

ALL NATURAL GUIDE



TO HEALTHY SLEEP

Reformed Natural Therapeutics
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SET A NIGHT ROUTINE



1. Set a Regular Sleep Schedule

– Maintain a consistent sleep schedule that will promote a regular sleep–wake cycle that your body will learn to expect. You'll wake up feeling more refreshed.

2. Stop Using Electronics 30 Mins Before Bed

– Your cellphone & TV emit blue light which suppresses your levels of melatonin and throws off your circadian rhythm.

3. Avoid Stimulants After 4pm

– Chocolate, coffee, caffeinated tea, energy drinks, soda.

4. Create a Cool, Dark & Quite Environment

– Keep the room at 65–70 deg F, dim lights as much as possible, and invest in black out curtains to keep out light.

5. Binaural Beats at Bedtime

– The alpha frequencies can encourage relaxation, reduce stress & anxiety, and promote faster sleep.

6. Guided Sleep Meditation

– Relaxes your body and slows your mind to facilitate a faster onset and duration of sleep.

PRODUCT SUGGESTIONS

- **Calm App for Sleep & Meditation** – It contains stories, guided meditations, affirmations, and songs to help you ease your mindset after a long day.
- **Likewise App** – Get into reading at night instead of watching TV! It helps you select books based on your favorite genres and authors.
- **Essential Oil Diffuser** – Set the bedtime mood with some natural fragrances. I recommend using lavender, eucalyptus, clary sage, and ylang ylang.
- **Blue Light Blockers** – Although not much research has been done to prove that blue light blocking glasses actually work, some people swear by them. So give them a try if you need to work late.

INVEST IN YOURSELF



1. Purchase Quality Linens

– If you can afford it, higher quality linens really do make a difference. The higher the thread count, the softer the sheets will be.

2. Choose a Silk or Satin Pillowcase

– Silk or satin pillowcases offer a cool & comfortable sleep compared to cotton or jersey ones.

3. Pick the Right Mattress

– Did you know that the right mattress for you depends on whether you're a side, belly, or back sleeper?

4. Same Goes For Pillows

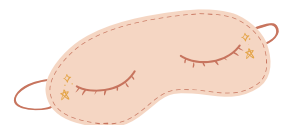
– Picking out the right pillow can do wonders for postural alignment and can help fix any aches and pains you may experience the next morning.

5. Sleep Masks

– Some people love sleep masks because it makes them feel calm, secure, and alone. May be a good thing to try, especially if you sleep with a partner.

PRODUCT SUGGESTIONS

- **Boll & Branch** – My absolute favorite linen company. Shop the sales!
- **Ravmix Silk Pillowcase** – Been using this for years. It's affordable and you can find it on Amazon.
- **Mulberry Silk Eyemask by brooklinen** – Comes in a variety of colors and feels so soft against your face.
- **Philips SmartSleep Connected Sleep and Wake Up Light** – customized sunset and sunrise is beneficial for maintaining a healthy sleep and wake routine.



SUPPLEMENTS



1. Melatonin

- Naturally released by the pineal gland in the brain. It is associated with control of the sleep–wake cycle. It naturally releases at night, once darkness sets in (which is why a cool, dark environment is so important). A little goes a long way, Start with only 1–2mg per night.

2. Magnesium Glycinate

- Reduces anxiety, depression, stress, and insomnia. Improves sleep quality and promotes natural sleep patterns, including healthy REM cycles.

3. Phosphatidylserine

- Stops hyperactive production of cortisol in the body, allowing elevated levels to decrease, and more restful sleep to occur.

4. L–Theanine

- This neurotransmitter has been shown to help deal with stress, increase alpha wave production, and promote a more restful sleep. Fun fact: it's naturally found in tea!

5. Valerian Root

- Best taken 1–2 hours before bed, it can improve sleep quality, reduce the amount of time it takes to fall asleep, and limit the number of times you wake up in the middle of the night.

PRODUCT SUGGESTIONS

- **Magnesium 300 by Innate Response Formulas** – contains a combination of Mg malate, citrate, oxide, and glycinate which promote muscle relaxation.
- **Best Rest Formula by Pure Encapsulations** – contains melatonin, GABA, L–theanine, valerian root, and other herbs to promote a restful sleep.
- **Calms by Hyland's** – a combination of various homeopathic remedies to calm nervous tension and relieve occasional sleeplessness.
- **Drink Chamomile Tea Before Bed**
- **Cannabis** – If it is recreationally legal in your state or if you want a medical marijuana card, see a naturopathic doctor near you!

*Please consult a provider prior to starting any new meds or supplements

NUTRITION



1. Complex Carbohydrates

- Refined carbs have been shown to lower serotonin levels, which not only effect your mood, but also your sleep. Try to prioritize sweet potatoes, brown rice, and whole grains as your carb choice during dinner.

2. Unsaturated Fats

- Healthy fats, like those found in avocados, nuts, seeds, and some fish, help support serotonin levels, which improve sleep quality.

3. Lean Proteins

- Tryptophan is a precursor to serotonin, which stabilizes mood, and helps with sleep and digestion. Foods containing high amounts of this amino acid include chicken, turkey, tuna, tofu, and eggs.

4. Fruit

- Fruit is a great way to get in essential vitamins & minerals. Pineapples, oranges, bananas, and tart cherries contain melatonin which have been shown to improve sleep quality and reduce symptoms of insomnia.

5. Yogurt

- Unsweetened, plain yogurt is rich in calcium, magnesium, and vitamins B6 & B12 which can all contribute to sounder sleep.



GET TESTED



1. Sleep Study

- This is commonly used to diagnose various sleep disorders such as sleep apnea, narcolepsy, sleep walking, and REM sleep behavior disorders, which may be the cause of your sleep problems.

2. Hormone Testing

- Hormonal imbalances can play a huge role in your ability to sleep. The DUTCH Complete provides a comprehensive profile of your hormones along with their metabolites to help pinpoint any signs or symptoms of hormonal imbalances.

3. Micronutrient Testing

- Low levels of many important micronutrients can also impact your sleep health. Research has found that iron, zinc, and magnesium, in particular, are positively associated with sleep duration so, therefore, getting your micronutrient status tested is extremely important in helping us get to the root cause of your sleep problems. Go see your naturopathic doctor so you can schedule a urine or blood draw to test your micronutrient status.

PRODUCT SUGGESTIONS

- **DUTCH Complete Test**
- **Cenegenics Micronutrient Test**
- **NutraEval Test**
- **Sleep Diary** – each day, in a notebook, write down what you have ate, drank, how much you exercised, stress level, what supplements you've taken – everything! Then the following morning, write down if you had trouble falling asleep that night and how many hours you slept. It can help you pinpoint which of your daily habits help or hinder your sleep cycle.





Reformed Natural Therapeutics

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www.reformednaturaltherapeutics.com