

Dr. Nadine's TIPS for a BETTER SLEEP

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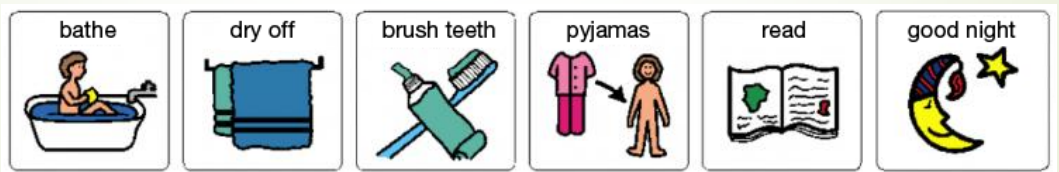
Did you know that suffering from insomnia (not being able to get to sleep, waking up during the night) can impact your mood, your job, and other people's safety? This is serious stuff! Start to take control of your sleep cycle by following these tips. They may seem hard to commit to, but if you suffer from poor sleep this is the best place to start!

Avoid light and electronic stimulus at bedtime



Just a small amount of light exposure when you sleep will disrupt quality and length of your sleep! Remove ALL light sources from your room: TV, cellphones (they can charge in the hallway), use a non-LED alarm clock, paperback books instead of e-Readers. Put up black-out blinds to reduce light coming in from the outside. Avoid ALL screens for 1 hour before bed!

Create a SLEEP ROUTINE



Your body LOVES routine, creating a consistent set of activities you do for the hour before bedtime triggers your body into sleep mode. This can include some stretching, a relaxing tea, a warm (not too hot that it wakes you up!), bath...definitely not the latest episode of Walking Dead on Netflix!



Helpful Herbs

Look for teas made of the following herbs to help wind down at the end of the day: Chamomile, Lemon balm, Valerian, Passionflower, Motherwort. Place a bunch of dried lavender beside the bed and breath in relaxation. *Check with your MD or ND to make sure these do not interact with any medications you are taking.