

A close-up photograph of a woman with dark hair sleeping peacefully in a bed. She is wearing a white t-shirt and is resting her head on a blue pillow. The background is dark and out of focus, suggesting a bedroom setting. The overall mood is calm and serene.

Secrets of Sleep

for Women Over 40

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Simple Tips to Sleep Like a Baby

If you have trouble getting a good night's sleep, you're not alone. In the US, it's estimated that between 50-70 million adults aren't getting enough sleep. Some degree of insomnia is reported in as many as 30% of all adults.

Sleep is vital to both your health and happiness. How happy are you when you've had to pull an all-nighter for school, work, or even as part of your social life?

Consider these 8 tips to get the most out of your sleep:

1. **Set a sleep schedule and stick to it.** Our bodies adapt very quickly to our sleeping habits. Notice that if you stay up late and eat, your digestion tends to run amuck.
 - *Most people require 7-8 hours of sleep to function optimally.*
 - Your body is much more efficient at sleeping and preparing for sleep if you can maintain a schedule.
2. **Keep your bedroom cool.** Your body temperature drops as you near bedtime and is at its lowest during sleep. If the room is too warm, your body won't be able to cool down.
 - Sleep quality is improved in a cool sleeping environment.
 - You'll have to play around with the temperature to find what's ideal for you.
3. **Avoid alcohol.** Alcohol can help you fall asleep, but sleep quality is compromised. It has been shown that sleep is less restful and you'll wake up more often during the night, even if you don't remember it. *Women have slower biotransformation or detoxification of alcohol and the negative effects of alcohol are more pronounced in women.*
4. **Avoid eating too close to bedtime.** Your body needs ample time to digest your food before you sleep. The best time to eat your dinner is about 4 hours before your bedtime.
5. **Limit caffeine.** Like many people, you may be in the habit of using coffee to charge yourself up in the morning. If you feel drowsy most mornings, you'd be better off going to bed earlier instead.
6. **Darken the room.** Even the light from your alarm clock can compromise the quality of your sleep.
 - Remove as much artificial light from your sleeping environment as possible.
 - Turn off the computer screen and minimize any ambient light coming from outside the room.

Modern technology makes life easier, but it can also interfere with your sleep. This is especially true if you're sensitive to light. Find out how your smart phone may be keeping you up at night and what you can do about it.

Artificial light throws off your inner clock and the activities of your neurons and hormones that would naturally guide you through a 24-hour day. Internet devices with LED lights keep your brain on alert and reduce the number of hours that you sleep.

In addition to reduced concentration, sleep deprivation is associated with weight gain, diabetes, and other health issues.

You can keep your phone and get the rest you need by managing your exposure to artificial and natural light.

Coping with Light from Electronic Devices

7. **Observe a curfew.** *Turn off all electronic devices, including the TV, about an hour or two before bedtime.* This will give your brain time to recover from the lingering effects of staring at lighted screens.
8. **Announce your schedule.** You may feel like people expect you to be available at all hours of the day. Let your boss and friends know that you stop checking emails or answering calls and texts by a certain hour.
9. **Ban devices from your bedroom.** *If possible, keep electronics out of your bedroom.* Make the room a sanctuary used *only* for quiet activities and sleep.
10. **Turn off WIFI in the house.** Our WIFI disrupts the cellular mechanics and signaling in the cell and might very well be the cause of your sleep issues. Put your WIFI on a power strip and turn it off before going to bed. Your body will thank you for it.
11. **Cover the power buttons.** If you decide to let some devices stay, look them over. Apply stickers to cover power buttons that glow in the dark. Dim the lights on your alarm clock.
12. **Read books on paper.** Save your e-reader for lunchtime. Nighttime reading with conventional books will be less stimulating.
13. **Adjust your spectrum.** As it turns out, LED lights emit a short wave blue light that's particularly disruptive for our sleep rhythms. *Shop around for free applications that will adjust the color to warmer or cooler shades depending on the time of day.*

Coping with Light from Other Sources

1. **Know your bulbs.** You've surely noticed that traditional light bulbs are vanishing due to government efficiency standards. If you dislike harsh fluorescent lights, try innovations like incandescent halogen bulbs, which provide softer light and work well with dimmers. Also, amber bulbs are another good choice in the bedroom to give off enough light but keep the amber glow to induce sleep.
2. **Use a nightlight.** At least for now, nightlights are exempted and still on the market. They'll help you get back to sleep faster after late night trips to the bathroom.

14. **Draw the curtains.** Blackout curtains and shades will darken your bedroom. They'll help keep out streetlights and let you sleep past dawn.
15. **Wear amber glasses after 7 PM.** Amber glasses block the blue light so your brain can make melatonin. You should wear the amber glasses the sun goes down through the evening.
16. **Put on a sleep mask.** *Sleep masks are another valuable accessory.* Forget about the cheap versions they give away on planes. Buy one with cushioned pillows around the eyes. It will feel more comfortable and promote deeper slumbers.
17. **Drink in the morning sun.** *Exposing your body to morning sun will wake up your brain and help you sleep better at night.* If you get up before dawn, special lights designed for seasonal affective disorder may help.
18. Kick your tablet out of your bedroom and pick up a paperback novel instead. You'll most certainly get a better night's sleep.
19. **Sleep the most beneficial amount of time.** *Studies have shown that sleeping more than 9 hours or less than 6 hours is associated with feelings of anxiety and sadness.*
 - If you find you need more than 9 hours and can't sleep more than 6, a visit to your physician is advised.
 - Even one night of low quality or quantity sleep is associated with insulin resistance, a major cause of type-2 diabetes. Those that sleep less than 6 hours are also far more likely to develop high blood pressure.
20. **Ensure you get enough vitamin B6, calcium and magnesium.** Vitamin B6 is needed to synthesize melatonin, which is vital to sleep. Calcium deficiency has been shown to increase the amount of time it takes to fall asleep. Magnesium intake is associated with the ability to stay asleep.
21. **How's your mattress?** *Even the highest quality mattress has lost as much as 75% of its support after 10 years.*
 - You probably spend more time sleeping than you do on any other single activity. Be certain you have a good mattress.
 - Consider how much you spent on your car and how many hours you use it. Purchase the best mattress you can afford.
22. **Try not to exercise within 3 hours of your bedtime.** Exercise is great for increasing the quality of sleep and decreasing the amount of time required to fall asleep. However, studies have shown that 3 hours is the cutoff point to prevent exercising from decreasing sleep quality.
23. **But do exercise during the day – enough but not too much.** The right exercise done earlier in the day (at least 4 hours before bed or more) has been proven to help sleep

quality, extend sleep time, and improve sleep efficiency. Exercise gives your body a place to burn-off excess stress chemistry. Exercise has been proven to improve sleep

Sleep is an important part of maintaining health and enjoying life. If you'd enjoy sleeping more like a baby, keep these tips in mind. Maintain a regular sleeping schedule and ensure that your sleeping environment supports peaceful sleep.

Natural and Organic Sleep Aids

Here are some of the best organic sleep aids available:

- Adding a drop of ***lavender oil*** to your pillow will help you fall asleep faster and sleep for a longer time. Lavender oil also works well in the bath. Taking a long soak in the tub with the essential oil will help you fully relax before bed.
- ***Chamomile***, which you can drink as a tea, has an amazing calming effect and promotes better sleep.
- ***Chinese medicines & acupuncture*** can both help you get a better night's sleep. Speak to your local Chinese herbalist, naturopath, or acupuncturist to tailor a treatment plan to suit your needs.

Create a Relaxing Environment

Your place of sleep is very important. You may need to transform your room into a more relaxing environment to help you sleep.

- ***Keep your room uncluttered with minimal distractions and use your bed the two things – Sleep and Sex.*** Don't watch TV or work in your bedroom. Instead, assign another room in your house for these activities.
- Set your thermostat for a comfortable temperature that's cooler because it is conducive for sleep, and wear comfortable, loose-fitting bedclothes. Consider a Chili Sleep pad or other device to cool your mattress.
- Use a weighted blanket to calm your nervous system at bedtime. It will improve deep sleep. It takes a few days to get used to it, but it is a game-changer.
- Mouth Taping – Mouth taping helps you breathe through your nose and use the turbinates in the nasal passages to pull air deeper into the lungs. It improves sleep quality.

How to do it:

Use Micropore tap and tap your mouth together. The easiest way to get this right is cut a small 3-inch piece of tap. In a mirror, inhale through your mouth and then exhale but keep your lips close together, like when you are blowing a hair away from your face. At the end of the exhale let your lips close softly but do not force them closed. At this point, place the tape across your lips. Don't worry, you can pop your mouth

open in the night so you will not suffocate.

Mind, Body and Spirit

It can be difficult to properly wind down from a busy, stressful day. Fortunately, there are three quick relaxation techniques that can help you transition into a more relaxed state and prepare you for sleep.

1. **Meditation.** You can practice this in bed before you sleep and it will help you drift off. You'll be able to forget about your day and allow your mind to fully unwind.
2. **Yoga.** There are number of gentle yoga styles that focus on light stretching and breathing techniques. These only take 10-15 minutes and can be done just before bed.
3. **Relaxation CDs.** You can also listen to relaxation CDs to help you get to sleep. These range from soothing music tracks to the sounds of ocean waves. These sounds have a particularly relaxing effect and will also help you sleep more soundly.

A good night's sleep helps to keep you healthy by giving your mind and body time to replenish. Follow these strategies to help you sleep well and wake up each morning feeling refreshed and ready for the day ahead!