



Insomnia '*Noise Reduction*' Recommendation

WHAT IS IT?

Mounting data suggest that sleep ranks among nutrition, exercise, and stress management as a cornerstone of health. Poor sleep has been linked to increased risk for infection, cardiovascular disease, diabetes, obesity, cancer, and depression. Forty million adults struggle with insomnia — difficulty falling asleep, discontinuous sleep, and/or non-restorative sleep.

Since sleep involves a reduction and dissipation of energy, factors that interfere with sleep can be thought of as excessive energy or "noise." Noise can occur in biological (body), psychological (mind), and environmental (bed) arenas. An integrative approach addressing all three areas is key to good sleep health.

MANAGING MIND NOISE

- Limit exposure to stressful imagery from books, TV, and the Internet in the evening.
- Remember that healthy sleep includes healthy dreaming — don't censor your dreams.
- Try not to bring worry to bed — make your to-do lists before sleep and then let it all go.

Explore and select a relaxation technique for daily practice:

- ☐ The 4-7-8 Relaxing Breath
- ☐ Mindfulness meditation
- ☐ Gentle yoga / Yoga Nidra
- ☐ Self-hypnosis
- ☐

MANAGING BODY NOISE

- Obtain adequate regular exercise.
- Use alcohol and caffeine judiciously: less, earlier, with food and socially is best.
- Address additional sleep concerns such as GERD, RLS/PLMS, snoring, and apnea.
- Address other medical symptoms that impact sleep — pain, perimenopause, etc.
- Avoid sedative prescription and OTC sleeping aids.

Ask your doctor to help monitor and manage sleep side effects of medications you are using:

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|-------------------------|--------------------------------|
| ● Alcohol | ● Estrogen |
| ● Antiarrhythmics | ● Lipophilic beta blockers |
| ● Anticonvulsants | ● Monoamine oxidase inhibitors |
| ● Antihistamines | ● Nicotine |
| ● Appetite suppressants | ● Pseudoephedrine |
| ● Benzodiazepines | ● SSRIs |
| ● Bronchodilators | ● Sedatives |
| ● Caffeine | ● Statins |
| ● Carbidopa/levodopa | ● Sympathomimetics |
| ● Corticosteroids | ● Tetrahydrozoline |
| ● Diuretics | ● Thyroid hormones |
| ● Decongestants | ● Tricyclic antidepressants |



MANAGING BED NOISE

- Create a sense of sanctuary by establishing the bedroom as a stress & work-free zone.
- Do whatever you need to feel perfectly psychologically safe in your bedroom.
- Maintain peace with your sleep partner, especially at night.
- Conceal ready access to clocks and never check the time while in bed.
- Use your bed and bedroom for sleep and sex only.

THE HEALTHY BEDROOM

- Keep your bedroom cool (68 degrees or less), dark and quiet during sleep.
- Reduce common bedroom air pollution with HEPA filters and houseplants.
- Gradually replace conventional bedding with organic, natural alternatives.
- Be aware of outgassing from furnishings, floors, walls, or carpeting.
- Keep electric clocks and other devices away from your head and bed to minimize EMF exposure.

NOTES

SUPPLEMENTS

Melatonin:

2-3mg sublingual & sustained release, taken 10-20 minutes before bed.

Valerian:

400-900mg standardized extract (0.8% valerenic acid); or as a tea of 2-3g dried root steeped 10-15 min. Take 30-120 min before bed for 2-4 weeks to assess effectiveness.

Hops:

300-600mg capsule or tincture, taken 30-60 minutes before bed.

Daily Multivitamin:

To ensure adequate B vitamins. Ask your provider about exact timing and dose.

PROMOTING HEALTHY DREAMING

- Arise slowly in the morning to improve your dream recall.
- Journal and/or talk about dreams with loved ones, friends, or health professionals.