

# Heal Your Hormones

## Sleep Tips

There are so many aspects to sleep! We have many handouts, and a class on Sleep but here are some interesting facts that may be helpful.

- You must have 9.5 hours of darkness to reset your clock.
- Prolactin\* promotes REM sleep. Prolactin levels surge at the onset of sleep.
- Protein is grounding and will help you make the necessary brain chemistry to sleep.
- Avoid the high “tyramine foods” as they can be stimulating.
- Sleep controls your appetite for carbohydrates.
- No sleep = more carbs/more cortisol/less melatonin
- Movement can burn cortisol to help you sleep better - even 15 minutes of something gentle before bed is helpful. As you heal this will become more important.

Not enough movement/too much movement = poor sleep

- Ambient room temperature, bedding and night clothes dictate the “thermal envelope” that wraps around your body at night.

Core body temp needs to decrease by 2-3 degrees Fahrenheit or 1 degree Celsius. A room that is too cold will always be easier to fall asleep than a room that is too hot - the cold drags your brain and body in the correct temperature direction for sleep.

- Ditch the alarm clock: prematurely and artificially terminating sleep spikes blood pressure, increases heart rate and activates the fight or flight nervous system.
- Sleep is not sedation. It actually takes energy to sleep.

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- Breathing in through the left nostril is calming, and it can be a game changer for restorative.. A stuffed nose will prevent a good night's sleep. Do nasal rinses if this is the case to clear your sinuses...and heal digestion.

Try *Moon Breath* to calm the nervous system. Here's how: plug the right nostril with your right thumb. Inhale slowly through your left nostril. After a deep inhalation, hold the breath inside and close your left nostril with the right ring finger. Pause for a few seconds. Release the right thumb; exhale slowly through the right nostril. Do this 10 times.

If your left nostril is clogged while you're in bed sleeping, lay on your right side to allow your left nasal passage to clear.

\*Prolactin is a hormone made by the pituitary gland