

DR. STEPH'S SLEEP TIPS

1. Set the 'stage'

- Dark, cool (65-72/ 40-60%), quiet, good AIR QUALITY
 - [i-adaptair filter](#) (use code LivingHealth10 FOR 10% OFF)
 - Dehumidifiers (amazon, home depot) -self-draining ideal
- No TV, radio, laptops, etc.
- Blue light blockers before bed, no blue light 3 hrs before bed
 - Phone has blue light blocker apps
 - Blue light blocking glasses (amazon)
https://www.amazon.com/Gunnar-Optiks-RIO-00101-Anti-Glare-Headaches/dp/B07BSSX9Z6/ref=sr_1_26?dchild=1&keywords=blue+light+blocking+glasses&qid=1627933941&sr=8-26
- White or pink noise machine if needed (amazon)

2. Exercise right

- 30 min intense before noon

3. Relaxation activities before bed/after dinner

- Yoga, music, reading
- Biofeedback (heartmath -
<https://store.heartmath.com/innerbalance>)

4. Eat right

- Not too early/late
- Not too much/too little
- Plate Rule
- Calming teas before bed (chamomile, Passionflower)

5. Good mattress, good pillow for all positions

- Organic, chemical free if possible
- Avocado mattress, purple, etc.
- Therapeutica pillow (see office – measured to fit for optimum side sleeping)

6. Regular Schedule

- Asleep between 10-midnight
- Up between 6-8 a.m.
- Eat, exercise, etc. on schedule where possible
- Sunlight (outside) exposure, minimize LED or blue light at night

7. Monitor your quantity/quality

- Oura ring (<https://ouraring.com/>)
- <https://www.sleepfoundation.org/best-sleep-trackers>

8. Take Appropriate Supplements (www.livinghealthmarket.com)

- Melatonin (Mela Long, Mela Dissolv (low dose)
- Gaba-Plex or NeuroCalm (Gaba, taurine, l-theanine, mag)
- NeuroMag, Glycine Max
- CortiCalm (Magnolia, ashwaganda, theanine)
- ADAPTOMAX (ashwaganda, ginseng, holy basil, rhodiola)
- Methylation Plex, Bio-C and zinc (needed to make melatonin)

9. Counter EMF exposure

- Grounding mat/pillowcase (amazon)
- Earthing (barefoot on grass/ground early a.m.)
<https://www.earthing.com/>
- Measure EMF in room and handle
<http://emfsafetystore.com/>
<https://www.emrss.com/collections/emf-shielding-paint>
- Turn phones to airplane mode, shut off wireless router at night

10.If above fails – GET TESTED – hormones, FM blood panel, infections/toxins, nutrients, meridian testing (parasites, metals, toxins) sleep study, other

Call CEDRIC at the office 410-216-6607