

# The Well Being's Herbal Allies Workshop Series

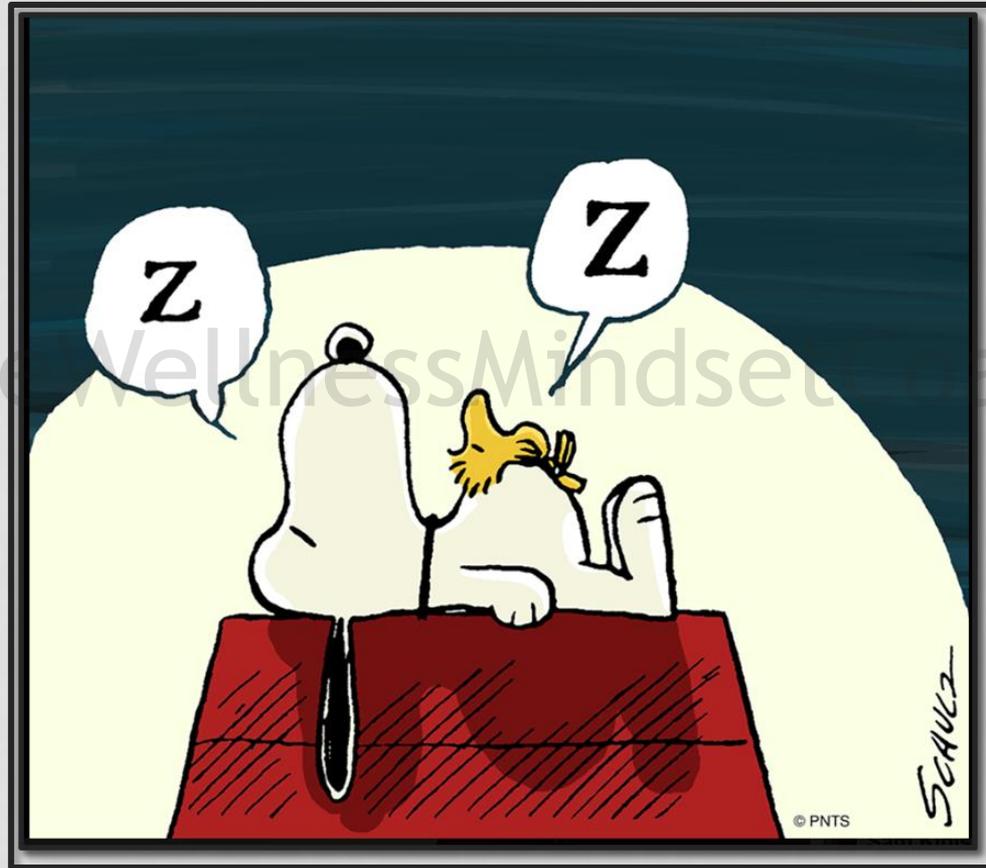


[www.CenterForTheWellBeing.org](http://www.CenterForTheWellBeing.org)

**HEALTHY SLEEP HABITS: HOW TO GET QUALITY ZZZS**

**JANUARY 4, 2020**

# Healthy Sleep Habits: How to Get Quality ZZZs



# What's all the buZZZZZ about sleep?

## WHAT HAPPENS WHEN YOU SLEEP

Memories are consolidated and stored  
(necessary for learning)

Ability to concentrate and pay attention is  
restored

Muscles repair and recover  
Metabolism is regulated

Maintain better mental and physical health

## WHAT HAPPENS WHEN YOU *DON'T* SLEEP

Judgment and concentration are  
impaired

Release of more appetite stimulating  
hormones that can result in weight gain

Immune system is suppressed and  
increased risk of illness

Emotions are heightened, causing  
irritability, anger and/or anxiety

Reaction time is slowed and more  
accidents occur



# What is Your Relationship with Sleep?

**“Early to bed and early to rise makes a man healthy, wealthy and wise.”  
- Benjamin Franklin**

## **We all have a unique relationship with sleep**

- **What time do you prefer to go to bed?**
- **What side of the bed do you prefer to sleep on?**
- **What do you like to do before you go to bed?**
- **Does it really help you to sleep?**
- **Do you enjoy sleeping?**
- **Do you view sleep as a priority?**
- **Do you see sleep as a luxury?**
- **Do you dread going to sleep at night?**
- **Do you know what to do to get a good night's sleep?**

# Steps to Get Some Quality ZZZs

“A journey of a thousand miles begins with a single step.” - Lao Tzu

## **EAT WITHIN 30 MINUTES OF WAKING**

Moves the body from survival mode into safety mode; kickstarts metabolism

## **DRINK PLENTY OF WATER**

Dehydration worsens night sweats; drink 1.5-2 liters of water daily

## **GET AN EARLY NIGHT**

Prepare to wind down between 9 and 9:30PM; enter the calming zone

## **STOP MEASURING**

It is normal to wake during the night; avoid looking at the clock

## **POWER DOWN**

Turn off electronics 30-60 min before bed

## **REDUCE CAFFIENE INTAKE**

Half life of caffeine is 5 hours; caffeine dehydrates and keeps us in survival mode

## **GET PHYSICAL**

Move throughout the day to produce adenosine (promotes sleepiness)

## **LET GO**

Finish the day BEFORE the head hits the pillow; journal, meditate, deep breathing

## **CONNECT WITH NATURE**

Walk near woods, green areas or water helps to restore balance

## **CREATE A SLEEP SANCTUARY**

Make sleeping area an oasis of calm

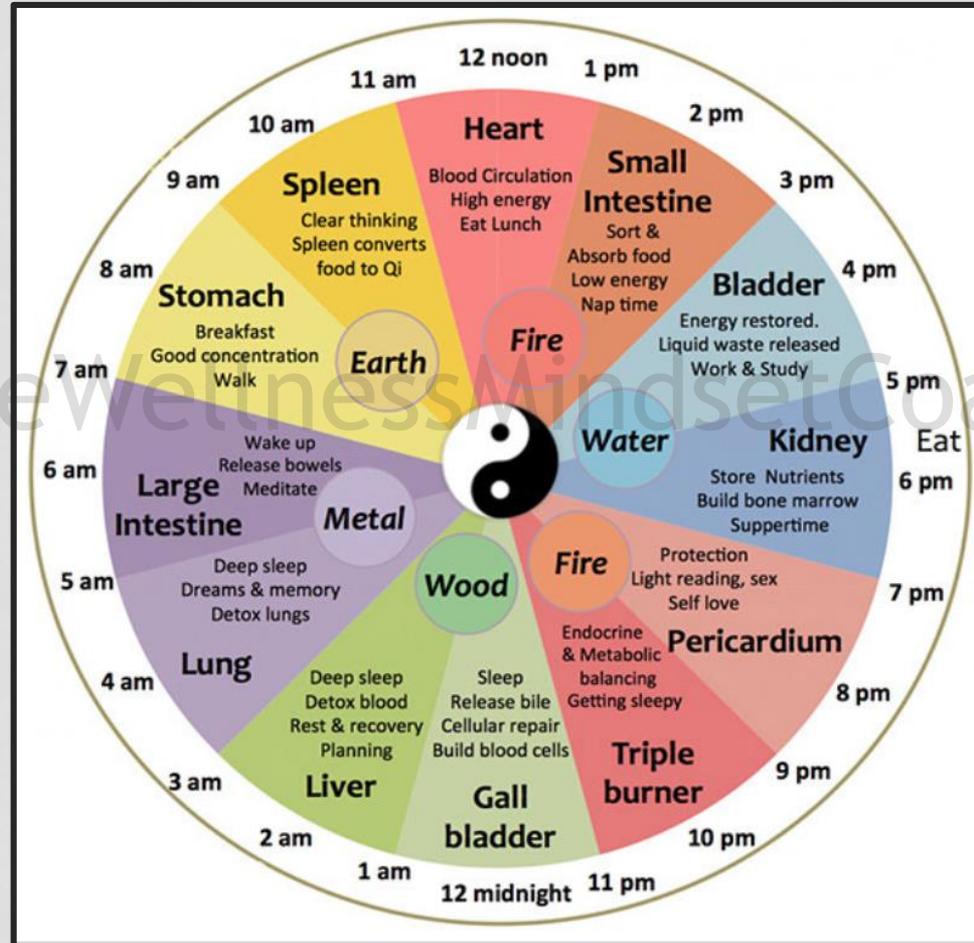
# Create a Sleep Sanctuary



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# 24 Hour Body Clock

## Traditional Chinese Medicine



# Sleep Issues

## **FALLING ASLEEP**

I'm tired but I have trouble falling asleep



## **STAYING ASLEEP**

I have trouble staying asleep and often wake up between 1AM and 3AM

[www.TheWellnessMindsetCoach.com](http://www.TheWellnessMindsetCoach.com)



## **RELAXING THE BODY**

I can't relax my body



## **RELAXING THE MIND**

I can't relax my mind

# FALLING ASLEEP

I'm tired but I have trouble falling asleep

## Things you can do...

### Create a ritual around bedtime

make bedtime something to look forward to

**Go to bed at the same time every night**

even on the weekends!

**Enjoy a cup of warm tea**

have a special tea cup or mug

**Diffuse calming essential oils**

chamomile, lavender

**Have a sleep ritual basket**

bath salts, dream pillow, eye mask, pillow mister

**Sleep Aid Support**

Valerian, Scullcap



## BALNEOTHERAPY

*Using water or bathing to treat illness - such as a warm bath with mineral content bath*

# Calming Herbs



## Lavender (*Lavandula officinalis*)

Strong Nervine-Mild Antidepressant

- Good for headaches, tension, stress, insomnia, soothes insect bites and bee stings -
- Add small amounts to herbal tea -
- Add essential oil to bathwater, dab 2-3 drops to nape of neck for headaches, add to mister to spray pillows and bedroom -

## Chamomile (*Matricaria recutia*)

Gentle Nervine-Anti-inflammatory

- Used in 3 major areas: immune, nervous, digestion -
- Drink tea to calm digestion (colic in babies) or to calm a nervous child or adult -
- Add infusion to bath water -
- Mist hydrosol on face to soothe itchy skin and calmness -



# STAYING ASLEEP

I have trouble staying asleep and often wake up between 1AM and 3AM

## Things you can do...

**Refrain from alcohol and rich food**  
puts liver into overdrive; stimulates the  
body when it should be resting

### Use Hepatic herbs

Dandelion  
Burdock

### Sleep Aid Support

Scullcap  
Valerian



# RELAXING THE BODY

I can't relax my body

## Things you can do...

**Help the body to wind down for bedtime**  
slow down everything

**Gentle yoga practice**  
10 minutes of restorative yoga or deep breathing

**Relaxing herbal bath**  
sooth sore muscles, promotes circulation

**Sleep Aid Support**  
Passion Flower  
Scullycap  
Valerian



# RELAXING THE MIND

I can't relax my mind

## Things you can do...

### Journal

jot down your thoughts, To-Do lists, complaints, things you're grateful for

### Meditation practice

5-10 minutes of calming the mind

### Sleep Aid Support

Lemon Balm  
Scullcap



# Herbs to Induce Relaxation and Sleep

## Scullcap (*Scutellaria lateriflora*)

- Sedative-Nervine -

Sedates the nervous system, particularly used for insomnia, anxiety, hyperactivity, agitation, sensory overload - when hypersensitive to lights, smells, sounds, touch, etc.

\*May be too sedating for daytime use; may interact with psych and pain pharmaceuticals.



## Passionflower (*Passiflora incarnata*)

- Mild Sedative-Nervine -

Sedative effects similar to Scullcap for relieving insomnia, anxiety, agitation, irritability in adults and children; gently relaxes all body systems, good for stress-induced hypertension and respiratory herbs for asthma and anxiety-provoking lung issues

\*May be too sedating for daytime use; may interact with psych and pain pharmaceuticals.



## Lemon Balm (*Melissa officinalis*)

- Nervine -

Calms without sedating, improves cognition and mood. Children and adults can use for mild mood funks, anxiety, insomnia, nervous indigestion, restlessness, inattention, mental decline, hyperactivity



# Valerian (*Valeriana officinalis*)

- Sedative-Nervine -

Valerian's acts as a tranquilizer, antispasmodic, expectorant, diuretic, carminative and mild anodyne. Treats headaches, muscle cramps, irritable bowel syndrome, anxiety and nervous tension; lowers blood pressure when combined with hawthorn berries.

**CAUTION:** Valerian should not be taken continuously for longer than two to three weeks without a break in use. Otherwise, headaches and heart palpitations may occur. Valerian enhances the properties of other sleep inducing drugs, and therefore should not be taken in combination with other such medications, or with alcohol, opiates, or antihistamine drugs. Should not be taken by pregnant or breastfeeding mothers.



# ZZZ Catching Helpers



# Sleep EZZZ Tea

## HERBS

Passion Flower  
Lemon Balm  
Scullycap  
Chamomile

## DIRECTIONS

Pour 1 cup of boiling water over 1 teaspoon herbal tea. Steep for 10-15 minutes. Drink a cup as needed.



# Herbs for Rejuvenation

## Schisandra (Schisandra chinensis)

WU WEI ZI in Traditional Chinese Medicine - 5 Elements/5 Flavors

- adaptogen, anti-inflammatory, antioxidant, antibacterial, immune tonic, nervine, vital stimulant, aphrodisiac, blood pressure regulator -

Schisandra is included in every classic text on TMC; used to support a healthy functioning endocrine system, digestive system, and normal liver function.



## Ashwagandha (Withania somnifera)

- Adaptogen, anti-inflammatory -

“Ashwagandha” means “the smell and strength of a horse”. It is sometimes referred to as “Indian Ginseng” as it is traditionally used in conditions of debility, emaciation, impotence and premature aging. Rejuvenates and tonifies the entire system, especially the endocrine and immune systems. Promotes normal sleep patterns and healthy inflammatory response.



## Burdock (Arctium)

- Adaptogen, diaphoretic, mild diuretic, mild laxative, alterative -

One of the safest, most effective detoxifying and cleansing herbs in Western and traditional Chinese medicine. Alleviates skin issues - acne, eczema, psoriasis - caused by hormone or chemical imbalances in the body. Powerful liver detoxifier when used in conjunction with Dandelion root. May have anti-cancer and anti-tumor properties. Burdock cleans whole system, helps lymph fluids to flow, alleviating swollen lymph glands.



# Rejuvenate While You Sleep

