



A GOOD NIGHT'S

sleep IS WITHIN REACH

SLEEP TIPS

ELEMENTS

ACUPUNCTURE + INTEGRATIVE MEDICINE

Beyond specific treatments like those offered at ELEMENTS, there are many at-home ways you can achieve better sleep. First, we need to manage the environment to make sleep as inviting as possible. Then, we can introduce habits that promote healthy, deep sleep.

STIMULUS CONTROL

Think of your bedroom like a cave: Cool, dark and quiet.

- Use the bed and bedroom only for sleep. Don't read books or magazines, watch TV, work, eat or worry while in bed. Make sure your environment is very, very dark. Our circadian rhythm operates on light, so the darker the better. Use blackout curtains or an eye mask, if necessary.
- Avoid screen-time within an hour or two of bedtime. If you must read on your phone or tablet, try blue-light blocking glasses to protect your eyes from the wake-inducing blue wavelengths. Also, be sure your phone is set to night-time mode so it reduces blue light after a certain time in the evening.
- Sounds may also disturb your sleep environment. If you cannot make your space quiet, try a white-noise machine or ear-plugs so you can tune out the world and encourage deeper sleep.
- Your body temperature actually decreases to initiate sleep, so if your room is on the cool side, it will be much easier to fall asleep. The ideal range is between 60-67° F. Keeping the room cool, but your feet warm will help push your internal thermostat to the right place for sleep.
- It goes without saying, your mattress should be comfortable. Channel your inner Goldilocks and find what suits you best.
- If pain is what is still preventing sleep, address it with acupuncture and other pain-relieving treatments.

SLEEP HYGIENE

Healthy habits you can get the rest you need.

- Avoid caffeine-containing products (including coffee, tea and chocolate), nicotine and alcohol, especially after noon.
- Avoid heavy meals within two hours of bedtime.
- Avoid loud, noisy, over-active environments or too much exercise in the evening.
- Create a bedtime routine that involves methods that help you relax and unwind. (Gentle yoga/stretching, meditation, reading, ear massage, aromatherapy (lavender), having a cup of tea, taking a hot shower, Epsom salt bath, etc.)
- Avoid watching TV in bed.
- Encourage thoughts of gratitude and positivity as you try to fall asleep.
- Awaken at the same time each day, including weekends.
- Try to avoid daytime naps. If they are necessary, make sure to do so before 3pm and for no longer than one hour.
- Pursue regular physical activity, such as walking or gardening, but avoid vigorous exercise too close to bedtime.

NUTRIENTS FOR SLEEP

- Botanicalm PM
- Humulus / Medical Grade CBD Oil
- Fish Oil in evening (1200 mg)
- Cherry Juice (1 oz - 2 times daily)
- Magnesium Glycinate
- L-Tryptophan
- Melatonin

