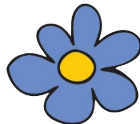




Sleep



In-Store at Loch Logan, Waterfront, Bloemfontein

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Sleep keeps us healthy and well!

It lets your body and brain repair, restore, and re-energise.

It plays a critical role in immune function, metabolism, memory, learning and other vital functions.

Fear of not sleeping is worse than not sleeping. Shorter good quality sleep is better than long hours of rubbish sleep.

INSOMNIA is a general term referring to any difficulty in falling asleep or staying asleep.

Left untreated, it may lead to irritability, memory problems, depression, anxiety, and, in the longer term, to an increased risk of accidents, heart disease, hypertension, diabetes, immune system problems, etc.

Anxiety and depression, often due to stress, are the most common causes of sleeplessness. Contributing to this is physical tension, an over-active mind caused by information overload, worry, fear, anxiety, grief and bad sleeping habits.

MELATONIN is a hormone primarily released by the pineal gland that regulates the sleep-wake cycle.

As darkness falls at the end of each day, melatonin production rises.

MELATONIN winds the body down to a more lethargic and sleep-ready state. The rhythm of **melatonin** production is strengthened by regular daily routines. Avoid exercising late at night. Vigorous activity delays **melatonin** secretion. If you exercise in the morning, you will reinforce healthful sleeping habits that will lead to regular melatonin production.

Eat a balanced diet and stay hydrated with good quality water.

- Take vit b6 to help serotonin and melatonin production. It also helps to recall your dreams.
- MAGNESIUM plays a key role in the bodily function that regulates sleep. IT ALSO RELAXES MUSCLES.
- ZINC helps to have fewer wakeups in the night and improves the vividness of dreams.
- BLUE LIGHT** emitted by TVs, laptops, cell phones and other devices negatively affects melatonin production. Put your screen away about 1 hours before you want to go to bed.

Studies have revealed that a correlation exists between the liver and sleep patterns, with those suffering from liver problems such as an overworked liver, cirrhosis and fatty liver disease often exhibiting disturbed or upset sleep patterns. Sleep disturbances between 1-4am can be linked to the liver.

Alcohol, drugs (recreational/pharmaceutical), too much caffeine and nicotine, continuous stress and long hours of watching TV can **overstimulate your nervous system** and reduce your chances of sleeping well and falling asleep naturally. Turn off screens well before bedtime. Put your phone on the other side of the room. Banish screens from your bedroom. **Your bedroom should become your sleep sanctuary.** Only use your bedroom for sleep and relaxation. Keep it dark and quiet.

If you can't sleep – Don't stay sleepless in bed, get up and repeat your sleep preparation schedule until you are sleepy again. Do not work or watch TV. Your body will be reminded of day time and struggle to switch off.

Sleep Preparation TIPS

- 🌿 Progressive contraction/relaxation exercises, deep breathing, a few long slow stretches, and meditation/visualisation can help you relax.
- 🌿 Have a warm bath and add relaxing /calming aromatherapy oils such as Roman chamomile, Lavender, Clary sage, Neroli, Ylang Ylang, Sandalwood, or Marjoram.
- 🌿 Enjoy a soothing cup of herbal tea such as Chamomile, Lavender, or Lemon Balm 30 MIN before bed.
- 🌿 Try having a small snack of whole grain crackers, warm milk, or a banana before bed.



Finally: Consider an evening contemplation practice, like the following.

- 🌿 Get quiet, empty yourself of all the happenings of the day.
- 🌿 Forgive who needs to be forgiven. Let go WHAT NEEDS TO BE LEFT BEHIND.
- 🌿 Give thanks for your blessings.
- 🌿 Plan tomorrow. Write down what must be done.
- 🌿 THEN pray, trust, and go to bed...

“A good laugh and a long sleep are the two best cures for anything.”
- Irish Proverb.



**You are worth eating healthy food
having Good people around you
of Love
of HAPPINESS 😊**

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Please note: This information is to arouse interest and awareness. Do your own research and empower yourself.