

## Sleep Management

Adequate sleep is essential to staying physically and mentally healthy. A lack of quality sleep can negatively impact an individual's performance at work, school or during physical activity. Experts believe adults should sleep at least 7-8 hours every night. Up to 75% of adults may have compromised health symptoms related to a sleep disorders. This means that sleep problems may affect over 100 million people in the United States alone.

### Self Care Tips

#### Do These

- Exercise every day and take a B-complex vitamin – if overweight try to lose the excess weight.
- Eat a light meal no fewer than three hours before retiring.
- Maintain a consistent bedtime routine. Relax before bedtime. Take a short walk or warm bath, read a book, or when in bed listen to a relaxation tape. Write down your concerns in a journal, to keep from worrying.
- Consider being checked for the nighttime breathing disorder sleep apnea. The upper airways close for more than ten seconds. You are at risk for sleep apnea if you exhibit loud, chronic snoring; choke or gasp during sleep; are overweight; have a large neck girth; or have excessive daytime sleepiness.

#### Avoid These

- Alcohol, nicotine, and salt.
- Don't watch stimulating or violent shows before going to bed.
- Narcotic sleeping pills cause either dependence or addiction, lose their effectiveness quickly and /or suppress the dream and REM sleep you need to awake refreshed.
- Avoid night time sweets and / or starches, if you fall asleep easily but wake in the middle of the night, it could be due to a low blood sugar level.
- There are several OTC and prescription medications that can rob you of a good night's sleep:
- Aqua-Ban, Caffeine, NoDoz, Quick Pep, Tiren, Midol, Vanquish, Vivarin, Extra
- Strength Excedrin, Bayer, Anacin.
- Herbal products that contain ephedra, caffeine or guarana.
- Rx's like prednisone, propranolol, furosemide, lovastatin, thyroid medications and certain antidepressants.

#### Supplements

- The following supplements from Calmglow can be helpful in regulating your sleep cycle.
- 5- HTP is the healthy breakdown product of tryptophan, a natural substance made for healthy sustained sleep. Take 100 mg nightly.
- Melatonin can help those with difficulty sleeping. Take 2-6mg at night 30-45 minutes before you want to fall asleep. Don't take with antidepressants.
- The information provided is not meant as a replacement for a physician's care.
- Some or all of the above may help you feel more balanced and give you an overall increased sense of wellbeing.