



Look & Feel Great Method: Nine Steps To Healthy Lifestyle

Step 6: Role of Restorative Sleep

The Healing Power of Sleep

Much of the body's healing work takes place while you sleep. Without the need to attend to all of the functions of daily life, your immune system and organs of detoxification can focus attention on cleansing and restoration. This is the time when your body does major housecleaning, taking care of wastes that have accumulated during the day and repairing cellular damage.

Positive Sleep Habits:

- Cultivate the habit of going to bed early, before 10 PM. When dark falls, the body naturally wants to sleep. Overriding this desire for sleep interferes with the natural rhythm of cleansing. According to traditional Chinese medicine, as well as Western naturopathic healing philosophy, the most important hours for detoxification and rejuvenation are before midnight.
- The earlier you go to bed, the better. For the most restful and restorative sleep, make sure that your sleeping environment is as healthful as possible. Use natural cotton bedding to allow your body to breathe, and wear comfortable, loose cotton sleepwear. Keep your window open at least a few inches year round to provide plenty of fresh air.
- Avoid eating for at least two hours before sleeping. This ensures that your body's energy can be used for healing and rejuvenation instead of for digestion. If you do want to eat something before bed, a piece of fruit is a good choice.



Sleepy Environments

- Make sure that your sleeping environment is peaceful and quiet. If you can't escape noisy neighbors or traffic sounds, invest in a sound machine that created soothing background "white noise" that masks disturbing sounds.
- Natural remedies for restful sleep include soothing baths and herbal teas. Try a warm bath just before bed with 2 cups of Epsom salts and 10 drops of lavender essential oil diluted in the bathwater. Epsom salts are rich in magnesium, which helps to relax the muscles and the nervous system, and lavender has soothing effects on the body and the mind. A cup of chamomile or passionflower tea also promotes relaxation.

Turn off electronics

- TV, Facebook, YouTube, your phone, iPad, or any other electronic device can actually be stirring you up and getting your body and mind excited as opposed to calming down to get ready for a restful sleep.
- It is best to stop electronics at least 1 to 2 hours before bedtime.

Waking Up

If you do need the help of an alarm, make it a gentle introduction to the day with pleasant music or a soothing chime. Don't leap out of bed, but take a few minutes to stretch and breathe, appreciating the blessing of another day of beautiful life and opportunities that await you.



Step 6 Action:

Take the comprehensive Sleep Survey PDF, review the How to Sleep Better: Tips for Getting a Good Night's Sleep PDF. If looking for sleep supplements then you checkout the Sleep Support Package on <http://nancyguberti.com/store/>

I want you to look at your sleep pattern.

1. What time are you waking up? What time are you getting to bed?
2. Is it restful sleep?
3. Are you sleep deprived?
4. How long does it take to get to sleep?
5. Is your mind wandering and cannot quiet it to get restful sleep?
6. How can you get to sleep at least one hour early to start as you reach your optimal sleep pattern.
7. Turn off TV, lights, music, etc.
8. Do a brain dump by making a list of what you need to do tomorrow or any thoughts you have that are keeping your from falling asleep.
9. Journal, meditate, relax.

The comprehensive Sleep Survey will dive deeper into the following areas: current sleep pattern, sleep schedule, lifestyle related sleep pattern, your thoughts/mindset related sleep pattern, and health related sleep pattern questions to help you get to the root of any issues and also become aware of what and where you can make some modifications to reach your optimal sleep goals.

Added Bonus: If you want me to review your completed assignments then email them and I will review and send back comments.

*****NOTE:** You must check with your medical practitioner before starting any new supplements.



CONGRATULATIONS for completing Step #6!

Next is Step Seven: Dealing with Stress

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