HOW TO

SLEEP LIKE A BABY

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How to Sleep

Like a Baby

Why Is Sleep So Important Anyway?

Without sleep everything you do during your day becomes that much more difficult...

Every decision you make is slower and more clouded, and every physical activity you perform is weaker and slightly off its mark.

Literally, all cognitive and physical activity depend upon a well rested mind and body...

The other side of depriving yourself of sleep is that when it comes to using your willpower to make the right nutritional, exercise, or healthy lifestyle choice your decisions become less strong.

This means you're more likely to reach for the can of soda, coffee, cookies, or any other sugary snack that will give you a quick "pick-me-up."

And of course if you're exhausted then you're going to be far less motivated to get in your workout...

So in order for you to function at your best day in and day out you need to be getting 7-9 hours of sleep.

Yes, I know that "some studies" have said that some people can function on less than that, but there's a huge difference between "functioning" and being at your peak mental and physical self

As humans, we were meant to sleep when it's dark and work while it was light out (that just makes sense since we've only had electric light bulbs for the last 130 years).

However, due to electricity and many other distractions like TV, smart phone, and computers we've been going to bed later and later and missing our magic window to fall into deep reparative sleep (10:00pm-2:00am).

This means that even if you get 8 hours of sleep a night, but it isn't between the 10:00pm-2:00am window you won't be releasing as much melatonin (powerful sleep and restorative hormone) that in turn helps promote deep restful and regenerative sleep.

I won't lull you to sleep right now by explaining the science behind the different stages of sleep, brain wave activity, and release of growth hormone during your rest, but I did want to share with you 10 tips for better sleep...

Let's get started!

1. Get in Bed by 10

10:30pm at the latest. This will allow you to maximize the restorative powers of sleep - especially if you have to be up at 6:00am or earlier. The more hours before midnight and the closer you get into bed when it gets dark out, the better you'll tune into the natural rhythms of an ideal sleep cycle.

2. Turn Off the Lights

Shut off all electronics that emit light 1 hour before bed. That means no TV, phone, or computer within 1 hour of going to bed. The reason is that bright light inhibits the release of melatonin, and flashing light (like your TV) has been shown to increase cortisol due to the fight or flight response.

Try reading a light fiction or self-improvement book instead.

Relaxing Book Recommendations

> ➤ **The Power of Now**
>
> ➤ **The Power of Your Subconscious Mind**
>
> ➤ **Celestine Prophecy**

3. Do Not Eat Close to Bedtime

Finish your dinner 2-3 hours before falling to sleep. This will promote sounder sleep since your body won't be using so much energy for digestion and it can focus on repair and rejuvenation. One tip our clients have used successfully is to brush your teeth right after dinner – this prevents most people from wanting to eat again...

4. The 1 Food Exception

Dr. Johanna Budwig proved that a great anti-cancer recipe was to eat a mixture of cottage cheese and flax oil. This also just so happens to contain tryptophan,

which in turn promotes serotonin release, which equals happy and restful sleep. So, if you're someone who typically wakes up hungry during the night, or with low blood sugar this snack before bed may just do the trick.

(**NOTE:** Many people do have dairy food sensitivities or are looking to lose weight, so eating cottage cheese wouldn't be recommended. In this case you could just have some turkey, chicken, organic sprouted tofu, eggs, or fish at dinner with a side of spinach for your tryptophan fix.)

5. Turn Down the Heat

You should keep your bedroom below 69 degrees when going to bed. Try setting the thermostat somewhere around 64-68 degrees depending on personal preference. A room that is too warm will keep you awake and wake you throughout the night.

6. Let Your Body Breathe

Make sure that your sheets and comforter come from a natural material so your body can breathe at night. Synthetic material can make you hot and not let your skin breathe, which in turn will wake you up…

I recommend an all-natural wool or cotton blanket and sheets for the best breathability.

7. No Light Allowed

Make sure you don't have any light seeping into your room – it should be pitch

black. Again, light signals the body to stop producing melatonin (and to wake up) and if you're not producing enough melatonin you're not going to be sleeping well. Invest in black out shades or curtains if necessary.

Since I live in the city I need to use heavy black out curtains to keep all street light and noise out, but I also want to get the benefits of waking up to light instead of an ear-piercing alarm clock. So, what I discovered is that there are actually alarm clocks that begin to omit light 30-minutes before your alarm goes off so that you can naturally wake to light in the morning – it helped me a lot!

8. Relax Before Bed

One of the best things you can do to unwind before bed to promote a healthy night's sleep is to stretch. Some light stretches for your back and legs will help to release any aches, pains, stiffness, and tension, which may also keep you up.

If you're unsure which stretches to do simply try to lie on your back and slowly pull your knees into your chest a few times to loosen up your hips and back.

9. Make a To-Do List

I find many people suffer from anxiety induced sleep insomnia where their mind is racing and they can't fall asleep because they're thinking of everything they have to do the next day. If this sounds like you I highly recommend making a to-do list before bed where you can get all your tasks off your mind and down on paper so you won't have to worry about forgetting them when you're trying to sleep.

10. Follow a Sleep Schedule

This was the #1 thing I did to beat my sleep issues.

Until I started going to bed and waking up the same time everyday (within 30 minutes) I always had trouble falling asleep. My suggestion is to pick an 8-hour window that you can stick to and make that your own personal sleep schedule.

It's amazing, but after a few weeks you'll fall asleep within a few minutes of hitting the pillow and won't need an alarm clock to wake up. The trick is that you must go to bed and wake up EVERY day (no napping!) at the same time for about 2-3 weeks into to break the cycle and create a new circadian rhythm.

11. BONUS: Nutritional Supplements

If after trying the 10 steps above to "Sleep Like a Baby," you still have difficulty sleeping then I recommend adding in some safe & natural nutritional supplements.

I use these same supplements in my own Boston Naturopathic & Functional Medicine practice with people just like you who have difficulty getting to sleep or staying asleep.

Recommendations for Falling Asleep

➢ Natural Calm (take 2-3 hours after dinner away from food)

➢ Best Rest Formula (take 2-3 capsules before bed)

➢ Quick Melt Melatonin (take 2-3 tabs and let dissolve under tongue in bed)

Recommendations for Staying Sleep

➢ Natural Calm (take 2-3 hours after dinner away from food)

➢ Best Rest Formula (take 2-3 capsules before bed)

➢ P.R. Melatonin (take 1-3 tabs before bed)

Putting It All Together

As someone who suffered with sleep-based issues for my entire life, I know what it's like not to feel rested and get a good night's sleep. However by following these tips above I have been able to sleep great and I hope you benefit in the same way.

Most of them are easy to implement, but they do require some slight lifestyle modifications. Therefore, you may want to begin with just a few at a time and settle in on what works best for you.

I congratulate you on taking control of your own body and life and please let me and my team know if we can help in anyway! Support@StephenCabral.com

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