

# *Good night Sleep*



Sleep is really important for our brain health, for the immune system, for maintaining healthy weight and for our longevity.

Usually the question is How to get more sleep? – Well, I would suggest making it **priority**, just think of how much better you'd feel when you are well rested. Even an hour less sleep **on a regular basis results** in being less productive and virtually dragging through the next day. If you go to bed a bit earlier to you'd **be able to do more** on the next day.

**Try to push away from your schedule activities of less importance** – social media, watching TV, even some chores, delegate tasks or ask your family to help you more. Don't try to pretend you are superwoman or superman until you get groggy. Think about the airplanes' rule for oxygen masks – fit your own mask 1<sup>st</sup> and then help others.

If for some reason you can't get enough hours of sleep (small children, shifts, etc.) get a **Cat-nap or power naps during the day – when you feel very tired 5-10 mins can do wonders**, (they are very popular in Japan for a reason). Go to your car or find a hide-out in the office, set the alarm on for 10 mins and just breathe and relax. Even if you don't fall asleep, you'd still feel refreshed.

When it comes to sleep the questions of **when** and **how** are more important.

Have you heard about **Circadian rhythm** - Ideally you'd go to bed when it gets dark and wake up just before the sun rise. Well, in the North hemisphere you can't really go to bed at 5 p.m., but aim for **10 p.m. as the latest**. Our brain and liver need the hours between 10p.m.-3 a.m. for detox, recovery and production of new healthy cells. Give them a chance.

Try to **avoid bright light** in the evening (candles or the light of your diffuser with lavender EO are better option). Minimize the exposure to **blue light** of your screens (mobile, tablets, TV, etc.) at least 2 hours before bed-time. Many researches show that even if you easily fall asleep watching TV, the **quality** of your sleep would be seriously compromised. Red light is a better option – from the flame of fire in your fire place, or from a Himalayan lamp.

**Sleep in** in an airy and cooler room, in **complete darkness**, to enhance the production of melatonin (the sleep hormone).

**Evening meditation, gentle stretch or yoga** are fantastic tools. There is tons of meditations you could download from the net. It's ok to fall asleep while you listen to them, but make sure your phone is on Airplane mode for the night and well away from your head.

**Lemon – balm tea** is fantastic sleep-aid. It not only helps you to sleep better but cleanses viruses from your system.(Great for chicken pox and liver detox too 😊)

**Your thought and worries** may compromise the quality of your sleep. (I have a funny tip for you – if I wake up in the middle of the night worrying about something, I imagine it's a little cute monster with a spiky messy hair. I ask him to wait outside our bedroom until the morning, it works, try it 😊)

For the Peri-/Menopause women, the levels of Progesterone (the hormone that helps us stay asleep) have significantly dropped-down. It's not only horrible to wake up suddenly by a flush of adrenaline, sometimes drenched in sweat, but it's often difficult to fall asleep again because of the lack of Progesterone.

What can you do about it:

I have some good news for you - It's very important to **support the adrenals** that produce a hormonal substitute compound. The lack of Progesterone is not a death sentence. Our bodies have tools to work around it.

**Diet plays a HUGE role.** Detoxing the liver, avoiding sugary foods, coffee, coke and balancing blood sugar levels throughout the day are great starting points. I could help you with creating a good balanced plan, add the right nutrition and supplementation and many other helpful tips. Call me for a free 15 mins discovery chat (+44 7389 871221) or check my web-site [www.healthyandconfident.co.uk](http://www.healthyandconfident.co.uk). In a couple of months you can improve so much on your health and sleep.

**Raised blood sugar levels lead to inflammation** and seriously compromise the production of Serotonin (90-95% of Serotonin is produced in the guts). Yet, another reason to seriously pay attention on the consumption of food that raises your blood sugar levels.

**Deep belly breathing** also helps a lot – just focus and deep inhalations and slow gentle exhalations. Count from 1 to 10 and then backwards. Don't forget to **relax your jaw**, your shoulders and arms too.

**The thoughts you take with you** to your bed are very important – think about the **happy moments**, what you've managed to achieve that day, what brought you joy. You can find happiness in the little things. We have a life time to achieve the things we didn't manage today, leave them for tomorrow, enjoy your rest now.



You could keep a cup of **lemon balm tea** on your night table or use **Balancing Essential oil blend**. **Magnesium** bath or supplementing with magnesium can be beneficial for a better sleep. **Other natural aids** for relaxation could be valerian, hawthorn and peppermint tincture, Tryptophan (essential amino acid) that converts in Serotonin and then to Melatonin.

Listening to Louise Hay evening mediations can be very soothing even in the middle of the night.

I've got other ideas and tools and would love to help you or your loved ones to get well rested and re-energized.

With Love,

Vessie

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