



# SLEEP WELL

## *An Integrative Approach*

### **Recommended Ayurvedic Daily Routine**

- Awake by 6am, no later than 7am
- Breakfast before 8am
- Lunch before 1pm
- Dinner by 6pm, no later than 7pm
- Bed at 10pm, no later than 11pm

1. Be mindful of the basic rhythm of daily life by establishing a regular bed and rising time, obtaining exposure to early morning light and evening dim light, and maintaining regular times for meals and exercise. You should avoid napping if you have insomnia.
2. Manage caffeine, nicotine, alcohol and other drugs. Caffeinated foods and drinks can affect some people up to 12 hours later. Even if you do not think caffeine affects you, it may be interfering with the quality of your sleep.
3. Although regular and adequate cardiovascular exercise promotes healthy sleep, it should be avoided at least 3-4 hours prior to bed because it raises your core body temperature, which can interfere with sleep.
4. Avoid high glycemic and harder to digest foods as bedtime snacks. As an alternative, consider complex carbohydrates (e.g., whole grains, lentils, beans) that may help transport tryptophan, a precursor to melatonin, across the blood-brain barrier.
5. Create a healthy sleep environment by keeping the bedroom cool (about 68° F), completely dark, quiet, psychologically safe, and green. Use HEPA filtration for clean air and, whenever possible, organic and non-toxic bedding. Try white noise, a sleep mask or a warm bath.
6. Avoid clock watching at night since it draws you back to waking consciousness. Ideally, position the clock away from the bed or use a non-illuminated battery operated clock to avoid light and subtle EMF radiation.
7. Manage hyperarousal and anxiety with cognitive behavioral therapy (CBT) and mind/body techniques. CBT, which is more effective than hypnotics over the long term, addresses sleep-related dysfunctional thoughts and beliefs that trigger arousal. For some, self-help workbooks may prove helpful. CBT is best coupled with mind & body techniques such as mindfulness meditation, muscular relaxation, heart rate variability, neurofeedback, self-hypnosis, breathing exercises, and guided imagery.
8. Manage bed and bedroom stimulation, which can condition these areas for wakefulness, by using the bed only for sleep and sex. Minimize wakeful time spent there by going to bed only when sleepy and getting out of bed if you experience an extended period of nighttime wakefulness (15-20 minutes or more) until becoming sleepy again.
9. Supplements. The Healing Sanctuary has a variety of supplements to aid in sleeping & mental health. Detailed supplements located on the back of this handout.
10. Avoid alcohol and nicotine before bed. Alcohol may help you fall asleep, but the sleep quality is reduced, while nicotine is a stimulant.
11. Understand that letting go and surrender are key in sleep onset. We can set the stage and be receptive to it, but we cannot intentionally “go to sleep.” Efforts to do so typically backfire. In the end, we cannot finagle sleep.





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## *The Healing Sanctuary's Supportive Supplements*

**Healing Sleep:** This formula supports relaxation and healthy sleep patterns. By augmenting stress and anxiety (using the reducing properties found in these botanicals) that can then **synergistically help quiet the mind for improved restorative rest.**

**Healing Bliss:** Provides a unique blend of herbal extracts to do the trick. Pure 5-HTP extracted from the Griffonia seed, and passionflower come together to work in synergistic harmony.

- *Reduces depression/anxiety*
- *Alleviates PMS & migraines*
- *Improves sleep*
- *Reduces insulin levels*
- *Reduces inflammation*
- *Lowers blood pressure*
- *Aids weight loss*
- *Boosts serotonin levels*



**Healing Gaba:** GABA is naturally produced by the brain and works as an anti-anxiety neurotransmitter. It helps to counterbalance our fight-or-flight response relaxing the body. The combination of GABA, L-Theanine and Passionflower **supports mental health and helps to reduce anxiety, insomnia, PMS, and may also help to manage pain.**

**Healing Calm:** A simple, yet powerful combination of California poppy, motherwort, and lemon balm extracts to promote a **calm nervous system without being too sedative.**

- *Calms the nervous system*
- *Lowers feelings of stress & anxiety*
- *Improves sleep*
- *Soothes headaches & menstrual cramps*