# Ways To Improve Your Sleep



Sleeping Well ebook

Kate Guest



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# Introduction

Are You Always Looking For Ways To Improve Your Sleep? What if I told you that a few simple changes to your daily routine will help you with your sleep quality?

In this ebook I share with you my top tips on how to improve the quality of your sleep, to give yourself the rest you need to function at your best .







# Beneficial sleep Factors

Sleep plays an important role in your physical and Emotional wellbeing. There are so many factors to consider to have a good night's sleep here are just a few:

Sleep restores energy for your body

Sleep promotes healing

Sleep strengthens your memory

Sleep vital for keeping your immune system strong

# Sleep Well Tips



1

Go to bed and get up at the same time every day even at weekends. This assists your circadian (natural) rhythm.



2

Keep your bedroom cool, dark and if possible, ventilated, and take a warm bath an hour before bed. This lets your core temperature drop to assist sleep.



3

Finish eating by 8pm at the latest. This lets the body repair through the night rather then be busy digesting food and heating the core temperature.

# Sleep Well Tips



4

Try Time Restricted Eating. Eat within an maximum 8 hour window during the day. This also helps with the above point. Do not eat if you wake in the night for the same reason as before.

Restrict caffeine intake if you find it affects you. The half-life of caffeine can vary from one person to another which means it could be affecting you for only 1.5 hours or could still be keeping you awake 9 hours later.



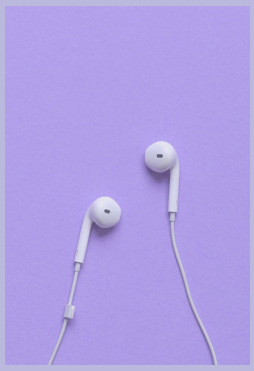
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Again the effects can vary from person to person, and there has been research to suggest health benefits (mainly for females over 40,) however, for long-term healthy brain function, alcohol is best avoided.

# Sleep Well Tips



If you cannot get to sleep or wake early, for example 3am, move out of the bedroom to another room. Read or listen to music. Do not do anything that requires a lot of concentration.

Mobile devices are fine to use at night (the blue light is not enough to cause sleep problems, it's to do with having a busy mind). Just make sure it's to read or watch something that's not stimulating for the brain.





Play music such as Jazz or classical. This has the optimum beats per minute.

# Sleep Well Tips

10 Use lavender spray on your pillow.

11 Massage magnesium oil into your skin.

12 Say to yourself "I choose sleep."

13 Turn the clock away so you cannot keep checking the time.

14 If thoughts come in to your head and you begin to ruminate, tell them you will deal with only three of them right now, the rest will have to wait until the morning. If it's helpful, write them down. Keep a note book by your bed.

# Sleep Well Tips

15 Don't label yourself as a poor sleeper or insomniac. Instead say something like "Some nights I sleep well, others not so, it's no big deal.

16 Are you actually getting more sleep than you realise? Some people believe they are not sleeping enough when actually they are. Its called Paradoxical insomnia.

17 Substitute sleeping pills with sugar pills. Keep them in the same container and really believe they will do the trick. The placebo effect is very powerful.

18 Try to expose your eyes to daylight (not through a window), in the first 90 seconds of waking and up to 20-30 minutes on a dark day. This sets the body for sleep later on

# Sleep Well Tips

19

7/4/11 breathing. Breathe in for 7, hold for 4 and exhale for 11. This affects our rest and digest system and has a calming, soporific effect.

Eat legumes and fibre rich food. What you eat and how you look after the microbiome in your gut can positively affect how you sleep.

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* Please check with your doctor for ongoing sleep issues. The above tips are to aid sleep and in no way a substitute for any medical intervention that may be required.

# Sleep Foods



## PREBIOTICS

Beans and Lentils Onions Leeks Garlic
Chicory and Radicchio Jerusalem
Artichoke Whole-grains Oats
Barley Flaxseeds
Fruit Seaweed Cocoa

## PROBIOTICS

Yogurt Cheese Fermented food
Probiotic Capsules



For more sleep strategies or individual help with sleep, please contact me.

*Kate Guest*

**07790303806**

**INFO@KATE-GUEST.CO.UK**

**WWW.KATE-GUEST.CO.UK**