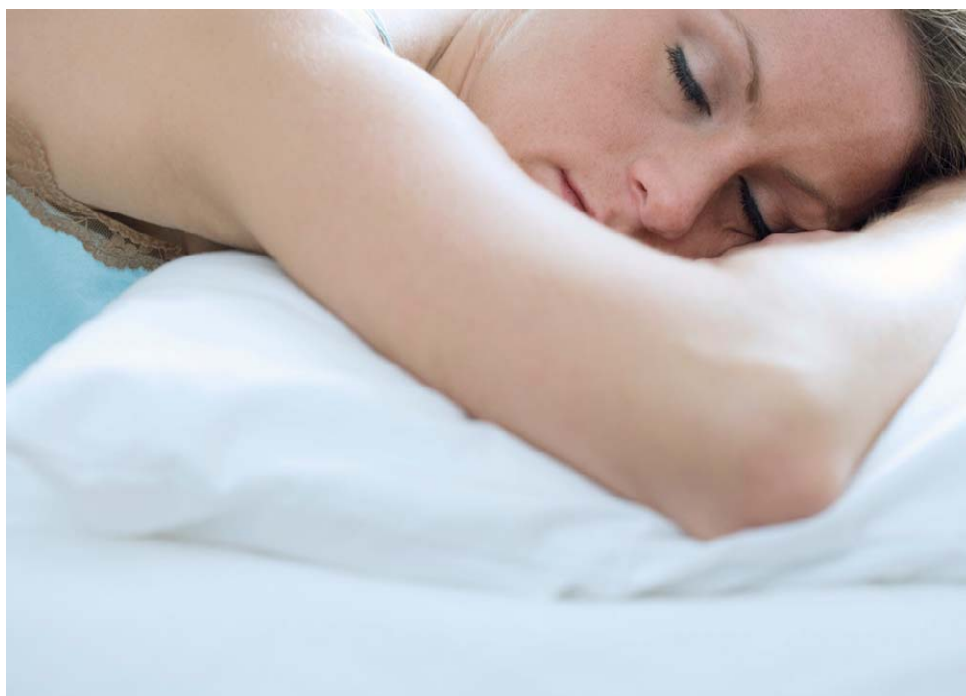


# How to Get a Restful Night's Sleep Naturally



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The statements in this eBook have **not** evaluated by the Food and Drug Administration. This product is **not** intended to diagnose, treat, cure or prevent any disease.

## **Additional Disclosure:**

This eBook was created by Andy LaPointe. The material in this eBook is a result of my own observations and experience into the area of getting a healthy night's sleep. I have personally used all of the 24 tips in this eBook to help me get a better night's sleep.

I am not a doctor or licensed health care provider, nor do I hold any health license. In addition, I have included additional resources at the end of the eBook.

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## Why I Wrote this eBook

I wrote this eBook because I suffered from lack of sleep and never truly felt rested. You see, I traveled 5 – 6 days per week for about 8 years of my life. I spent countless hours in rental cars, airplanes and hotel rooms traveling the 7 Midwestern States for my job. All of this travel made it very difficult for me to sleep. I was desperate to find a natural solution, so I spent countless hours learning all I could about how to get a restful night's sleep naturally. I have put this knowledge into this sleep eBook. It is my desire to share this information with you so that you can get a restful night's sleep, naturally.

## About this eBook

This eBook has two sections. The first section offer some very interesting facts and information regarding healthy, the body and the importance of sleep. I have included an overview of the 5 phases of sleep, information regarding REM sleep as well as melatonin. The second section offers 24 tips on how to get a more restful night's sleep, naturally. Once you finish this eBook you will not only learn about the science of sleep but how to get a restful night's sleep naturally. In other words, you will know the science behind sleep as well as tips on sleep.

# How to Get a Restful Night's Sleep Naturally

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## Getting a Restful Night's Sleep Naturally

At least 40 million Americans each year suffer from not getting a restful night's sleep each year, and an additional 20 million experience occasional sleeping problems. Not having a good night's rest can interfere with work, driving, and social activities. They also account for an estimated \$16 billion in medical costs each year, while the indirect costs due to lost productivity and other factors are probably much greater.

For most human history, sleep was thought of a passive part of daily life. However, the 1950's changed the way we look at those 8 hours of dormant activity. Thanks to ground breaking research which started in that era, we now know that our brains are very active during sleep. Moreover, sleep affects our daily functioning and our physical and mental health in many ways that we are just beginning to understand.

Nerve-signaling chemicals called *neurotransmitters* control whether we are asleep or awake by acting on different groups of nerve cells, or neurons, in the brain. Neurons in the brainstem, which connects the brain with the spinal cord, produce neurotransmitters such as serotonin and norepinephrine that keep some parts of the brain active while we are awake. Other neurons at the base of the brain begin signaling when we fall asleep. These neurons

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appear to "switch off" the signals that keep us awake. Research also suggests that a chemical called adenosine builds up in our blood while we are awake and causes drowsiness. This chemical gradually breaks down while we sleep.

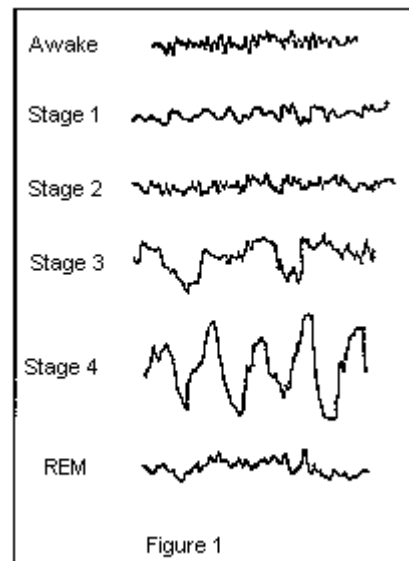
## Five Phases of Sleep

During sleep, we usually pass through five phases of sleep: stages 1, 2, 3, 4, and *REM* (rapid eye movement) sleep.

These stages progress in a cycle from stage 1 to REM sleep, then the cycle starts over again with stage 1. (see figure 1) We spend almost 50 percent of our total sleep time in stage 2 sleep, about 20 percent in REM

sleep, and the remaining 30 percent in the other stages. Infants, by contrast, spend about half of their sleep time in REM sleep.

During stage 1, which is light sleep, we drift in and out of sleep and can be awakened easily. Our eyes move very slowly and muscle activity slows. People awakened from stage 1 sleep often remember fragmented visual



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images.

Many also experience sudden muscle contractions called *hypnic myoclonia*, often preceded by a sensation of starting to fall. These sudden movements are similar to the "jump" we make when startled.

When we enter stage 2 sleep, our eye movements stop and our brain waves (fluctuations of electrical activity that can be measured by electrodes) become slower, with occasional bursts of rapid waves called *sleep spindles*.

In stage 3, extremely slow brain waves called *delta waves* begin to appear, interspersed with smaller, faster waves.

By stage 4, the brain produces delta waves almost exclusively. It is very difficult to wake someone during stages 3 and 4, which together are called *deep sleep*. There is no eye movement or muscle activity. People awakened during deep sleep do not adjust immediately and often feel groggy and disoriented for several minutes after they wake up. Some children experience bedwetting, night terrors, or sleepwalking during deep sleep.

When we switch into REM sleep, our breathing becomes more rapid, irregular, and shallow, our eyes jerk rapidly in various directions, and our

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limb muscles become temporarily paralyzed. Our heart rate increases, our blood pressure rises, and males develop penile erections. When people awaken during REM sleep, they often describe bizarre and illogical tales – dreams.

The first REM sleep period usually occurs about 70 to 90 minutes after we fall asleep. A complete sleep cycle takes 90 to 110 minutes on average. The first sleep cycles each night contain relatively short REM periods and long periods of deep sleep. As the night progresses, REM sleep periods increase in length while deep sleep decreases. By morning, people spend nearly all their sleep time in stages 1, 2, and REM.

People awakened after sleeping more than a few minutes are usually unable to recall the last few minutes before they fell asleep. This sleep-related form of amnesia is the reason people often forget telephone calls or conversations they've had in the middle of the night. It also explains why we often do not remember our alarms ringing in the morning if we go right back to sleep after turning them off.

Since sleep and wakefulness are influenced by different neurotransmitter signals in the brain, foods and medicines that change the balance of these

## How to Get a Restful Night's Sleep Naturally

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signals affect whether we feel alert or drowsy and how well we sleep.

Caffeinated drinks such as coffee and drugs such as diet pills and decongestants stimulate some parts of the brain and can cause difficulty to sleep.

Many antidepressants suppress REM sleep. Heavy smokers often sleep very lightly and have reduced amounts of REM sleep. They also tend to wake up after 3 or 4 hours of sleep due to nicotine withdrawal. Many people who suffer from insomnia try to solve the problem with alcohol – the so-called night cap. While alcohol does help people fall into light sleep, it also robs them of REM and the deeper, more restorative stages of sleep. Instead, it keeps them in the lighter stages of sleep, from which they can be awakened easily.

People lose some of the ability to regulate their body temperature during REM, so abnormally hot or cold temperatures in the environment can disrupt this stage of sleep. If our REM sleep is disrupted one night, our bodies don't follow the normal sleep cycle progression the next time we doze off. Instead, we often slip directly into REM sleep and go through extended periods of REM until we "catch up" on this stage of sleep.

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People who are under anesthesia or in a coma are often said to be asleep. However, people in these conditions cannot be awakened and do not produce the complex, active brain wave patterns seen in normal sleep. Instead, their brain waves are very slow and weak, sometimes all but undetectable.

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## How Much Sleep Do We Need?

The amount of sleep each person needs depends on many factors, including age. Infants generally require about 16 hours a day, while teenagers need about 9 hours on average. For most adults, 7 to 8 hours a night appears to be the best amount of sleep, although some people may need as few as 5 hours or as many as 10 hours of sleep each day.

Women in the first 3 months of pregnancy often need several more hours of sleep than usual. The amount of sleep a person needs also increases if he or she has been deprived of sleep in previous days. Getting too little sleep creates a "sleep debt," which is much like being overdrawn at a bank.

Eventually, your body will demand that the debt be repaid. We don't seem to adapt to getting less sleep than we need; while we may get used to a sleep-depriving schedule, our judgment, reaction time, and other functions are still impaired.

People tend to sleep more lightly and for shorter time spans as they get older, although they generally need about the same amount of sleep as they needed in early adulthood. About half of all people over 65 have trouble getting a restful night's sleeping and deep sleep stages in many elderly

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people often become very short or stop completely.

Experts say that if you feel drowsy during the day, even during boring activities, you haven't had enough sleep. If you routinely fall asleep within 5 minutes of lying down, you probably have severe sleep deprivation and may not be able to get a restful night's sleep.

*Microsleeps*, or very brief episodes of sleep in an otherwise awake person, are another mark of sleep deprivation. In many cases, people are not aware that they are experiencing microsleeps. The widespread practice of "burning the candle at both ends" in western industrialized societies has created so much sleep deprivation that what is really abnormal sleepiness is now almost the norm.

Many studies make it clear that sleep deprivation is dangerous. Sleep-deprived people who are tested by using a driving simulator or by performing a hand-eye coordination task perform as badly as or worse than those who are intoxicated. Sleep deprivation also magnifies alcohol's effects on the body, so a fatigued person who drinks will become much more impaired than someone who is well-rested.

Driver fatigue is responsible for an estimated 100,000 motor vehicle

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accidents and 1500 deaths each year, according to the National Highway Traffic Safety Administration. Since drowsiness is the brain's last step before falling asleep, driving while drowsy can – and often does – lead to disaster. Caffeine and other stimulants cannot overcome the effects of severe sleep deprivation. The National Sleep Foundation says that if you have trouble keeping your eyes focused, if you can't stop yawning, or if you can't remember driving the last few miles, you are probably too drowsy to drive safely.

## What Does Sleep Do For Us?

Although scientists are still trying to learn exactly why people need sleep, animal studies show that sleep is necessary for survival. For example, while rats normally live for two to three years, those deprived of REM sleep survive only about 5 weeks on average, and rats deprived of all sleep stages live only about 3 weeks. Sleep-deprived rats also develop abnormally low body temperatures and sores on their tail and paws. The sores may develop because the rats' immune systems become impaired. Some studies suggest that sleep deprivation affects the immune system in detrimental ways.

Sleep appears necessary for our nervous systems to work properly. Too little

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sleep leaves us drowsy and unable to concentrate the next day. It also leads to impaired memory and physical performance and reduced ability to carry out math calculations. If sleep deprivation continues, hallucinations and mood swings may develop.

Some experts believe sleep gives neurons used while we are awake a chance to shut down and repair themselves. Without sleep, neurons may become so depleted in energy or so polluted with byproducts of normal cellular activities that they begin to malfunction. Sleep also may give the brain a chance to exercise important neuronal connections that might otherwise deteriorate from lack of activity.

Deep sleep coincides with the release of growth hormone in children and young adults. Many of the body's cells also show increased production and reduced breakdown of proteins during deep sleep. Since proteins are the building blocks needed for cell growth and for repair of damage from factors like stress and ultraviolet rays, deep sleep may truly be "beauty sleep."

Activity in parts of the brain that control emotions, decision-making processes, and social interactions is drastically reduced during deep sleep, suggesting that this type of sleep may help people maintain optimal

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emotional and social functioning while they are awake. A study in rats also showed that certain nerve-signaling patterns which the rats generated during the day were repeated during deep sleep. This pattern repetition may help encode memories and improve learning.

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## Dreaming and REM Sleep

We typically spend more than 2 hours each night dreaming. Scientists do not know much about how or why we dream. Sigmund Freud, who greatly influenced the field of psychology, believed dreaming was a "safety valve" for unconscious desires. Only after 1953, when researchers first described REM in sleeping infants, did scientists begin to carefully study sleep and dreaming. They soon realized that the strange, illogical experiences we call dreams almost always occur during REM sleep. While most mammals and birds show signs of REM sleep, reptiles and other cold-blooded animals do not.

REM sleep begins with signals from an area at the base of the brain called the *pons*

(see figure 2). These

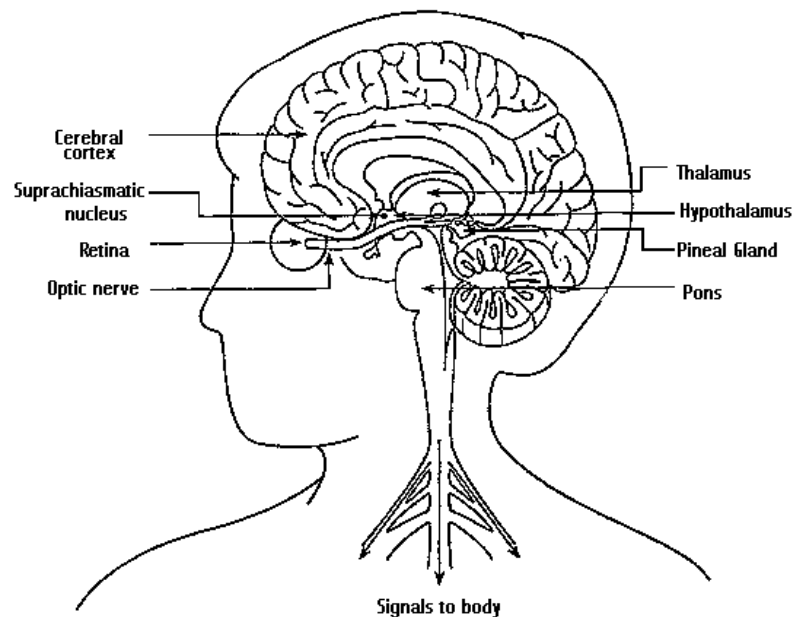


Figure 2

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signals travel to a brain region called the *thalamus*, which relays them to the *cerebral cortex* – the outer layer of the brain that is responsible for learning, thinking, and organizing information. The pons also sends signals that shut off neurons in the spinal cord, causing temporary paralysis of the limb muscles. If something interferes with this paralysis, people will begin to physically "act out" their dreams – a rare, dangerous problem called *REM sleep behavior disorder*. A person dreaming about a ball game, for example, may run headlong into furniture or blindly strike someone sleeping nearby while trying to catch a ball in the dream.

REM sleep stimulates the brain regions used in learning. This may be important for normal brain development during infancy, which would explain why infants spend much more time in REM sleep than adults. The chapter entitled *Sleep: A Dynamic Activity*, explains this further.

Like deep sleep, REM sleep is associated with increased production of proteins. One study found that REM sleep affects learning of certain mental skills. People taught a skill and then deprived of non-REM sleep could recall what they had learned after sleeping, while people deprived of REM sleep could not.

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Some scientists believe dreams are the cortex's attempt to find meaning in the random signals that it receives during REM sleep. The cortex is the part of the brain that interprets and organizes information from the environment during consciousness. It may be that, given random signals from the pons during REM sleep, the cortex tries to interpret these signals as well, creating a "story" out of fragmented brain activity.

## Sleep and Circadian Rhythms

*Circadian rhythms* are regular changes in mental and physical characteristics that occur in the course of a day (*circadian* is Latin for "around a day"). Most circadian rhythms are controlled by the body's biological "clock." This clock, called the *suprachiasmatic nucleus* or *SCN* is actually a pair of pinhead-sized brain structures that together contain about 20,000 neurons. The SCN rests in a part of the brain called the *hypothalamus*, just above the point where the optic nerves cross. Light that reaches photoreceptors in the *retina* (a tissue at the back of the eye) creates signals that travel along the optic nerve to the SCN.

Signals from the SCN travel to several brain regions, including the *pineal gland*, which responds to light-induced signals by switching off production of

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the hormone melatonin. The body's level of melatonin normally increases after darkness falls, making people feel drowsy. The SCN also governs functions that are synchronized with the sleep/wake cycle, including body temperature, hormone secretion, urine production, and changes in blood pressure.

By depriving people of light and other external time cues, scientists have learned that most people's biological clocks work on a 25-hour cycle rather than a 24-hour one. But because sunlight or other bright lights can reset the SCN, our biological cycles normally follow the 24-hour cycle of the sun, rather than our innate cycle. Circadian rhythms can be affected to some degree by almost any kind of external time cue, such as the beeping of your alarm clock, the clatter of a garbage truck, or the timing of your meals. Scientists call external time cues *zeitgebers* (German for "time givers").

When travelers pass from one time zone to another, they suffer from disrupted circadian rhythms, an uncomfortable feeling known as *jet lag*. For instance, if you travel from California to New York, you "lose" 3 hours according to your body's clock. You will feel tired when the alarm rings at 8 a.m. the next morning because, according to your body's clock, it is still 5 a.m. It usually takes several days for your body's cycles to adjust to the new

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time.

To reduce the effects of jet lag, some doctors try to manipulate the biological clock with a technique called light therapy. They expose people to special lights, many times brighter than ordinary household light, for several hours near the time the subjects want to wake up. This helps them reset their biological clocks and adjust to a new time zone.

Symptoms much like jet lag are common in people who work nights or who perform shift work. Because these people's work schedules are at odds with powerful sleep-regulating cues like sunlight, they often become uncontrollably drowsy during work, and other problems when they try to sleep.

Shift workers have an increased risk of heart problems, digestive disturbances, and emotional and mental problems, all of which may be related to their sleeping problems. The number and severity of workplace accidents also tend to increase during the night shift.

Major industrial accidents attributed partly to errors made by fatigued night-shift workers include the Exxon Valdez oil spill and the Three Mile Island and Chernobyl nuclear power plant accidents. One study also found that medical

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interns working on the night shift are twice as likely as others to misinterpret hospital test records, which could endanger their patients. It may be possible to reduce shift-related fatigue by using bright lights in the workplace, minimizing shift changes, and taking scheduled naps.

Many people with total blindness experience life-long sleeping problems because their retinas are unable to detect light. These people have a kind of permanent jet lag and periodic insomnia because their circadian rhythms follow their innate cycle rather than a 24-hour one. Daily supplements of melatonin may improve night-time sleep for such patients. However, since the high doses of melatonin found in most supplements can build up in the body, long-term use of this substance may create new problems. Because the potential side effects of melatonin supplements are still largely unknown, most experts discourage melatonin use by the general public.

An alternative to synthetic melatonin is to seek out natural, food-based melatonin sources. For example, tart cherries is a natural source of melatonin and used by many people to get a more restful night's sleep naturally. We will take a closer look at melatonin and tart cherries later in this eBook.

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## The Future

Sleep research is expanding and attracting more and more attention from scientists. Researchers now know that sleep is an active and dynamic state that greatly influences our waking hours, and they realize that we must understand sleep to fully understand the brain. Innovative techniques, such as brain imaging, can now help researchers understand how different brain regions function during sleep and how different activities and disorders affect sleep. Understanding the factors that encourage healthy may lead to revolutionary new results of overcoming jet lag and the problems associated with shift work and encourage a healthy night's sleep naturally. We can expect these and many other benefits from research that will allow us to truly understand sleep's impact on our lives.

## Getting a Restful Night's Sleep

Fortunately, there are many things you can do to improve your sleep. In this special report, you will learn a number of tips to help you get a more restful night's sleep. However, before we get started you'll need to examine a few areas of your lifestyle including your sleeping environment, stress levels,

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diet, exercise and personal habits.

Included in this special sleep eBook are natural ways to get a more restful night's sleep night after night. Use the information in this special report to help you get a better night's sleep

# How to Get a Restful Night's Sleep Naturally

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## Is Your Environment Conducive to Sleep?

Your sleeping environment is vital to getting a good night's sleep. Here are several areas to consider.

### Room Temperature and Humidity?

Cool rooms tend to encourage sleep, while a hotter environment discourages sleep. A room temperature of 60 degrees or so is a good temperature to maintain. If you feel cold during the night, try not to turn up the heat or add a heating pad but cuddle up with another blanket.

Dry humidity may make it more difficult to sleep. If your bedroom is dry consider using a humidifier or keep the window open to see if it will help you sleep better.

### Minimize the Noise Level

Some people seem to sleep better with white noise – low background music, a ceiling fan, etc. In addition, you may consider sleep aid music. These CD's are available online at Amazon.com or at holistic health stores in your neighborhood. Others need complete silence and wake at the slightest noise.

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You will need to determine which one is for you. Many people really haven't thought about the noise issue and how it affects their sleep. Take a few moments to review your sleeping environment to determine how you can make changes to encourage a better night's sleep.

## Worry and Stress

Stress, anxiety and worry are lead reasons why many can't get a good night's sleep. Excessive worry about money, the economy, your job, getting good grades in school, relationships, etc. are all examples of stress and worry.



One of the best ways to overcome worry and stress prior to going to bed is to write down what you are worried about.

In all reality, can you really fix what it is you are worried about right now?

Probably not, so why not write it down

on a piece of paper with a plan with what you will do about it tomorrow.

A very wise woman once told me a story about her and her husband. In the middle of the night, she woke to find her husband pacing the bedroom floor.

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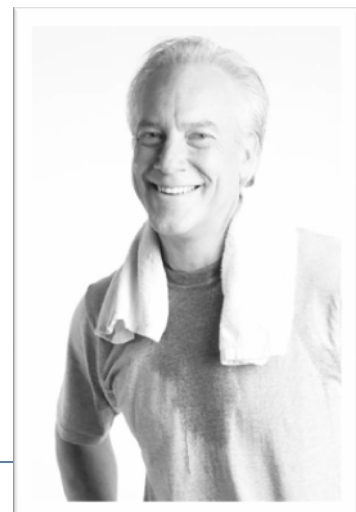
When she asked what was bothering him, he said they had a \$10,000 loan payment due in the morning but they didn't have the money to pay the banker.

The banker was a good friend of the couple and the husband was wondering how to tell the banker they didn't have the money. Once the wife heard this, she picked up the telephone and called the banker. When the banker answered, she said "John, you know that \$10,000 payment we owe you tomorrow, we don't have the money and we can't pay it." Upon hearing this, her husband shouted, "why did you do that?". She responded, "Honey, now it is his problem and you can get a good night's sleep."

The next time you are worrying about an event you have no control over, write it down and then get a good night's sleep.

## Diet and Exercise

Regular exercise is a great way to enjoy good sleep. This doesn't mean running 20 miles or lifting weights for 2 hours, but it does mean taking an afternoon walk or morning bike ride. If possible, walk to the restaurant for lunch instead



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of taking the car. Combining aerobic exercise with resistance or weight-bearing workouts is a good way to go. Always check with your doctor prior to starting an exercise routine.

However, don't exercise too close to your bedtime. Try not to engage in strenuous exercise 2-3 hours before your bedtime, since this may keep you up during the night. It takes several hours for your body temperature to fall to levels comfortable for sleep. Mid to late afternoon exercise may be the ideal time for your exercise.

Eating right is also important to good sleep. Eating heavy meals just prior to bed may cause your digestive system to be active, thus keeping you awake. Try eating major meals at least three to four hours before bedtime.

However, if you would like to enjoy a snack before bedtime consider having a warm glass of milk and some carbohydrates. These items can help some people sleep.

Milk has tryptophan, an essential amino acid, which may help to stimulate the brain chemical serotonin. This may play a role in inducing sleep.

Consider a piece of bread as a carbohydrate. The bread will help to absorb the milk in the body. However, you should avoid all caffeine. Drinks like

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coffee, colas, chocolate, tea, etc should be avoided. In addition, you should avoid alcohol prior to bed. Although it may help you to fall to sleep, it may also cause shallow and abnormal sleep patterns and frequent awakening throughout the night.

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## What is Your Bedtime Routine?

Stimulation within a half hour before bed may lead to a tough time going to sleep. Try to avoid stimulating discussions or highly physical activities prior



to bed. Instead try to engage in some relaxing activities like reading, playing a musical instrument (not the drums through) or listening to quiet music. In addition, try to avoid watching the night time news right before bed, since the news stories many cause stress or stimulate your mind.

Consider keeping a pad and pencil next to your bed. When you have an inspiring thought or need to remember something, write it down and then go back to sleep.

Another nightly routine can be to stretch or mediate for several minutes prior to bed. A low impact stretch accompanied with deep breathing and meditation, may lead to a more enjoyable and higher quality of sleep.

## 24 At-A-Glance Tips to Getting a Good Night's Sleep

Use the check list below to help you get a better night's sleep. Many of these suggestions and tips are simple and are widely known to help get a better quality night's sleep.

### 1. Don't Watch the Nightly News Right before Bed

Some people find watching the nightly news prevents them from getting a high quality sleep. If you currently watch the news before bed, don't watch it for a few nights to see if you sleep better.

### 2. Eliminate all Light in Your Sleeping Area

This means pulling all of the shades, turning off all electronic equipment so those little blue and red lights don't keep affecting your sleep. In addition, place a towel over the digital clock so you can't watch the hours during the middle of the night. According to research any light in the middle of the night may "trick" the body into believing

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it is morning and your body may begin readying itself to wake up. This can affect your ability to get a high quality of sleep for the remainder of the night. In addition, light during the night can have a negative impact on your natural melatonin levels.

### **3. Listen to Relaxing Music/Sounds or White Noise**

A fan, relaxing sounds or low music may help eliminate the sound of the outside world during the night.

### **4. Try to Maintain a Temperature of About 60 Degrees in Your Bedroom**

Hot dry air does not encourage a high quality night's sleep when compared to cooler air. Try a humidifier in your room to add some moisture to your environment. In addition, you may find it very comforting since the fan of the humidifier will provide some white noise as mentioned above.

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## 5. Eat Foods That Contain Natural Sources of Melatonin

Melatonin helps to regulate the body's natural rhythmic patterns. It helps with sleepiness during the night and wakefulness during the day. One of the natural sources of melatonin is tart cherries. According to research, by Dr. Russell Reiter from the University of Texas, no other fruit or vegetable to date offer more natural melatonin than tart cherries. In fact, one ounce of tart cherry juice concentrate contains 100 ng (nanograms) of natural melatonin or 1 ounce of tart cherry powder contains 137 ng of melatonin. This research was conducted by Dr. Russell Reiter. He is considered by many as the "Dean of Melatonin". A glass of tart cherry juice or some tart cherry powder may be a good way to get additional melatonin into your daily routine. You can find tart cherry powder and tart cherry juice concentrate from Traverse Bay Farms. <http://www.traversebayfarms.com>

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## **6. Enjoy a Warm Glass of Milk and Some Carbohydrates**

These have helped many people to get a better quality of sleep.

## **7. Take a Warm Bath or Enjoy a Relaxing Dip in the Hot Tub**

A warm soak for several minutes relaxes both the mind and body.

Thus, making it easier to fall asleep easily and comfortably.

## **8. Get a Comfortable Mattress**

Sleeping on an uncomfortable and lumpy mattress can be one of the worst sleep experiences one can have. If your mattress is uncomfortable, add a mattress pad or better yet, get a new mattress. You'll be amazed how well you could sleep on a new mattress.

## **9. Turn Your Mattress Regularly**

The mattresses of today are of higher quality when compared to the products of only a few years ago. Many of the newer mattresses

# How to Get a Restful Night's Sleep Naturally

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indicate they don't need to be turned for several years, but you may want to turn your mattress regularly. Contact the mattress manufacturer and ask when you should turn your mattress. Also, make sure to get help in turning your mattress. Never try to turn a mattress by yourself, always get help.

## **10. Keep Your Pets Out of Your Bedroom**

Dogs, cats, birds, lizards, hamsters and more all get to sleep during the day. They really don't have a schedule to keep. They can be up at all hours of the night running around the bedroom and making noise. These constant noises can greatly reduce your quality of sleep. Keep the pets in another room at night so they don't jump on the bed or make unnecessary noise and wake you up.

## **11. Read for 10 – 15 Minutes before Bedtime**

Reading is a great way to relax the mind. However, don't read the business section of the newspaper or any other subject that may cause worry, stress or extremely deep thoughts. Use this time to wind down

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and ready the mind and body for sleep.

## **12. Write Down your Thoughts**

If you do find yourself with deep thoughts or several ideas running around in your head, write them down in a journal. This will provide you an outlet for your thoughts. In addition, it will free your mind to wind down and not have to worry about remembering these thoughts until morning. Here is an old Chinese proverb that offer great wisdom: "The dullest pencil is better than the sharpest memory"

## **13. Avoid the Computer at Least an Hour before Bed**

Stop working on the computer, surfing the Internet or playing computer games at least an hour before bedtime. Staring at a computer screen before going to bed can stimulate the brain and may even inhibit your ability to enjoy a good night's sleep.

## **14. Avoid Caffeine**

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The effects of caffeine can last for several hours after consumption. A good friend of mine can't drink coffee after about 1:00 PM in the afternoon. If she drinks coffee in the afternoon, she wakes up several times during the night. She is unable to get a deep sleep that is truly restful to her. If possible, try to avoid caffeine in late afternoon or early evening. Caffeine can be found in soda, tea, chocolate and cocoa.

## **15. Avoid High Stress Situations**

Fighting with your spouse or kids, paying the bills and talking with others about severe health problems are only a few examples of high stress situations. These should be avoided prior to going to bed. These situations can cause the body and mind to become very active, thus reducing the quality of sleep.

## **16. Avoid Nicotine**

In general, smokers have a tougher time falling asleep and staying asleep than those who do not smoke. Nicotine products include cigarettes, cigars, tobacco products, etc. If nicotine products are used

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close to bedtime, they may inhibit the quality of your sleep.

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## **17. Avoid Alcohol**

In general, alcohol can affect your quality of sleep. Some people indicate that alcohol shortly before bedtime can help them to fall asleep faster. However, alcohol can reduce the quality of your sleep. As the alcohol in the body's system begins to metabolize, some people may experience withdrawal effects including sweating, faster heart rate, disrupted sleep, restlessness and even nightmares.

## **18. Avoid Tight Fitting Clothing While Sleeping**

Tight clothing and tight fitting pajama's can give you the feeling of being constrained while you sleep. This can cause you to wake up to "loosen" your pajamas. Loose fitting clothing can provide more comfort while sleeping.

## **19. Avoid Unpleasant Odors and Smells**

Unpleasant odors during sleep can ruin your entire night. Strong odors such as pets, garbage, etc. can not only cause you to wake up in the

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early stages of sleep but also have unpleasant dreams. According to German researchers the odor of different scents can turn dreams decidedly negative. During the study, the researchers had the participants smell the scent of rose and rotten eggs. Those smelling the roses had more positive dreams than those smelling the rotten eggs. Here is a brief list of pleasant smells that can help you enjoy a restful and relaxing night's sleep: peppermint, lavender, rosewood, roses, sandalwood, pinerose, frankincense and citrus fruits including lemon and orange. You can find sleep oils and sprays at your local whole health store or online.

## **20. Avoid Strenuous Exercise Right before Bed**

Avoid strenuous exercise at least two to three hours before bedtime.

## **21. Avoid Going to Bed at Different Times**

A good friend of mine works the swing shift at a local automobile plant. Unfortunately, most of the time, she has difficulty falling to sleep and getting a restful night's sleep. By having different times of

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sleep, your body never really gets into a sleep routine. Try to go to bed at the same time and get up at the same time to give your body a routine. Try to keep this routine during weekends, too.

## **22. Avoid Getting Less Than Eight Hours of Sleep**

8 hours of sleep per night is a good goal to aim for. However, some people need only five hours per night, while others need 10 or more hours. Experiment with the amount of sleep you personally need to function at your highest level during the day. However, 8 hours of sleep is a good rule of thumb.

## **23. Don't Toss-n-Turn in Bed**

If you can't sleep and find yourself tossing-n-turning in bed during the night, you should change your environment. Enjoy a few moments on the couch or reading a magazine in the living. This will change your environment and help your get ready for the remainder of the night

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## 24. Avoid Eating in Bed

Nothing can ruin a sound night's sleep faster than being woken up by finding popcorn crumbs in your bed. But if you do decide to enjoy a snack while in bed you may want to eat over a full-size towel. Once you are done eating, simply fold the towel and place it in the laundry basket.

I hope you found the information in this sleep Ebook helpful and will use these tips to help you get a more restful night's sleep.

### About the Author

Mr. LaPointe suffered from lower back pain and lack of sleep due to his extensive travel. He traveled 5 – 6 days per week for approximately 8 years of his life. He spent countless hours in rental cars, airplanes and hotel rooms traveling the 7 Midwestern States for my job. Desperate to find a solution to his problems, he began studying natural options for healthy living. At the same time his wife Jennifer was seeking way to get her family to eat better. All of these findings were the catalyst to launch a natural health company called Traverse Bay Farms. Traverse Bay Farms specializes in offer only

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fruit-based products including cherry juice concentrate, dried fruit, fruit BBQ and fruit salsa.

In fact, Traverse Bay Farms fruit salsa was voted #1 salsa in America in 2007 and 2008. In addition to Traverse Bay Farms, the LaPointe's launched a 2<sup>nd</sup> brand called Fruit Advantage. Fruit Advantage offers a complete line of super fruit supplements including tart cherry capsules, blueberry capsules and pomegranate capsules. In February 2009, Mr. LaPointe was granted a patent by the United States Patent and Trademark Office on his Cherry Prime formula. Cherry Prime is the world's first dietary supplement to combine tart cherry, glucosamine and chondroitin into a dietary supplement.

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## About Traverse Bay Farms:

Traverse Bay Farms offers a complete line of tart cherry products including tart cherry juice concentrate, dried tart cherries, tart cherry capsules, tart cherry powder and more. No matter what type of fruit-based product you are searching for, you can find it at Traverse Bay Farms. Visit the Traverse Bay Farms website at <http://www.traversebayfarms.com> to learn more.

## Resources

- WebMD
- Wikipedia