



SLEEP BETTER & PREVENT INSOMNIA

Why Do We Need Sleep?

- We need the repair that sleep provides for our bones and muscles.
- During sleep, important hormones are released, which are critical to vitality and overall growth development.
- Sleep provides emotional balance.
- Sleep boosts natural energy.
- Sleep enhances brain function and memory.
- Sleep creates a more relaxed state, reduces cortisol output (stress hormone), and promotes calmer reactions to "stress events."

Common Causes of Insomnia

- Hormonal changes – changes in ovaries, thyroid, adrenals and leads to loss of sleep.
- Obesity or weight gain which can cause sleep apnea.
- Drug, alcohol, or tobacco abuse – alcohol disrupts the quality of sleep.
- Medical disorders: COPD, asthma, diabetes, fibromyalgia, sleep apnea, hypothyroidism, adrenal fatigue, chronic pain, and many others.
- Medications: allergy and cold medications, some antihistamines and decongestants, high blood pressure (antihypertensive), heart disease (beta blockers), as well as asthma and pain medications (containing caffeine).
- Life stress, persistent worries, bereavement, post-traumatic stress disorders.
- Poor sleep habits: making your bed a second home office doesn't help you relax, the brightness of screens while watching TV or staring at a computer before bed "wakes you up"!

Recommendations for Restoring Natural Sleep

- Have hormones, thyroid, adrenals, and vitamin levels tested and balanced at OnePeak to improve and correct sleep patterns.
- Identify relaxation techniques and develop a bedtime ritual: bath, shower, calming music, reading and drops of lavender on your pillow.
- Stop emails and web surfing one hour before bed. Use your bed to sleep and not work or prolonged reading time.
- Limit light exposure from the computer and other house lights one hour before bed.
- Herbal Teas: chamomile, passionflower, lemon balm, and valerian root to calm yourself.
- Exercise: people who work-out four times per week fall asleep faster and sleep better.
- Increase sexual activity. Studies show an active healthy sexual life improves sleep.

Supplements: Available at all OnePeak locations & online at [OnePeakMedical.com](https://www.onepeakmedical.com)

- **Stress PM** supplement lowers cortisol to "turn off brain" for sleep and restoration.
- **Sleep** supplement works on sleep brain chemicals for getting to sleep and staying asleep.
- **Melatonin** take 5-10mg at night to break a poor sleep cycle
- **B-complex** supplement available in capsules or drops, in the AM (try sublingually for enhanced absorption). Studies on B vitamins show that deficiencies can cause reduced brain function, impaired sleep patterns, and depression.
- **Pregnenolone** supplement enhances levels to improve sleep and memory.