

RECOMMENDATIONS FOR SLEEP

DISCLAIMER: This list of suggestions is for your interest only and is not intended to be prescriptive for individuals. Information is compiled from a variety of sources. Discuss all treatments with your personal health care professional.

- Relaxing ambiance at nighttime (e.g. dim lighting)
- Establish a consistent sleep cycle 7 days a week
- Make sleep a priority and avoid temptation to stay up late
- No television within one hour of sleep (too stimulating)
- Warm bath (or foot bath): 92-97 degrees F (see also aromatherapy below)
- Avoid daytime naps if difficulty falling asleep at night
- Use bed only for sleep
- Quality sleep requires a good mattress that provides comfort and support
- Regular exercise aids sleep (but not within two hours of bedtime)
- Relaxing activity (reading, gentle music, breathing exercise) before bedtime
- If wake up and can't resume sleep, get up and do something (go to bathroom, drink water or herb tea, read) until fatigue induces sleep
- Food considerations: avoid over-eating and stimulants (chocolate, sodas, black tea, coffee ice cream or chemical additives that increase heart rate) before bed. "Good foods" for sleep include tea with chamomile (e.g. "Sleepytime Tea") and "Horlick's Hot Malted Milk" (verified by research)
- Herbs for sleep: valerian root (tincture—one dropper in water, capsule, or tea—one teaspoon in water steeped for 10 minutes), hops (tea with or without valerian), lady's slipper (tea, mood elevator, induces sleep), other tea combinations (chamomile, passion flower, catnip, skullcap, lime flower, cowslip flower), herbs with relaxant properties (anise, balm, cayenne pepper, dill, heather, marjoram, poppyseed, lemon, verbena, California poppy, rosemary, peppermint, gotu kola)
- Aromatherapy: chamomile (6 drops) or lavender oil (6 drops) or blossom (5 drops) added to warm bath. Steep a combination of valerian root, lime blossom, and chamomile in boiling water for 10 minutes and add to warm bath.
- Massage: gentle stroking and kneading of body or just feet, massage oil with lavender and chamomile