

Tips to Sleep Well

From WebMD website

- Restrict the amount of time you spend in bed to the actual amount of time you sleep. You are not sleeping anyway, so do something worthwhile. Go to bed only when you are sleepy. This avoids that time you often spend trying to sleep but failing to do so. Get out of bed if you can't fall asleep or go back to sleep within 10-15 minutes; return to bed only when you feel sleepy. Repeat this step as often as necessary during the night. You can read, listen to soft music, or watch a movie.
- Don't fall asleep on the couch.
- Use the bedroom for sleep and sex only; do not watch TV, listen to the radio, eat, or read in bed.
- Get up at the same time each morning. Keep your biological clock going in the right direction, otherwise you will be fighting against it.
- (Do not nap during the day. The time it takes you to fall asleep is decreased by the longer you have been awake.)
- Allow yourself one hour to unwind before bed.
- Brush your teeth one hour before getting into bed and wash your face slowly with warm water. Set the mood for relaxation before bed. This is not a time to be rushing about or planning the following day's events. Do this earlier in the evening.

Other tips

- Archaeological evidence suggests that humans have been biphasic sleepers for a long time. Our forefathers and mothers would wake up in the night between 1-3am for an hour or two and would use the time to do things.
- Eat your larger meals earlier in the day – breakfast and lunch. This will also help you to lose weight.
- Drinking alcohol to fall asleep can help initially but has a rebound effect (makes it worse) in the night when it wears off and over time.
- Some remedies and herbs such as valerian and/or melatonin may help for a short while but then you can develop a tolerance and rebound effect when you stop taking them. It is better to build up your constitution using easily digestible, nourishing foods. Stews and homemade soups are great. Dark green and dark red vegetables and fruits are also good.
- Most sleep supplements or medicines are designed to be taken for a short periods (up to ten days), however, when your time is up, what do you do? Try rotating 3 or 4 supplements a week each. That way you won't build up a tolerance or a dependence.
- Avoid Caffeine in the afternoon. Coffee, Tea, Sodas, Chocolate, cold remedies, allergy remedies, etc.
- Some Chinese herbal remedies can help.

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