

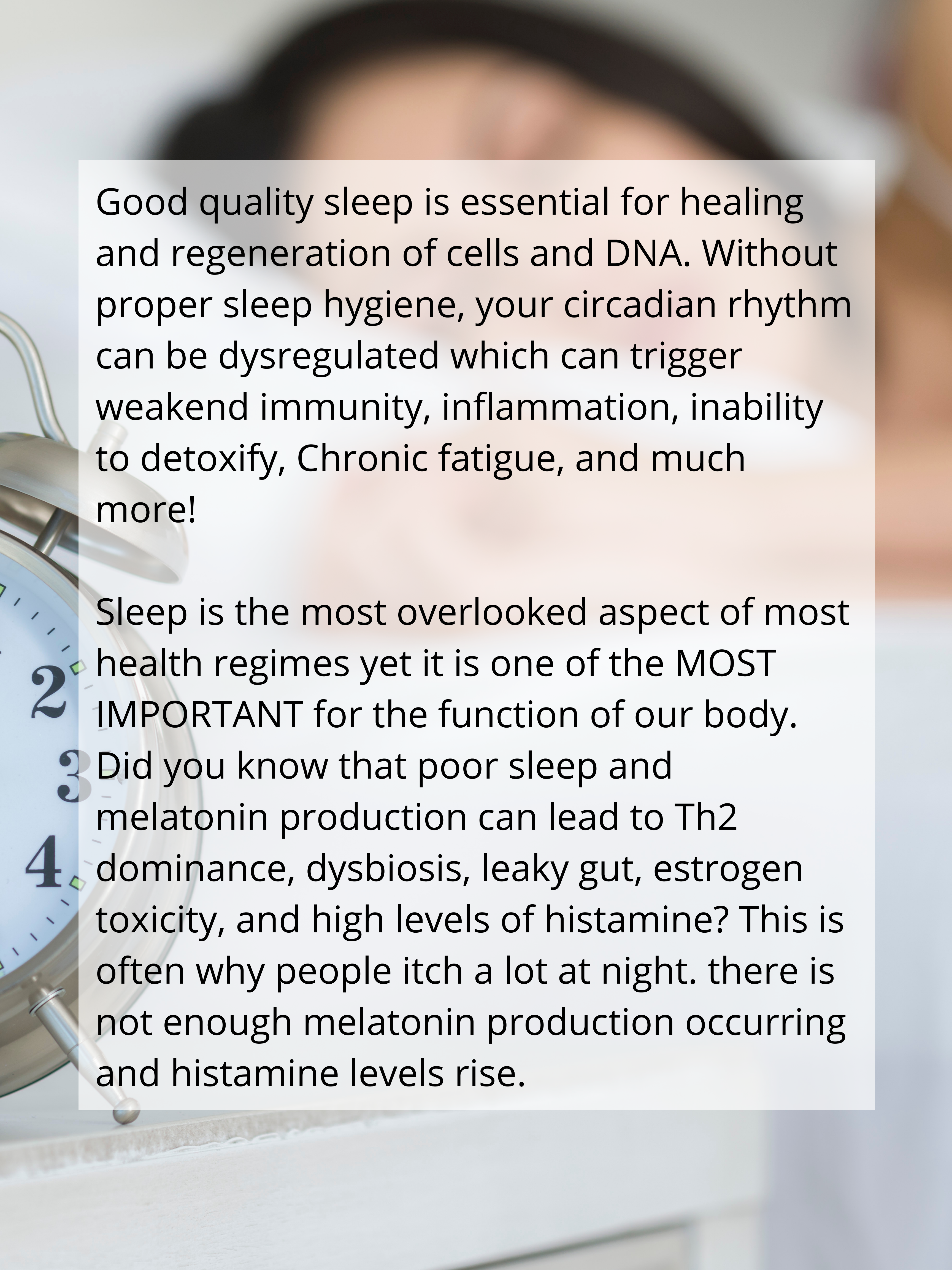
MARLA PIETRUSZKO BSC R.H.N.

SLEEP HYGIENE GUIDE TO HELP YOU HEAL



The Best Sleep Of Your life!

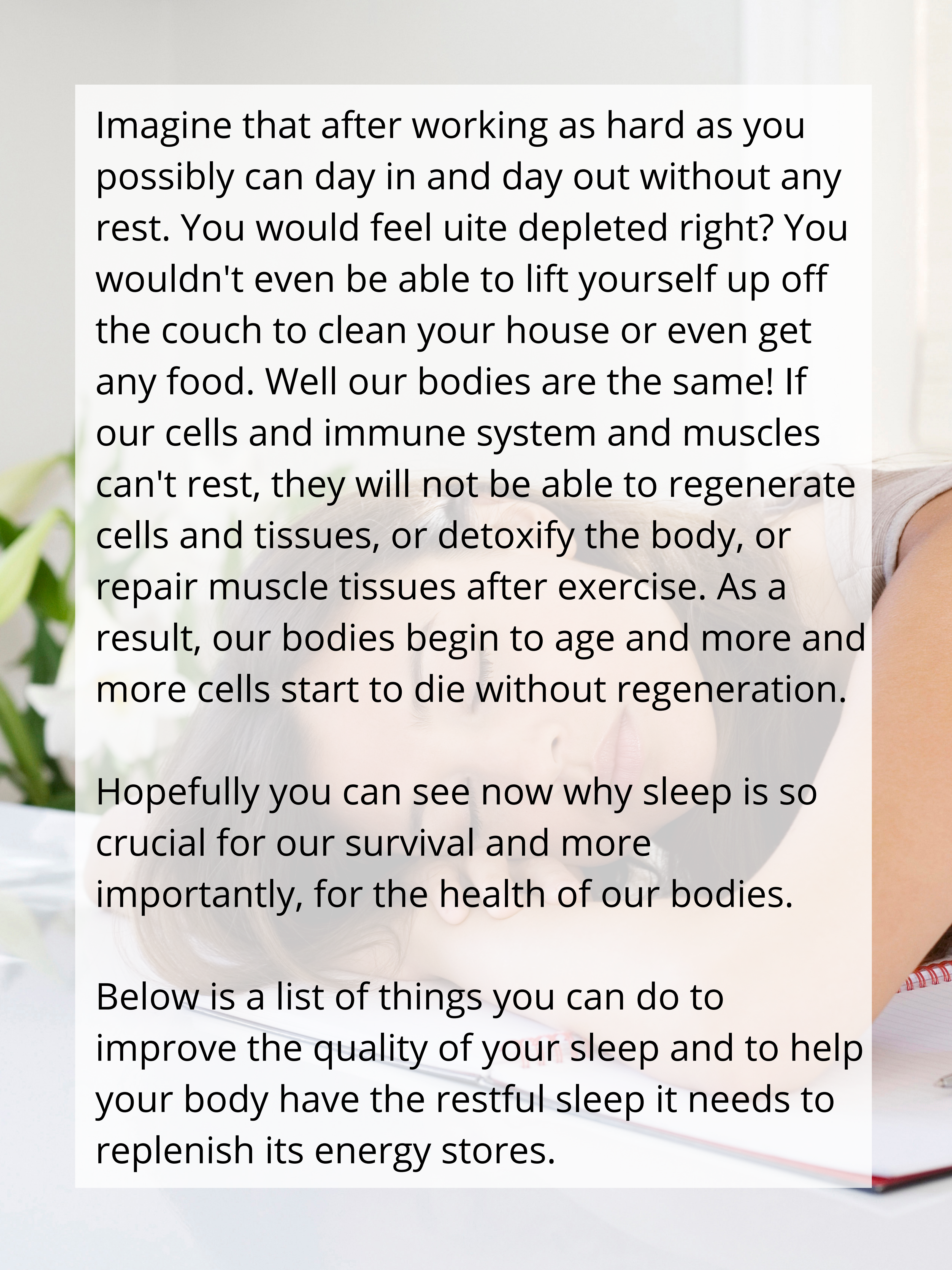
HOLISTIC SPRING

The background of the image is a soft-focus photograph. On the left side, a portion of a gold-colored alarm clock is visible, showing its bell and part of the face with numbers 2, 3, and 4. In the upper center, a person's face is blurred, showing dark hair and a neutral expression. The overall lighting is warm and soft.

Good quality sleep is essential for healing and regeneration of cells and DNA. Without proper sleep hygiene, your circadian rhythm can be dysregulated which can trigger weakened immunity, inflammation, inability to detoxify, Chronic fatigue, and much more!

Sleep is the most overlooked aspect of most health regimes yet it is one of the MOST IMPORTANT for the function of our body.

Did you know that poor sleep and melatonin production can lead to Th2 dominance, dysbiosis, leaky gut, estrogen toxicity, and high levels of histamine? This is often why people itch a lot at night. there is not enough melatonin production occurring and histamine levels rise.

A woman with long brown hair is sleeping peacefully, resting her head on her hand. She is wearing a white tank top. In the foreground, there is a blue spiral notebook and a pen. The background is slightly blurred, showing some greenery.

Imagine that after working as hard as you possibly can day in and day out without any rest. You would feel quite depleted right? You wouldn't even be able to lift yourself up off the couch to clean your house or even get any food. Well our bodies are the same! If our cells and immune system and muscles can't rest, they will not be able to regenerate cells and tissues, or detoxify the body, or repair muscle tissues after exercise. As a result, our bodies begin to age and more and more cells start to die without regeneration.

Hopefully you can see now why sleep is so crucial for our survival and more importantly, for the health of our bodies.

Below is a list of things you can do to improve the quality of your sleep and to help your body have the restful sleep it needs to replenish its energy stores.

Improve Your Sleep Quality:

- **Go to bed around 10:30 PM:** If you're going to bed much later than that, start going to bed earlier in half-hour increments every other day.
- **Stop eating three hours before bedtime:** Stop eating around 7:30PM every night and fast until 10:30 to 11AM the next morning if possible. If you wake up at night for a snack. then try eating something light right before bed.
- **Don't drink caffeine after 2 PM**
- **Electronic:** Avoid all electronic activity at least one hour before sleep and put your devices on airplane mode until morning.
- **Reduce blue light exposure:** Install a blue light filter on computers, phones, and devices or wear blue light blocking glasses. Blue light makes your body think it is daytime.
- **Sleep in complete darkness:** Turn off all night lights and have black-out drapes in your room.
- **Adjust the room temperature** so you don't wake up cold or hot at night.

- **Avoid stimulating supplements in the evening:**

Don't take a multivitamin, Vitamin C, B-vitamins, Tyrosine or other vitamin or herbal stimulants after 2 PM as they can keep you awake.

- Track Your Sleep with the Sleep Cycle app or the OURA ring so that if needed, you can spot trends and see how long you are in REM sleep for.

- **Avoid fluids before bed:** Don't drink more than 1/2 cup water 20 minutes before bed so you don't wake up at night to pee. Have a glass of water on your nightstand so as soon as you rise, you can rehydrate.

- **Avoid exercise right before bed** as it can stimulate the body

