

MODULE 7 – SOLUTIONS HANDOUT

Perfect Sleep

WEBINAR SUMMARY:

After seeing the Module 7 Webinar, I'll bet many of you are wondering just how you get through your day with your current "sleep habits."

Not to worry: we're here to give you perfect sleep and more importantly to ensure that as you age, you won't go through what well over half of Americans go through in terms of complaints of insomnia, and the need for sleep medications.

LET'S REVIEW EACH "ITEM" YOU MIGHT NEED TO WORK ON:

1. **Sleep schedule:** First of all, let's review that adults truly do need 7-8 hours of uninterrupted sleep to call it "perfect sleep". Ideally you should become sleepy at about the same time each night and be able to wake up feeling refreshed without an alarm clock. I know, easier said than done. BUT perhaps you've never tried and now is the time to TRY. We're talking 7 days a week. Give it a try.
2. **Naps:** If you are taking a 30 minute or less nap to "refresh" in the afternoon AND it is NOT interfering with getting to sleep, then that's fine. Naps become a problem when they last for too long and therefore push back bedtime and disrupt the important, nighttime REM sleep. If this is happening, just set an alarm to limit your napping time.
3. **Making your bedroom "sleep friendly":**
 - How old IS that mattress? (8 years is the average "limit"). IS it truly comfortable?
 - Are your sheets "high-thread"? (considerably more comfortable).

- Is the room quiet, low-lit prior to bedtime and then completely dark when you turn out the lights including covering LED's?
- DO you have a flashlight to use in case you need to use the bathroom so you can get back to sleep more easily?
- You are NOT using the TV or computer to watch/work on in bed, right? NO TV or computer use for 2 hours pre-bedtime.
- Some people are very sensitive to sunrise and need a sleep mask. Others have spouses or dogs (no kidding) who snore, so earplugs are in order. Silicone earplugs work the best.

4. **Habits:**

- Some people are highly caffeine sensitive and need to knock that off by noon.
- Digestion should occur 2+ hours before bed and should not be a "heavy" dinner.
- Alcohol is tempting to use as a sleep aid but it actually reduces REM sleep and should be avoided for a good 2 hours pre-bedtime.
- Exercise can inhibit "sleep induction"/"initiation" and should be completed 4 hours pre-bedtime.
- And by this time, I HOPE any smokers reading this have stopped, as nicotine will seriously upset sleep patterns.

5. **Stress/anxiety:** If you realize that you are feeling stressed, have bouts of anxiety during the day, and are having trouble falling asleep due to worrying, the solutions for you are as follows:

- Locate the many blogs on this website which deal with the topic of reducing stress by putting the word, "stress" in the search box.
- Try to establish a fitness routine. If you don't have one, just take a daily walk (after being cleared by your doctor if over 45, or if you have cardiac risk factors. We've talked about this a few times already). Use the materials in module 5 to establish a FULL fitness routine. Walking is a start, but that's all it is.
- If you have a tub, try a nice Epsom salts or MoorSpa® herbal (my fave!) bath before bedtime.
- And to increase your "GABA" levels (a neurotransmitter that goes down when you are anxious), we have below our first Solution:

Note that the solutions in this module are located in the "sleep" section of our e-store.

PharmaGABA™: Chewable Tabs 100 mg

Precautions Warnings	<ol style="list-style-type: none">1. An excess dose may make you drowsy so do not operate "machinery" if you feel these symptoms.2. Do not take along with anti-anxiety prescription medications unless OK'ed by your doctor as they may interfere with the action of those medications (Valium, Xanax for example).3. Is effective trans-mucosally and sub-lingually (via sides of inner cheeks and under tongue); NOT orally.
Benefits	Sleep initiation/induction aid.
Additional Benefits	Natural anti-anxiety. Also can be used for "re-sleeping"
Dosage	<ul style="list-style-type: none">- Take 2 chewable tabs before bedtime, and each night, work up to the dose that will get you to sleep within 15 minutes. It may be as high as 8 tablets.- Chew 2 tablets at a time, put them under your tongue for 60 secs, then swallow. Repeat as needed.
Additional Remarks	<p>NOTE: If you are having anxiety issues during the day, you may take a lesser dose 3-4 times during the day as well (just relieve anxiety, don't get sleepy!).</p> <p>If you have questions about this just refer to the Handout for Module 11.</p>

And, as with all things in life, it's "not that simple" when it comes to sleep initiation. Here are other things that will definitely help.

Magnesium Threonate:

Sleep initiation involves the “deactivation of adrenaline,” and that requires magnesium. 80% of Americans are magnesium deficient and find that **magnesium threonate** (the only form that passes the blood-brain barrier) helps with sleep, high cortisol levels, muscle cramps and general muscle soreness.

This is the form of magnesium found in our product **MAG-CNS** (found in our e-store).

L-theanine

L-theanine is an amino acid found in green tea that has been shown to decrease stress. **Theanine** has similar effects as meditation, by stimulating the alpha brainwaves that are naturally linked to deeper relaxation and increased mental clarity. When relaxation is deep, getting to sleep is easier.

Studies have shown supplementing with 100-200 mg of **L-theanine** before bedtime may increase your sleep quality. Like most of the supplements mentioned, this may be found in common natural sleep aids.

It is found in our most popular one, **SitoSlumber™**, which is discussed in the next section below.

Inositol:

Inositol is a part of the B-vitamin family that helps your mind relax.

When you take **inositol** before bed, it will improve your overall sleep depth and quality.

It promotes a calming effect and studies show it may improve a wide range of mental health disorders including depression, anxiety, panic disorder, and obsessive-compulsive behavior.

It acts as a **serotonin** and **dopamine** messengers to enhance the action of both of these important brain chemicals.

For difficulty staying asleep, a typical dose would be 2-3 capsules, coupled with 1-2 other things on this handout. More about staying asleep next.

6. **Early awakenings, multiple awakenings, poor re-sleeping and non-refreshed sleep** have several potential causes.

We have touched on difficulty with awakenings and difficulty re-sleeping due to hormones and adrenal fatigue; both of which will be discussed in more detail shortly. Depression causes all sorts of problems with sleep; that topic is coming up next, after a brief comment about CIRS.

CIRS (Chronic Inflammatory Response Syndrome) is caused by what is called biotoxin overload; usually due to mold or lyme. CIRS is comprised of many symptoms, including disordered sleep. If you are part of the 24% of the population that is unable to clear biotoxins without toxin binders; you need specialized help from a well-trained Functional Medicine M.D. These sleep solutions will help you but they are not sufficient to take care of your issues. Let's now turn to the topic of depression.

If you are not sure whether or not you are depressed, please find the materials for module 11 "Preventing age related mood decline", and follow the instructions regarding medical intervention or solutions from us.

Sometimes depression is CAUSED by adrenal issues or having chronic insomnia, hence developing a lack of energy which makes people FEEL DEPRESSED at times. See how inter-related this all can be?

If you believe you are mildly depressed, have had absolutely no thoughts of hurting yourselves or others (sorry, we have to make sure), you may use the following TWO SOLUTIONS:

5-HTP Complex: 100 mg Caps

Precautions Warnings	<p>DO NOT TAKE this product if you are currently taking "serotonin uptake inhibitor" antidepressants such as Prozac, or Wellbutrin, or others including "MAO inhibitors."</p> <p>If you are unsure please check with your doctor. Using both products could cause what is known as "serotonin syndrome".</p>
Benefits	Mood elevation, Sleep maintenance via serotonin elevation.
Additional Benefits	Suppression of food cravings (see Module 4). Also can be used for re-sleeping by opening capsules and putting contents under the tongue. Can be used with chewable GABA.
Dosage	<ul style="list-style-type: none">- 2 capsules with breakfast, lunch and dinner and 3 capsules at bedtime.- Note: 3 capsules at bedtime may not be enough to prevent the "wake-ups", so see below to increase your dose.
Additional Remarks	<p>This is one of those chicken/egg situations... do you have interrupted sleep because you are having adrenal/depressive issues, OR do you have adrenal/depressive issues due to lack of quality sleep?</p> <p>We have to treat all three with enough 5-HTP for enough serotonin. And this is exactly how it must be done:</p> <p>Dosage at bedtime on the 5HTP Complex:</p> <ul style="list-style-type: none">• This is dependent on your lower GI tract and you need to see how you react.• Start with 3 capsules and see how you sleep. Also, make sure it doesn't cause diarrhea which is extremely rare at this dose.• Then increase this dose by one capsule each night until you reach a maximum of 10 capsules, with 5-7 being the average dose• Do this slowly and carefully, changing your dose only every two nights.• When you sleep through the night and do NOT have any diarrhea you have the right dose for YOU. <p>NOTE: if you are in adrenal fatigue, this will not correct itself overnight, but will gradually resolve over 1-3 months.</p> <p>Meanwhile, you can take another 1-2-3 capsules for a "wake-up" being careful not to give yourself lower GI cramping or diarrhea.</p>

SAMe: 200 mg CAPS

Precautions Warnings	None.
Benefits	Mood elevation and adrenal support via dopamine elevation.
Additional Benefits	Methylation effects (good) if on bioidentical estrogens and in general.
Dosage	<ul style="list-style-type: none">- Start with 2 with breakfast and dinner. After 3 days, increase to 4 with breakfast and dinner.- If the extra dopamine makes it difficult to initiate sleep then take it a few hours prior to dinner. If you ARE in adrenal fatigue then take this with your AdrenoThrive™, L-Carnitine, etc.
Additional Remarks	If you are taking these two natural solutions and still feel depressed please see Module 11.

7. **Energy Issue:** IF you noted on your Questionnaire that your energy levels are 6-7 or less on a scale of 1-10, then you STILL have an energy issue.

We hope by this juncture that you have seen your doctor to have this evaluated and if not, please do so as soon as possible.

If medical conditions have been "ruled out" the other possibilities include:

- **Untreated adrenal fatigue or stress:** In which case please review Module 2 solutions regarding adrenal support.
 - **Remember:** most of us with "over-full lives" DO need adrenal support so if you are not taking any and have "energy dips", add at least the **AdrenoThrive™** (2 caps AM, 2 caps between noon-2 PM) to your regimen.
- **Need for additional age-related energy decline supplementation:** Also listed on "Module 2 Solutions Handout."

- **Hormonal Issues:** Your "regular" doctor may NOT know how to assess this:
 - If you are a male with low energy, a low libido, with "sleep issues", most often than not with unrefreshed sleep, you should have a testosterone and free testosterone checked as this might be the problem. Then the solution would be testosterone replacement, guided by a trained Physician.
 - If you are a female, age 28-54 and are still menstruating, you may have a decreased progesterone level which, in addition to causing disturbances in all phases of sleep, causes "brain fog" and PMS. Solution: See a hormone replacement therapy trained Doctor or see Module 12 for a possible interim solution.
 - If your partner notices that you snore and you have breathing lapses, you might have undiagnosed sleep apnea.
 - Often doctors are suspicious of this when a patient has high blood pressure coupled with a high red cell count, but early sleep apnea may not include these signs or symptoms. If you have any question whatsoever about this, you need to get a referral to a Specialist (usually a Pulmonologist) who will perform a "sleep study".

And if your mind is racing, you can't stay asleep, you awaken unrefreshed, have tried magnesium threonate and want just one other thing?

SitoSlumber™:

*If you need help falling asleep, staying asleep and getting deep sleep?
Here you go, this is for you!*

I find this product to be great at bedtime and again, great for "that big wake-up." It is a product with a super silly name, **Sito-slumber™**. It has enough melatonin, specially formulated **GABA**, **inositol**, and **L-theanine** to be effective for most people.

But for seriously deep REM sleep, you need to address melatonin loss.

- **Age-related Melatonin Loss:** We love this subject, mainly because people don't realize how incredible and potent melatonin is. We start losing it by around age 30 and we have less and less each decade; so without replacing it, we by definition have impaired sleep: not as deep, not as much REM, not as much time for our bodies to do a full "nightly repair". This includes the recently described brain autophagy that occurs only during sleep.

(There is so much to talk about with **melatonin**, I urge you to read the Additional Handout in this module entitled "**Melatonin: The Whole Story**").

Melatonin: 3 mg Tabs	
Precautions Warnings	Might cause initial AM grogginess and increased dreaming.
Benefits	Increased REM and DEEP sleep = enhanced immune and hormonal systems. This is one simple thing which will help you sleep through the night.
Additional Benefits	Here's just one truly amazing fact: melatonin does turn on stem cells in our brain, allowing us to create new circuits and helping us recover and then preserve our IQ as we age (as opposed to experiencing the usual 3 points loss per decade after age 30.)
Dosage	<ul style="list-style-type: none">- Start with ½ tab for a few days and then increase to one tab each evening, before bedtime.- Research shows that a gradual increase such as ½ tab every other month is beneficial for brain preservation.- Maximal suggested dose: 12-15 mg.
Additional Remarks	Anti-inflammatory, immune-stimulating, cardio-protective and MORE!

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We hope you are on your way to perfect sleep with your seventh set of solutions and, as always, don't hesitate to contact Dr.Kim with your emailed questions.

Best Wishes for your Life and Health,

Kim Crawford, M.D., and the drkimsagewellsolutions.com team.