

## **10 Tips for a Great Night's Sleep**

One of the crucial components of a healthy lifestyle is getting enough rest. **There are two ways to rest your body.** The first is restful sleep, and the second is restful awareness, or meditation.

**How much Sleep do you Need?** We all have different sleep requirements and only you can determine how many hours of sleep you need to feel fully rested. Typically, adults need at least 6-8 hours of good quality sleep per night to feel fully rested and rejuvenated upon waking. Restful sleep is part of the foundation of both our physical and our mental well-being. Good quality sleep means that you are able to fall asleep easily when you go to bed and you sleep comfortably through the night, and if you have to get up to go to the bathroom you are able to fall back asleep easily. You should be able to wake up easily without an alarm clock and feel rejuvenated and rested for the day.

Millions of people today suffer from some sort of sleep disorder which results in lack of mental alertness, fatigue, and weakens both our physical and mental health, our immune system, and prevents our adrenal system from fully recharging. Fatigue also contributes to both major and minor accidents both on the road and at work. In our 24-Hour-A-Day society many of us have forgotten that our biological rhythms are tied to nature just as the birds and crickets are. Not getting restful sleep at night is generally a result of poor habits and it often takes only a small shift in your attention and behavior to start getting the benefits of a good night's rest.

### **Here are 10 Tips which will promote a restful night's sleep:**

- Try to go to bed at approximately the same time each evening, ideally between 9:30 & 10:30 p.m. Since our biological rhythms are tied to nature, you will feel more rested if you sleep between 10 p.m. & 6:00 a.m. than if you sleep between 12 Midnight and 8:00 a.m.
- Make certain the room is completely dark, with no lights or TV on. The sleep hormone, Melatonin, is released by our bodies when there is complete darkness. Light inhibits the release of Melatonin.
- Do not work or watch TV in bed.
- If your mind is very active, try journaling, writing your thoughts down or writing down the things that are on your mind that you need to get done the following day.
- Establish a bedtime ritual such as a warm bath, listening to soft music or reading an inspirational book to help quiet your mind and body.
- Drink a warm beverage before bedtime. Chamomile and Valerian Root Tea are calming. As an alternative, a natural sleep remedy is a glass of warm milk with some nutmeg and honey.
- Avoid drinking coffee or any other stimulants after noon each day.

- Be aware that alcohol can disturb sleep patterns. It will relax you and you may fall asleep more easily, but when it wears off you may wake and have difficulty going back to sleep.
- Create a comfortable and quiet environment for sleep. Make sure your pillow, mattress and sheets are comfortable and support the creation of a nurturing environment.
- When you are ready to fall asleep simply close your eyes and “observe your body”. Wherever you feel tension you can consciously relax that area. Then gently observe the in-flow and out-flow of your breath until you fall asleep.

*Lack of Restful Sleep Accelerates the Aging Process  
And weakens the Immune System*

*If you Train Hard you must Rest Hard  
It is during Restful Sleep that Healing is Accelerated  
We are Renewed & Rejuvenated  
And we Metabolize the Experiences of our Day*

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