

# SLEEP TIPS AND TRICKS

## WHAT HAPPENS WHEN YOU DON'T SLEEP?

### REDUCED BRAIN FUNCTION

Headaches. Irritability.  
-Brain removes waste & plaque during sleep.

### MOOD IMBALANCES

Lack of sleep disrupts neurotransmitters to brain that regulate mood.

### INCREASE HEART DISEASE RISK:

Blood pressure lowers during sleep.  
Increased stress raises blood pressure.

### HIGHER ANXIETY LEVELS

Raises brain's anticipatory reactions & reduces stress response.

### INCREASED DIABETES RISK

Lack of sleep increases cortisol and norepinephrine - both associated with insulin resistance.

### POOR COORDINATION:

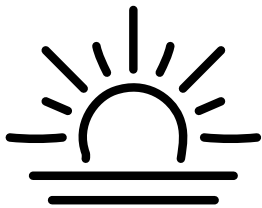
Reduces balance & increases risk of accidents.

### WEAKENED IMMUNITY

Weakens body's immune response.

### WEIGHT GAIN

Sleep balances hormones that make you feel hungry or full. Lack of sleep elevates the hunger hormone called ghrelin.



## WATCH THE SUNRISE & SUNSET

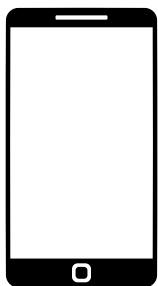
Morning sunlight is not only detrimental to optimal hormonal health, but it also produces serotonin. Serotonin decreases cortisol, a stress hormone. Daily sunlight exposure helps set your circadian rhythm which boosts the natural melatonin production within the body. Dusk and dawn are the best times to get sun exposure due to the higher infrared waves. Infrared light at those times protects us from UVA and UVB rays that may cause damage. AVOID SUNGLASSES!



## DAILY MOVEMENT / EXERCISE

The benefits of exercise in relation to sleep quality is extensive. Click [HERE](#) to read an article from The Sleep Doctor.

No exercise 3 hours before bed, working out outdoors further enforces circadian rhythms, aim for 30 minutes a day.



## BLUE LIGHT

Blue light is a short wavelength that sends signals to your brain's internal clock. What this does is it tricks your body into thinking it is still daytime. Put the phone away! I know, it's hard. Another trick is to turn the yellow on your screen's settings up as high as it can go. Mine is on a timer. So, from 6 PM to 7 AM it is as yellow as it can be. Also consider blue light glasses after sunset. The brand I like is Ra Optics.



## NO MEALS 3 HOURS BEFORE BED

Heavy meals before bed will cause the body to be in a state of digestion which takes energy, thus keeping you awake. Your body will direct energy towards healing and restoration and not digestion if you avoid eating before bed. Ideally you would have your last meal before sunset to align with your circadian clock.



## NO AFTERNOON CAFFEINE

No caffeine 8 hours before bed. So, if you go to bed by 10 PM on average, no caffeine after 2 PM. Caffeine can stay elevated in the blood for 6-8 hours.



## DIM LIGHTS IN THE HOUSE

Bright lights can be disruptive towards melatonin production within the body. Bright lights after sunset can also cause a stress response. Turn the lights down after sunset.



## COOL AND DARK ROOM

Experts have said that sleeping in a room under 72 degrees promotes deeper, more restful sleep. If a room is too warm, your body is working to cool itself off and this can omit energy. Another thing to consider is NO lights on in your room! When the room is cool and dark this also supports melatonin production for restorative sleep.



## LOWER YOUR STRESS

Cortisol is a stress hormone produced in the body that can make you more alert. High cortisol levels can disrupt sleep patterns. Keeping your stress lower can decrease cortisol production.



## TURN OFF WIFI & BLUETOOTH

Turning off the Wifi in your home and putting your phone on airplane mode (especially if it is next to your bed) is imperative to your body's quality of sleep! This includes Bluetooth. Turning off your wifi will reduce your body's exposure to nnEMF which will disrupt sleep. You see, when Wifi is on at night, your cells do not truly get a chance to rest and restore. DO NOT SLEEP WITH THE WIFI ON!

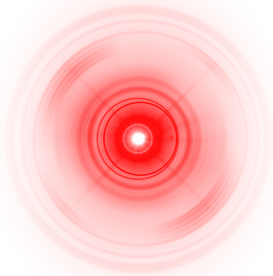


## GROUNDING DAILY

Grounding daily to realign your electrical energy will reduce inflammation, stimulate the vagus nerve, and promote relaxation.

If you cannot get time outside to ground, I sleep on a grounding mat every night! I will link it here. It is the universal grounding kit.

[LINKED HERE](#)



## RED LIGHT THERAPY

Red light therapy is great, especially if you are not able to get much sun exposure. although sunlight is superior for healing. I aim for 20-30 minutes of red light therapy a day.

I will link my red light therapy device here. Code: JESSIE

[LINKED HERE](#)



## MAGNESIUM

Individuals with insomnia took 500 mg of magnesium supplementation over eight weeks. Magnesium improved their quality and quantity of sleep. Magnesium is beneficial to people under mental and physical stress. Students who were stressed and sleep-deprived were given 250 mg of magnesium daily for four weeks. They had an increase in blood magnesium levels and a decrease in cortisol levels.

I take two of these before bed each night.

CODE: JESSIE10

[LINKED HERE](#)



## TART CHERRY

With Rowe Casa Organics' Tart Cherry Sleep Support tonic, you can enhance your sleep quality. As opposed to over the counter sleep-inducing drugs that are composed of harmful chemical components, the Tart Cherry Sleep Support tonic is all natural, made with organic ingredients and doesn't lead to any side effects. It can help regulate your sleep cycles in a safe, natural, and effective manner. **NURSING SAFE, PREGNANCY SAFE, CHILD SAFE.**

CODE: JESSIE20

[LINKED HERE](#)



## DEEP SLEEP SUPPORT

Fall asleep fast with our blend of calming essential oils. This will be the perfect addition to your unwinding bedtime routine.

TO USE: Apply 1 pump on wrist, forehead, or under nose before sleep.

CODE: JESSIE20

[LINKED HERE](#)



## DEEP SLEEP SALVE

Good quality sleep is vital for cellular regeneration and body restoration, so we created something to help you unwind faster. This calming salve will be the perfect addition to your nightly routine to help you get better, more restful sleep.

CODE: JESSIE20

[LINKED HERE](#)



## DEEP SLEEP PILLOW SPRAY

Good quality sleep is vital for cellular regeneration and body restoration, so we created something to help you unwind faster. This calming spray will be the perfect addition to your nightly routine to help you get better, more restful sleep.

CODE: JESSIE20

[LINKED HERE](#)



## SLEEPY TEA

The perfect way to unwind before bed. The sleep-inducing properties of this tea blend can help promote more restful and quality sleep. This tastes amazing and I add a touch of honey! I love to use this if I am feeling stressed or overstimulated before bed.

CODE: JESSIE20

[LINKED HERE](#)



## SLEEP BLEND ESSENTIAL OIL

Soothing Lavender and Chamomile. Calms nerves. Supports tranquility and sleep.

TO USE: Add 3-10 drops, or desired amount, to your diffuser.

CODE: JESSIE20

[LINKED HERE](#)



## PLEASE SLEEP

Please Sleep!™ (For Infants & Kids), by Dr. Green Mom, is a Certified Organic Herbal Blend to promote deep relaxation and sound sleep.

- Supports an appropriate sleep/wake cycle circadian rhythm†
- Promotes restful sleep & relaxation†
- Herbal Lemon Balm to calm the mind and soothe the soul†
- Non-habit Forming
- Certified USDA Organic, 3rd Party Tested, cGMP

CODE: JESSIE10

[LINKED HERE](#)



## MIGHTY MAGNESIUM

This is the magnesium I use for Harlow! She has a half scoop each night. It is currently out of stock right now but you can put in your email for a restock notification.

CODE: JESSIE10

[LINKED HERE](#)



## MOUTH TAPING

I have been mouth taping at night for about 2 weeks now and let me tell you...wow. GAME CHANGER! Now, do not do this if you feel as if you have airway issues! Visit with an airway centric dentist for an assessment. I have gotten more of a quality night's rest by more oxygen intake through nasal breathing. Oxygen tonight means more energy in the morning. By default, nasal breathing is not my go-to. I have been a mouth breather my whole life and I am learning to reverse that!

[LINKED HERE](#)