



## Sleep

Sleep is one of the fundamental principles of a healthy lifestyle. This is free medicine. Secure and deep sleep is one of the main reasons humans can have such a large brain without needing a giant's body, because a highly efficient rejuvenation process occurs during restful sleep.

Sleep is the ideal time for the body and especially the brain, to rest and repair. The brain detoxes during deep phase or delta phase sleep, which should happen 3 times a night.

During delta phase, or no dream phase sleep, brain activity slows down, the blood vessels shrink, and bio-waste is flushed out of the brain. If the body cannot achieve this, it can affect your equilibrium, resulting in numerous symptoms including fatigue and difficult health complications.

These health complications can include a weakened immune system, weight gain, brain health challenges, concentration, depression and mood, increased risk of cancer, heart problems and high blood pressure.

Over a long period of time, if the amount or quality of sleep is reduced, this can lead to chronic sleep deprivation. Chronic sleep deprivation accelerates aging of the brain and circadian disruption elevates allostatic load, lowering stress threshold, resulting in elevation of and chronic low-grade inflammation.

There is a lot that you can do to support your sleep, including habits before bed as well as throughout the day that can help to support your sleep.

Commit to regular sleeping and waking patterns and a scheduled time to turn off all electronic devices, wi-fi and bright lights by lighting candles.

Avoid going to bed after 11pm and aim for 8 hours sleep per night.

Avoid heavy meals, alcohol and vigorous exercise in the evenings.

Drink a calming cup of chamomile tea – Reduces anxiety and induces a restful night's sleep.

Diffuse lavender oil to decrease cortisol levels, reduce anxiety and insomnia.

Play relaxing music. Meditation/sleep music, rain or nature sounds.

Take a warm bath with magnesium salts to relax muscles. Relaxation can relieve stress to encourage restful sleep.

Meditation & mindfulness – Can make positive physiological changes to the brains structure, processing and chemicals. It decreases activation of the amygdala, the region in the brain involved in fear processing. Relaxation techniques are beneficial for anxiety and depression and reaction to stress.



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Breathwork – Diaphragmatic breathing. Slowly inhale through the nose, fill the belly, pause, slowly exhale as your belly moves in. Stimulates sympathetic nervous system and lowers stress hormones, increases oxygen to cells, removing carbon dioxide and waste, lowers heart rate & blood pressure.

Create a relaxing sleeping environment. Keep your bedroom quiet, dark without clutter or electronics.

Ensure you have a comfortable bed and pillow and your room is not too hot or cold.

Journaling - Keeping a gratitude journal or processing your day helps to reduce stress.

We recommend you get your epigenetics analysed regularly to prevent sleep and wellbeing challenges