

How to Get Better Sleep

Tips for improving sleep patterns

Sleep Basics - Bedtime Routines

- Plan sleep - make it part of your daily schedule (8-9 hours)
- Keep to the same sleep routine - sleep and wake up at the same time each day.
- Avoid getting into bed after midnight as late-hour sleep is not as helpful as earlier sleep.
- Take a hot Epsom salt bath. Raising your body temperature before sleep helps induce sleep.
- Try adding 10 drops lavender oil to bath / massage oil
- Avoid watching the news or working just before bed
- Restrict electronics 1-2 hours before bed -use blue glasses
- Keep your bedroom air clean. Use air purifiers/filters
- Use black out blinds
- Use eye shades or a black covering for your eyes when trying to sleep or if you awaken too early because of light.
- Make sure your bedroom is the correct temperature
- Avoid sleeping near electric fields.
- Remove electronics from bedroom
- Consider replacing your pillows with hypoallergenic pillows.
- Try Coil free Mattresses
- Try evening meditation / yoga

Daytime Routines

- Make use of Light machine and / or ensure sun exposure in the morning
- Exercise in the morning preferably outdoors
- Avoid late afternoon or evening naps.
- Restrict naps during the day to 30 minutes
- Complete any aerobic exercise before 6 pm (or at least 3 hours before bedtime).

Diet

- Avoid large meals, fatty meals or spicy foods before bed.
- Avoid eating your main meal 3 hours before bedtime
- Limit fluids 1-2 hours before bed.
- Make sure you have eaten sufficient through the day
- Include sufficient protein in the evening with slow releasing carbs
- Check for food allergies
- Avoid alcohol
- Restrict caffeine to the morning
- Try herbal teas (Valerian, Lemon Balm etc) in evening
- Cherry Active juice in the evening or Manuka honey

Medications

- Try one at a time (short term use) - some only via prescription
- Antihistamines
- 3 mg melatonin
- 500 mg - 1g niacinamide with L-Tryptophan
- 500 mg GABA

Key Supplements

- Check vitamin D3 and ensure at least 80-100nmol/l
- Magnesium 400 - 600 mg in a chelated form (glycinate, taurate, threonate, malate, or citrate)
- Potassium - should get enough from vegetables and fruit but otherwise try Bio CMP (Biotics) take 2 twice daily from Nutri Link
- Zinc - for 4 weeks try 15-30mg daily e.g Zinc Zyme (Biotics) from Nutri Link
- B6 - B6 Phosphate (Biotics) from Nutri Link - try 1-2 at each meal
- 5 HTP - not suitable if you are on SSRIs
- Ensure sufficient B12
- CBD OIL - try 1 hour before bed - build up dose
- L Theanine
- Bio active milk peptides
- Stress supplements
- Glycine 3-5g
- Sarcosine
- Ashwagandha
- Butyrate and probiotics

Morning Supplements- activate Sirt1, which increases leptin sensitivity, NAD+, adenosine, cAMP, lower inflammation

Resveratrol 200 mg

Nicotinamide Riboside - 6 caps (1.5 g)

Apple cider vinegar 1-3 tbsp

PQQ 20 mg

Curcumin 2 g

Overcoming night time hypoglycemia or waking up with adrenaline

Butyrate 6 - 12 caps a day in 2 doses

Manuka Honey + coconut oil + collagen powder (1 - 3 tsp of each) before bed

Make sure you are eating enough food during the day and don't go on a ketogenic/low carb diet.

Also, don't fast for longer than 12 hours overnight.

Ashwagandha - 2 in the morning and 2 evening