

INSOMNIA:

Our bodies are restored during sleep. Studies show that <10% of humans thrive on < 7 hours of sleep at night. 40% of women have sleep disturbances. Sleep issues increase with age. Sleep issues: falling asleep and/or staying asleep or early rising. Best way to feel the most rested and restored is to follow the normal circadian rhythm, that means going to bed about 10pm and sleeping 7-8 hrs.

Sleep issues lead to: depression, weight gain, diabetes, mood disturbances, day time sleepiness, increased pain, brain fog, cognitive decline, heart disease

Triggers of poor sleep: stress, obesity, sleep apnea, restless legs, hyperarousal (wake up very easily), hormonal changes

Do you have issues with?

- Difficulty falling asleep? _____
- Typical bedtime: _____ Typical wake time: _____
- How often do you wake up at night? _____ Why? _____
- When you wake up, how quickly do you fall back to sleep? _____
- Sleep aids/meds you've tried: _____
- Do you snore? _____
- Do you have restless legs? _____

SLEEP HYGIENE: (try 2=3 changes, may take 2-4 weeks to see benefit)

- Have a bedtime routine to slow down for the hour before bed, most people can't run like crazy, hop into bed and fall asleep
 - Consider reading a book before bed (NOT on a device)
 - Deep breathing exercise: 4 breaths of 4-5-6, breathe in for count of 4, hold for count of 5, exhale for count of 6
 - Prayer or meditation (2x/d better)
 - Healthy circadian rhythm: Try to go to bed the same time every night, best by 10pm, get up the same time every morning, best way to start going to bed earlier is to **first** get up earlier by setting an earlier alarm for the morning, If going to bed later than 10-10:30, consider: **SLEEP SHIFTING:** go to bed 30 min earlier every 3-5 days until you go to bed -10 pm.
 - Avoid sleeping with pets
 - Make sure you have comfortable pillows and mattress
 - Make sure the temperature is comfortable: 65- 66 deg, if night sweats consider cooler or layers. If cold, wear socks.
 - Avoid TV/screen time for 1 hour bf bed, avoid bright alarm clocks- causes stimulation to the brain so it takes longer to fall asleep. Use eye covers if needed.
 - Warm shower before bed: sleepy and relaxed.
- Morning routine to wake up slowly/gently:
 - Set alarm for about 7 am, hit a 10 minute snooze x1
 - During the snooze: deep breathing, meditate/pray, avoid jumping up, avoid immediately checking the phone.
 - Use a light box (10,000 lux for 30 min/day), prefer in the morning OR get 30 min of natural light/day
 - Walk in the am
- Lose excess weight - weight gain can cause sleep apnea that causes daytime fatigue and brain fog.
- White noise - fan
- Exercise but not within 2 hours of going to bed. Strength, Yoga, tai chi may be especially helpful.

Food:

- Avoid sugar/alcohol at night- increases stress hormones that affect sleep and increases hot flashes/night sweats
 - Avoid big/heavy dinners, eat >3 hrs before bed, eat complex carbs -whole grains or sweet potato, helps you fall asleep faster
 - If you get hungry at night try a small snack 1 hr before bed- protein and complex carb.
- Avoid ALL caffeine after noon
- Minimize fluids before bed to avoid waking up to pee, go to the bathroom right before bed
- Restless leg syndrome: Magnesium bf bed and iron
- Herbal teas: chamomile, lemon balm + Passion flower 320mg (especially if you have anxiety), lavender. My favorite is Golden milk by Garden of Life(add to warm almond milk).
- Avoid naps after 4pm and > 60 min, affects night time sleep.
- If you are tossing and turning, get up and do something calming such as reading.

SUPPLEMENTS: (try 1-2 supplements, start at lowest dose, may take 2-4 weeks to see benefit, careful some may interact with meds or other supplements)

Fall asleep faster:

- Melatonin- take 30 min before bed, start with 1 mg, if not helping after 3 nights, try 3-5 mg, works only if you sleep in a pitch black room, can help jet lag
- L-Theanine 200 mg before bed (calming)
- 5-HTP 300-500 mg bf bed, don't use if you are on an antidepressant or if pregnant
- Magnesium citrate 400-800 mg bf bed (May cause diarrhea)
- Valerian 450 mg within 1 hour bf bed, helps anxiety and muscle tension, some women can feel wired, helpful in menopause
- Lavela(lavender oil) 80mg bf bed (anxiety/relaxation)
- Phosphatidyl Serine - 150mg bf bed, ok to increase to 500, helps you unwind
- Relora 500 mg before bed, esp during menopause

Decrease waking up at night:

- 5-HTP 50-100 mg before bed
- Muscle Cramp Tension (Magnesium, lemon balm, chamomile, Passion flower) - helps if pain/cramps wake you up at night
- Ashwaganda 500 mg before bed
- Hops -100 mg before bed, rare side effect - worsening depression

Supplements with combo of ingredients:
 Pure Encapsulations: Best Rest Formula
 NeuroLink - GABA, 5 HTP, dec time falling asleep and sleep longer

NON-MEDICATION INTERVENTIONS:

- CBT: cognitive behavioral therapy
- Acupuncture
- Sleep shifting (see above for instructions)

MEDICATIONS: meds can help you fall asleep faster but they can be habit forming, some contribute to memory loss and dementia if used long term. Issues to monitor: sleep quality, daytime function, side effects.

Ambien: may be associated with cognitive decline, increase dementia, sleep walking

Hydroxyzine: can help anxiety, not habit forming

Doxipen: 3-6 mg nightly, fall asleep faster and stay asleep, well tolerated in older adults, does have medication interactions

4. Lunesta: helps sleep onset and sleep maintenance, use 1-3 mg nightly, avoid high fat meals at night