



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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How to Have Better Sleep

Achieving restful and restorative sleep is a struggle for many people. The first step is to scrutinize your *lifestyle*.

Obviously, keeping your bedroom dark, quiet, and cool is very important to foster sleep. You may need to examine these factors more stringently.

It is important to understand that limiting screen time in the evening can help your sleep. I suggest you stop all interfacing with electronics about four hours before bedtime. After evaluating that for several weeks you can then experiment with different time patterns. One of my patients recently discovered for herself that simply watching news and weather for about a half-hour on a large screen TV back quite a distance seemed to have had a more sleep-disruptive effect than she imagined it would.

I'm seeing a correlation that some of my patients with the worst sleep problems use a microwave oven quite frequently. I do not have a microwave in my home, and I carefully avoid eating foods that were cooked or warmed in a microwave oven. I suggest that you experiment with unplugging your microwave and not using it for several weeks to evaluate the potentially good effects on your health and sleep.

Eating a high proportion of fresh fruits and vegetables and omitting processed foods lays the foundation for good health in general, and allows your body to unwind and rest more easily.

Many processed foods (especially those with preservatives and food additives) are neuro-excitatory and may cause the consumer to overconsume. This benefits the manufacturer to the health detriment of the consumer.

I am very sensitive to caffeine and theobromine. Years ago, I learned that if I consumed green tea, black tea, or chocolate after 2 or 3 P.M. my sleep for the night would be ruthlessly deleted. You may have a similar issue but might be unaware of it.



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For some people, taking an adrenal supporting supplement – *in the morning* – can be helpful. I will be glad to talk with you about this and test you to determine which formula would be most helpful. Of course, numerous supplements, herbs, and homeopathics can be implemented as well. The best first step is to repair the lifestyle, then make these additions.

Numerous medications stop or disrupt sleep, including pain relievers, antidepressants, and thyroid medication – see page 337 in *YOUR BODY CAN TALK*, 2nd Edition. Also, look online at Drugs.com or other sources, and ask your pharmacist.

I suggest that you re-read [my newsletter about sleep](#), I went to great depth on the topic. You can even access a LONG play recording of Brahms' lullaby within the newsletter.

Please print out the [Restful Sleep Foods & Nutrients Chart](#), study it, and include the suggested foods of your choice.

Also, remember to review [pages 336 - 343](#) in *YOUR BODY CAN TALK*, 2nd Edition about Insomnia and Sleep Disturbance.

May you move toward having deeper and sweeter dreams,
Dr. Susan Levy