

Sleep Hygiene



Fundamental Practices
for Optimum Health



Get to the root cause so you can heal for good!



Remember, whatever your health challenge or problems, they took many months, if not years, to manifest. Yet, your body's natural state is one of wellness! Could working with a skilled functional medicine practitioner who can help you to “peel the layers” and get to the root of long-standing issues, be the answer you've been seeking? Booking a free Curiosity Call is a great way to decide whether it's the right approach for you.

Meredith is an Applied Functional Medicine Practitioner (AFMC) & Board-Certified Health Coach who uses a truly holistic (Mind-Body-Spirit), and highly individualized approach to get you to a place of reclaimed health and vibrancy. She will work with you to escape the shackles of our modern chronic disease epidemic, and its sick-care revolving door. Her passion is to empower you to create complete, sustainable health with ease. Meredith believes that as each person finds their health freedom, they are able to give their gifts as God intended, and is perhaps the secret key to the brighter world we all desire. She knows that given the appropriate knowledge and inspiration each of us has the POWER to cultivate our own best health. Some things you will find in her toolkit are functional medicine principles, nutrition expertise, mindset, meditation & mindfulness, movement, and more.

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We all know it: high-quality sleep is vital for both healing and sustained wellness.

While the body appears from the outside to be still and inactive, sleep is a time when the body is quite busy.

During the night, we restock our supply of hormones, process significant toxins, repair damaged tissue, generate vital white blood cells for immunity, eliminate the effects of stress, and process heavy emotions.

Unfortunately, we have an epidemic of sleep disorders – from trouble falling asleep to often-interrupted sleep to actual insomnia.

There are, however, several straightforward remedies which can help. Whenever a client is struggling with sleep, it is always an upfront priority I recommend they pursue in their healing journey.

Sleeping soundly also often increases our motivation to make further lifestyle changes (e.g. when well rested, it is always easier to eat more healthily).

Simple changes can be quite powerful!

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Sleep Hygiene Checklist

1. Choose more calming, quieter evening activities that resonate with you and help you to relax, both mentally and physically (e.g. reading a book, taking a bath, going for a light stroll outdoors, playing with a pet, folding laundry).
2. Turn off all full-spectrum light for a full 1-2 hours before bedtime. This means no email, TV, or smart phone apps.
3. Avoid amping up your brain. Avoid activities such as budgeting, balancing your checkbook, next-day-planning, or stressful conversations in the full hour prior to bedtime. I also recommend no caffeinated food or drink at all after 2pm (e.g. tea (even green), coffee, soda, chocolate, mate); yes, it **can** affect you that many hours later.
4. Make it quiet but not too quiet. If noise is an issue in your bedroom (too little OR too much), I often recommend soft foam ear plugs and/or the white noise of a fan.
5. Mind the temperature. Rooms which are too hot or too cold tend to wake us up. In addition to waking us up to mess with the bedding, temperature extremes naturally increase our stress hormones which promotes wakefulness.
6. Have a relaxing ritual at night. Herbal tea (e.g. lavender, chamomile, valerian, passionflower) can help one to relax and set the tone for sleep. A hot bath with Epsom salts may work well. Or perhaps 10 minutes of gratitude journaling or reading inspirational or spiritual book.
7. Quiet the digestion. This is a particularly powerful one that surprises many. For clients with insomnia or light, restless sleep, I recommend no food at all for a full three hours before bed.

Need a Little Extra Support?

Once you've begun to address the items on the checklist, you may still need to look a little deeper.

Gut health is something that should be considered - just because you don't notice "gut" symptoms, don't be quick to rule this out. Very often imbalances in the gut do not manifest as noticeable digestive symptoms.

The following supplements can be helpful in supporting sleep, but remember, it matters what is causing your troubled sleep!

But don't worry - just because there's more to it than taking a pill doesn't mean it's complicated! You just need to know what to look for.

Melatonin

Magnesium

Taurine

NAC

GABA

Valerian Root

Tryptophan

Night-time intake of calming adaptogenic herbs (e.g. holy basil, ashwagandha, magnolia)

L-theanine

Click the button to view and gain access to my Stress Less Essentials

Stress Less!

