Lower Temperature
Quiet

BIOLOGICAL

Genes - are you an early bird or night owl, work with it
Gender
Ageing
Hormones

STRESS

Switch off
Journaling, Gratitude
CREATE BOUNDARIES - you're not a slave or a machine, you need rest

MEDICATIONS

Switch to natural where possible
Take medication earlier in the day with approval of doctor

MONKEY BRAIN

OVERACTIVE MIND
Meditation
Yoga
Reading
Prayer
Helpful Apps

SLEEP ISSUES that should be addressed by your doctor



- Sleep Apnea
- Hypothyroid/Hyperthyroid
- Enlarged prostate
- Gastric reflux
- Arthritis
- Restless leg syndrome
- Neuropathy
- Depression

DIET and SLEEP - These can cause sleep problems - listen to your
body, and remove what's not working for you

SUGAR
Stimulant
Glucose levels

CAFFEINE
Stimulant

EATING LATE
Liver stress
Digestive stress

NICOTINE
Stimulant

HEAVY MEAL
Fatty
Too heavy

ALCOHOL
Relaxant but
stimulating later

GETTING SLEEP READY

WIND DOWN

Soft Lighting
No Noise
TV/ Computer off

STRESS

Journal
Gratitude
Reading

BODY

Warm bath/ shower
Yoga
Qi gong
Tai Chi



Sleep Hygiene

EMFS

Avoid blue light
Avoid Electronics

MIND

Meditation
Prayer
Essential oils

SPACE

Comfortable
Cool
Dark

ESSENTIAL OILS FOR SLEEP

Lavender

Chamomile

Valerian

Bergamot

Ylang ylang

Clary sage

Copaiba

Rose

Vertiver

Only a few drops need to be used in water in a diffuser to scent the air in a room, as essential oils are highly concentrated.

If you are using them in your bath or cream make sure you are not allergic to the oil first by testing it on your arm for 24 hours.

You can place a branch of lavender in your room or leaves in your pillow to relax you.

Essential oils should always be mixed in a base oil, do not use essential oils neat on the skin, especially on children as they are much smaller than adults.

Do not use essential oils on pets as they can have a poor response to them. Make sure you investigate the oil before using it on man or beast. Just because it is natural does not mean it can't have a bad side effects.

AIDS FOR SLEEP



CHAMOMILE

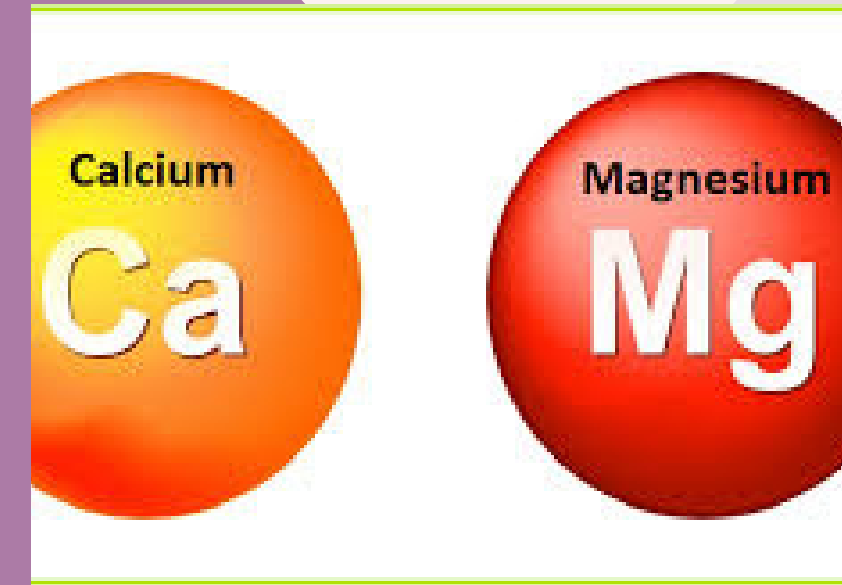
Relaxant

Calcium



PASSIONFLOWER

Calming



CAL AND MAG

Relaxes muscles



TULSI / HOLY BASIL

adaptogen



B COMPLEX

NERVOUS SYSTEM

SUPPORT



TRANQUILYT

HOMEOPATHIC

SUPPLEMENTS FOR SLEEP



L-THEANINE

Calming
Anti anxiety



LEMON BALM

Calming

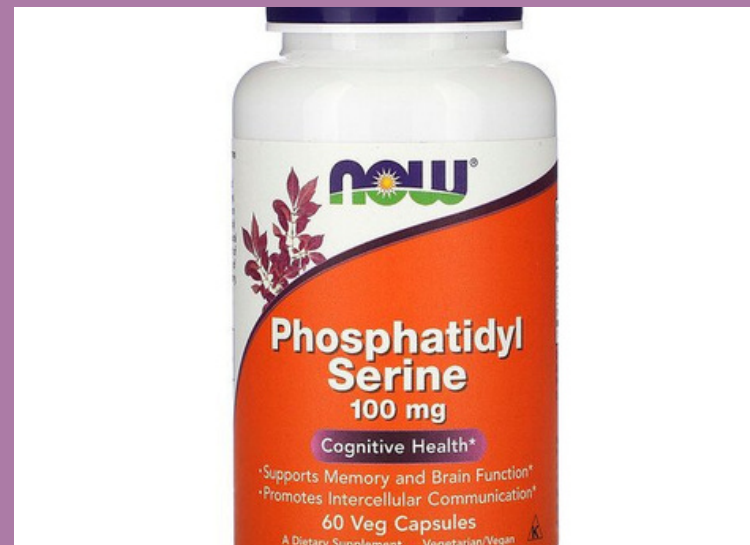


RELORA / MAGNOLIA
BARK

Relaxes muscles



LIME BLOSSOM



PHOSPHYTIDYLSERINE

Cortisol



CATNIP

Relaxes digestive
complaints

CIRCADIAN CYCLE

WAKE AND SLEEP CYCLE

During the day serotonin is the dominant hormone that keeps us happy and active and social. It's stimulated by sunlight.

During the night serotonin gets converted to melatonin, the sleep hormone which begins to increase when it starts getting dark.

To help your body release the correct hormones during the day and night, expose yourself to light in the morning, lunchtime and late afternoon to stimulate the pineal gland to the light conditions to teach the brain what time of day it is. Don't wear sunglasses to block the natural light.



USEFUL APPS

These apps will send reminders, keep you on track, motivate and guide you - most of them are free!

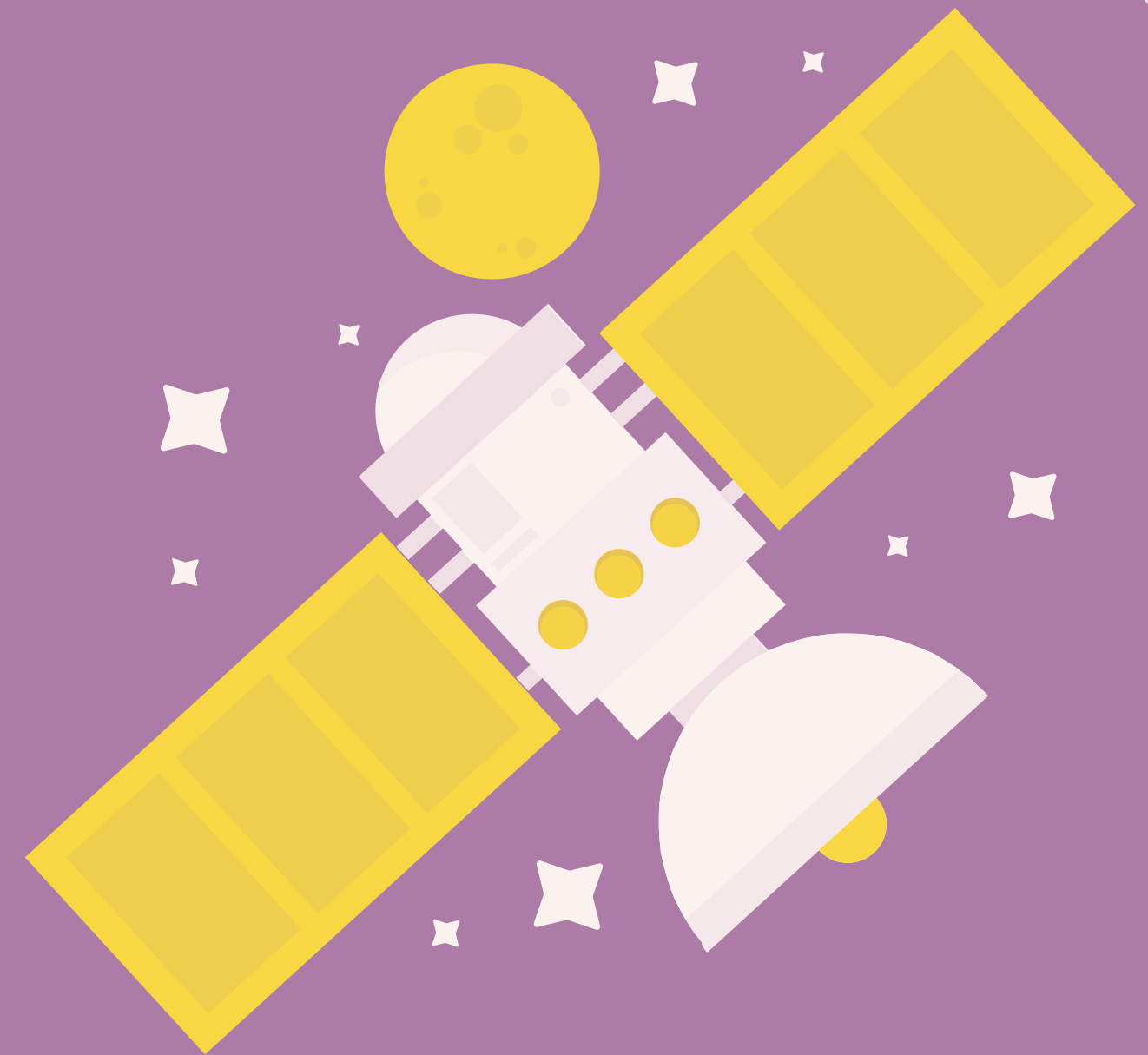
YOGA APPS

MEDITATION APPS

CALMING APPS

SCRIPTURE APPS

MINDFULNESS APPS





PLEASANT DREAMS...

