

TIPS FOR GETTING A GOOD NIGHT'S SLEEP

When you sleep is as important as how long you sleep. Here are some additional tips for sleep problems.

1. Try to get to sleep between 10:00 – 11:00 p.m. If you stay up until 1:00 or 2:00 in the morning, it only further exhausts your adrenals, even though it may seem to be an energizing time of day for you. It would be ideal if you could sleep in past 7:00 in the morning; but, this isn't always possible. Taking a 20 minute nap when you feel tired is like a vitamin pill for your adrenals! So if you need a nap, don't feel guilty about taking it; but, when you become healthier, you won't need these naps.
2. One of the best cures for insomnia is adding regular exercise to your life. You don't have to run a marathon; but, make it vigorous enough that you sweat. However, don't exercise late at night unless you know your levels of cortisol. If your cortisol levels are too low, you may sleep better when you exercise at night because exercise raises cortisol. If your cortisol levels are too high, you will want to relax before going to bed. (We can order a saliva cortisol test to determine if your levels are too high or too low.)
3. Eliminate caffeine and caffeinated products. Caffeine causes your store of neurotransmitters to be depleted which may make you feel perpetually exhausted without it. I help my patients wean off caffeine while simultaneously restoring their adrenal health. Eventually, they no longer need the stimulants and their sleep cycles are restored.
4. Try not to eat large meals (or snacks) right before bed. It's best not to eat later than 7:00 or 8:00 at night so your body can work on digesting the foods before you sleep.
5. Eliminate alcohol which can cause interrupted sleep patterns and makes you wake up between 3:00 and 4:00 a.m.
6. Try herbs such as Kava or Valerian Root or minerals such as calcium or magnesium. I don't recommend melatonin supplements. A better way to produce melatonin is to try to get 13-30 minutes of sunlight in the day and keep your room dark at night. I use a wonderful supplement called Min-Tran and/or Seriphos which has helped hundreds of people. Also, take a nice hot bath before bed.
7. Avoid sugar and processed carbs before bed, which will raise your blood-sugar levels and cause you to wake up in the middle of the night.
8. Try not to watch stimulating TV shows or read a suspense novel which would wind you up before going to bed. Read something that would relax you.
9. If the above doesn't help – it may be your body chemistry. Specific testing and treatment could make a difference. Ask us about our nutritional evaluation process.