

Sleep Hygiene

Known factors that can improve sleep duration and quality. If problems persist, book a consultation with Hartmut

*Hartmut has qualifications in Biochemistry and Genetics, **Nutrition Medicine** and Psychology. He also designs and facilitates **Programs and Classes** in Health & Nutrition, Mindfulness, Anger Management and Addiction Recovery/Prevention.*

Why we need Sleep

Rejuvenate, maintain correct weight, cleanse brain of toxins, release stress from day, physical detoxification and heal mind.



A combination of many factors determines both quality and duration of sleep. The bedroom is a sacred space. Never argue or over think in the bedroom.

Time of going to bed is important. Every now and then go to bed at 9PM or before.

It's like putting money in the bank.

Time getting up – try and get up at similar time every day

Hours spent in bed – at least 8 hours

Hours spent sleeping – let's aim for 8

Refreshed upon awakening? If not, why not. Let's find out

Factors that impinge on sleep quality and duration

Partner – snoring – moving – getting up. Communicate openly about it.

Animals in the bedroom? Is this necessary? Allergies, noise and movement can wake you up.

Avoid sleeping with your children. Evidence shows that parents sleeping with young children have more disturbed sleep and sleep less.

Light

Need **bright** light first thing in morning and during day once awake. Helps maintain Circadian rhythm

Blue light is stimulating (day light and computers and TV's)

NO light in bedroom at night either from inside or outside

Use dimmer lights as bedtime approaches

Nighttime **Toilet breaks** – no lights on while going to loo – train to stay in bed if can

Noise – fridges, neighbors, family, creaky house, dogs – do what you can to minimize or eradicate

NO electronic devices in bedroom – especially TV's, phones, tablets, computers, LED clocks. Don't sleep next to active power outlets or cables

Heat – too many blankets, electric blankets, clothes, partner

Cold – particularly feet and head

Smells – chemicals, pillows, personal care products, outside, woodsmoke

Allergens – dust mites, compost outside window, rubber, dust, mold, woodsmoke

Food intolerances – amines, fructose, lactose, preservatives, colours

Metabolism

Neurotransmitters – tryptophan – serotonin - melatonin

Hormones – thyroid – post menopausal? – cortisol levels (get levels checked) – low estrogen increases frequency of urination at night as can UTI and in men so can enlarged prostate. Detoxification and liver function and kidney function can interfere with sleep. [Use lab tests](#) to see what is going on inside

Support **DIGESTION**, especially at night. Make foods easy to digest – soups, slow cooking, aim for smaller meals at night. Supplement with Betaine HCL (stomach acid) and digestive enzymes (pancreatin) where necessary.

Reflux – ironically low stomach acid and heavy carbohydrate meals, especially before bed time can promote reflux

Diet

Eat protein in morning. Lighter meal at night. Some carbs at night can help tryptophan uptake across the Blood Brain Barrier, thus supporting serotonin and melatonin synthesis

Aim for an early meal at night

Don't eat 2 hours before bed and don't drink 1 hr before bed.

Leave minimum 12 hours between last food intake at night and next meal in the morning

Nutrition – need adequate micronutrients (i.e. vitamin C and vitamin B6 are needed for serotonin synthesis, Copper etc) for neurotransmitter and hormone synthesis. If taking Vitamin D as a supplement, take it in the morning.

Hunger and /or **thirst** can wake you up – salty meal at night or pre-diabetes or hypoglycemia

Exercise – “after lunch rest a while, after dinner walk a mile”. Physical activity during the day enhances sleep quality (½ hour – 1 hour walk per day as a minimum). Exercise earlier in the day is best and not too close to bed time. Note however that too long or overly intense exercise can cause sleep problems.

If you wake up during the night and can't easily get back to sleep – sit up and meditate. **May not be useful to get up** and/or turn the light on and/or do work.

Sleep apnea – use a sleep clinic to confirm – sleep apnea significantly increases risk of Cardio Vascular Disease

Snoring can disrupt – either in yourself and/or from partner. Caused by excess weight especially around neck, congested sinuses, allergies. Nose anatomy.

Psychological/emotional concerns – fear, anxiety, posttraumatic stress. Get help and counseling when needed. Cognitive behavioral therapy. Meditation. Mindfulness. Become conscious of your Fears, Habits and Beliefs. What's keeping you trapped and stuck. Depression can affect sleep. Get help. Over-active mind but underactive feelings such as peace and contentment and joy. Work on this. See www.hartgood.com and book a consultation with Hartmut.

STRESS – reduce and/or eradicate from your life. Short bursts of either mental or physical stress are good for us as long as they are interspersed by rest periods. Chronic stress however is damaging to our physiology and mind.

Bullying at home or work – get it resolved. Get help. Speak up. Leave.

Sleeping Partner **Relationship** – engaging and kind communication. Healthy sexual activity as desired.

PAIN will wake you up or keep you awake, even at low levels. Get it resolved and get help where possible

Chronic illness can affect sleep quality – meditate if awoken during night and make effort to resolve any chronic condition via expert help or research.

Alcohol – higher than recommended amounts disrupt sleep around 2AM

Coffee - takes 18 hours to fully clear from the body

Medications – i.e. statins can interfere with sleep.

Working unusual hours or **shift work**, especially all night. Can affect Circadian rhythm

Bath or shower. Having a hot bath/shower 1-2 hours before bedtime can be useful, as it will raise your body temperature, causing you to feel sleepy as your body temperature drops again. Research shows that sleepiness is associated with a drop in body temperature.

No clock-watching. Many people who struggle with sleep tend to watch the clock too much. Frequently checking the clock during the night can wake you up

Being a teenager -

Circadian rhythms are physical, mental and behavioral changes that follow a roughly 24-hour cycle, responding primarily to light and darkness in an organism's environment.

"Changes to the circadian rhythm occur during adolescence, when most teens experience a sleep phase delay. This shift in teens' circadian rhythm causes them to naturally feel alert later at night, making it difficult for them to fall asleep before 11:00 pm. Since most teens wake up early for school and other commitments, this sleep phase delay can make it difficult to get the sleep teens need -- an average of 9 1/4 hours, but at least 8 1/2 hours. This sleep deprivation can influence the circadian rhythm; for teens the strongest circadian "dips" tend to occur between 3:00-7:00 am and 2:00-5:00 pm, but the morning dip (3:00-7:00 am) can be even longer if teens haven't had enough sleep, and can even last until 9:00 or 10:00 am."

REF <http://www.sleepfoundation.org/article/sleep-topics/sleep-drive-and-your-body-clock>

Identifying Sleep Disorders

If you spend a great deal of time lying awake in bed at night or frequently nod off during the day, you may have a sleep disorder. A variety of sleep disorders can cause similar symptoms, such as excessive daytime sleepiness. If you suspect you have a sleep disorder, and nothing above has helped, it is important to seek the expert opinion of your physician and/or a sleep specialist. Sleep clinics can do extensive investigations.