

Guide to RESTFUL SLEEP



A step-by-step guide
to level up your
sleep quality

BY ERIKA SMITH

Sleep is key to maintain good health

In America 35% of adults suffer from sleep apnea. Race, age, lifestyle, and geographical location seem to affect the risk factor of developing sleep apnea more than gender. People who have sleep apnea are more likely to suffer from 10 particular chronic diseases including heart attack, coronary heart disease, stroke, asthma, cancer, arthritis, depression, and diabetes.



important tip

Drink most of your water earlier in the day to avoid waking up multiple times at night to use the restroom.

Sleep apnea is the number one cause of sudden death in adults and small changes in lifestyle, like weight reduction, can reduce that risk by 33%. This disease is not one that should be taken lightly. Medical intervention is crucial and necessary to allow proper oxygen intake during sleep.

Weight-loss is not achievable without good sleep, and in fact research shows it is a vicious cycle where one enables the other. Sleep apnea symptoms are treated by using a CPAP (Continuous Positive Airway Pressure) machine and while it might not be the most comfortable medical solution it is a life saving one.



Here are 7 things that will help you sleep better

1. Get 20 minutes of sunlight every day. Best if it is sunrise light but good if it is before 10am.
2. Avoid the use of a phone or watching TV 2 hours before bedtime, watch sunset & wear bluelight blockers after sunset.
3. Exercise. Not too early and not too late to avoid hormonal disturbances and to prevent sleep disturbances.

“A good laugh and a long sleep are the best cures in a doctor’s book.

–Irish Proverb

4. Create and stick to bedtime routine.
 - Use essential oils such as lavender oil in a diffuser or a roller to use on the sole of your feet.
5. Turn your bedroom into a sleeping sanctuary by making it completely dark, using sheets that are comfortable such as linens or 100% cotton sheets and make sure to turn your AC temperature to 3-4 degrees lower than your day temperature.
6. When you make it to bed think of relaxing rather than falling asleep. And use breathing techniques such as the inhale for 4, hold for 7, exhale for 8 second. Or the simpler, inhale for 4, hold for 4, exhale for 4 seconds.
7. Is your mind still running? Keep a journal by your bed and make sure to write everything that is keeping you awake.
CBN, a derivative of CBD, has been found to help with a overactive mind.





important tip

Your gut microbiome regulates your sleep but comes equipped with no eyes and cannot tell time from a watch. It can however see sunrise and sunset when your eyes are exposed to it by way of the chiasmatic bundle.

No, you don't have to do it all at once

An all or nothing approach will not be helpful when starting your journey to good sleep. Address each of these suggestions one at a time and build upon your new habits.

Create your new habits as you see fit. If one seems easier to introduce then start with that first. If one seems completely unattainable do not fret instead leave it for last. You can be sure once you have achieved multiple change you will feel inspired and encouraged to do more, even things you once thought impossible.

What Next

Don't just read this and discard it. You can make a difference in your health with something as simple as creating better quality sleep.

Diet will also have a major impact on the quality of your sleep and your overall health but the journey to good sleep can be paved with the help of the 7 tips provided on this guide.

Follow me on IG @guts_by_erika for more tips on good health and good sleep.



Thank you!

It is my purpose in life to help others create a life that supports aging in a healthy manner.



www.keepinitrealcoaching.com

@Guts_by_Erika

This guide does not constitute any medical advice.