

A hand is visible on the left side, resting on a white blanket with a grey wavy pattern. A dark grey banner is positioned at the top center of the image.

Dr. Jen's

Sleep Tips

@Integrativedrmom

What is good sleep?

- According to the National Sleep Foundation (NSF)
- Sleeping more time while in bed (at least 85 percent of the total time)
- Falling asleep in 30 minutes or less
- Waking up no more than once per night
- Being awake for 20 minutes or less after initially falling asleep.
- Do you snore? Consider a sleep apnea test

enviroment

- Room- keep dark, comfortable temperature, use bed for sleeping and sex only
- Load noises or traffic- try a sleep machine
- Weighted Blankets: Deep Touch Pressure (DTP) DTP helps the brain to release serotonin, melatonin and dopamine.
- Blue light blocking glasses- blue light suppresses melatonin
- Limit EMFs: Electromagnetic fields: wifi, cellphones, electric blankets, electric clocks, power lines, ect.

supplements and botanicals

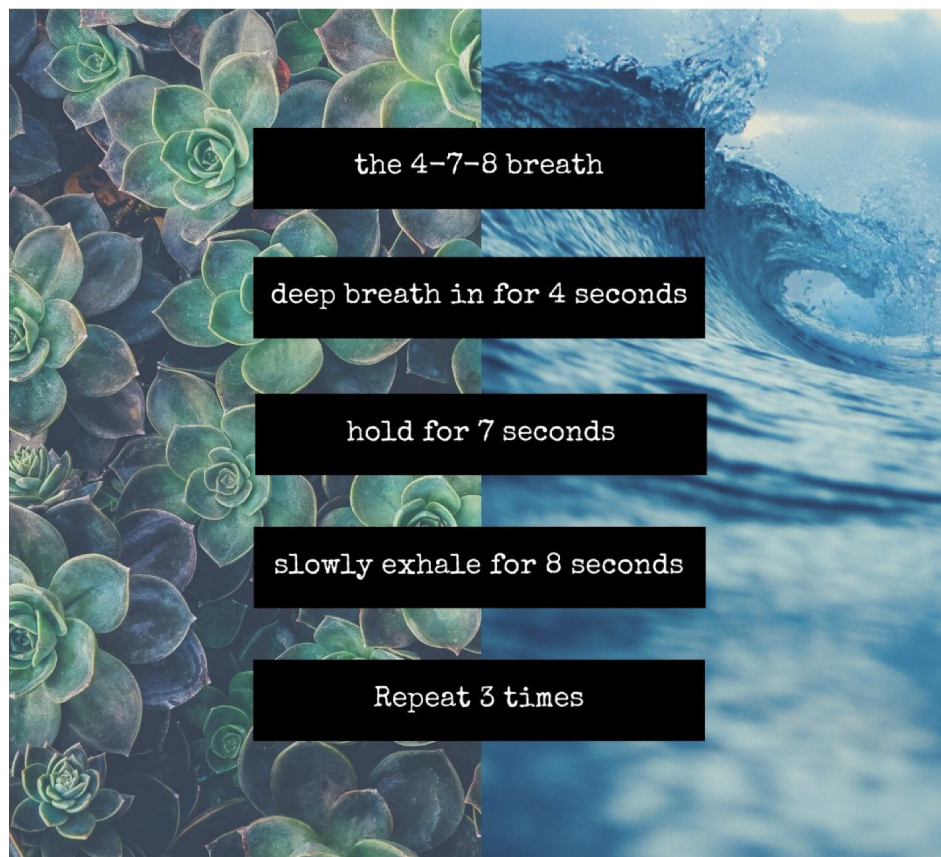
- **Melatonin:** a hormone made in the pineal gland, also has antioxidant properties.
Dosing: 30 minutes before bed 1 mg – 10 mg
- **L-theanine:** an amino acid, found in green tea. Non-sedating, promotes good quality sleep through anxiolysis [22] Dosing: 100 mg – 200 mg (max of 400 mg per day)
- **Valerian root:** improvement in sleep. Takes at least two weeks for effect. Dosing: Tea (1 cup boiling water over 1 tsp dried root, steep 5-10 min), Tincture (1:5) 4- 6 ml, Dry Powdered Extract (250 - 600 mg) 1 -2 hours before bed.

supplements and botanicals

- **Magnesium:** Maintains healthy levels are GABA, also helps with depression and anxiety. Dosing: 200 – 400 mg in the evening
- **Tart Cherry Juice:** Montmorency tart cherries- juice contains an enzyme that inhibits tryptophan breakdown. Contains anti-inflammatory phytonutrients. Studies show increased sleep time. Dosing: A glass in the morning and glass in the evening.
- **Chamomile Tea:** Sedative effects may be due to the flavonoid, apigenin that binds to benzodiazepine receptors in the brain. Dosing: Tea before bed. Caution if ragweed allergy or pregnant. Safe while breastfeeding.

mind-body modulities

- Apps on the phone
- Calm, Insight Timer, Headspace
- <https://www.onlinemeditation.org/>
- 4-7-8 Breath work



You can do it!

Fill out your goals for the week

This week I will:

go to bed one hour earlier

turn off all electronics after 8 pm

practice the 4-7-8 breathwork before bed

kick my cat out of my bed room

Your turn! (we don't have a cat but this is a
problem I have heard!

You can do it!

Fill out your goals for the week

This week I will:
