

# HOW TO GET A BETTER NIGHT'S SLEEP



**key cellular**  
NUTRITION

## *sleep issues*

Sleeping troubles are one of the most prevalent symptoms I hear from people who are not sure what is wrong but simply don't feel well. If fatigue and brain fog are first and second on the list, sleep isn't far behind. I think the big difference, however, is that trouble sleeping is one of the most overmedicated issues in today's society. There are safer alternatives, and I will suggest some of the tricks that worked for me and that I recommend to my clients, but the key is getting upstream to the real cause.



*Not only are these symptoms over-medicated, but the medications are also some of the most dangerous on the market. Now, there is a time and a place when medication is lifesaving. It's even appropriate for reducing certain symptoms, particularly when the stress resulting from a symptom is greater than the side effects of medication.*

Note, however, that taking medication is not true healing. True healing occurs when you remove the cause of what interferes with your body's ability to heal itself. Medications that are prescribed for sleep have adverse reactions and serious warning labels for good reason: they alter brain chemicals and your brain function. They create dependency and are extremely difficult to stop once you have started taking them.

With that said, I do not recommend stopping a prescription drug without first consulting the doctor who prescribed the medication. I do recommend educating yourself on the dangers of these drugs that can often be overlooked. Companies that market these medications tend to showcase beautiful, happy people enjoying their day and avoid sharing the side effects associated with the medication. The bottom line: you must get to the cause of why you cannot sleep.

# WHY WE NEED SLEEP

Sleep is vital when it comes to allowing your body to heal. Healing requires quite a bit of your body's energy. If you're already tired, where can the energy to heal come from? You must get proper rest if you want to reach a higher state of health.

*Humans are best suited to follow a sleep pattern close to the rise and fall of the sun. This sleep cycle pattern is called a circadian rhythm.*

Unfortunately, many of us have strayed far from this natural pattern due to the modern technology and lights available to us at all hours of the day. These tips will help you return to a healthy sleep cycle and optimize your sleep!

## Tips for Great Sleep

### 1. Screens Off

Screens right before bed or early in the morning alter your sleep cycle and affect your circadian rhythm. Keep the phone out of bed, even early in the morning when you first wake up. Make sure you turn off the TV at least an hour before bedtime, preferably 2 hours, and definitely no laptop in bed.

### 2. Limit Artificial Light

An hour or two before bedtime, limit artificial light from lamps and overhead lights in your house. Use warm lights whenever possible and pull blackout curtains to keep street lighting out of the house. Use a sleep mask if you can't block light from your bedroom.

### 3. Go to Bed Earlier

When you fall asleep, you go through a 90-minute cycle of non-REM sleep (deeper sleep) before you go into cycles of REM sleep. From about 9 pm to 3 am, your sleep cycles are composed of deeper sleep. Deep sleep is when your body does the most healing, tissue restoration, and true cleansing of the body. In the second half of the night, your sleep cycles are composed of more REM dream sleep.

### 4. Eat Well and Early

Eat earlier in the evening to allow for time to digest before bed so that the majority of the work done while sleeping is for healing rather than digesting. Eat the right foods, too. Avoid foods you know you are sensitive to or could trigger an inflammation reaction. Taking a walk after meals can help you digest food quicker and ensure that your belly is ready for bed, too.

### 5. Weighted Blankets

Just as infants love to be swaddled as it helps them relax, adults can benefit from sleeping with a weighted blanket. These blankets offer deep pressure stimulation, which is shown to calm adults with anxiety and attention difficulties. Anecdotal, people report that the weight from the blanket helps people stay asleep longer and feel more rested upon waking.





## FAQ

*Is increased computer usage to blame for some of our sleep issues?*

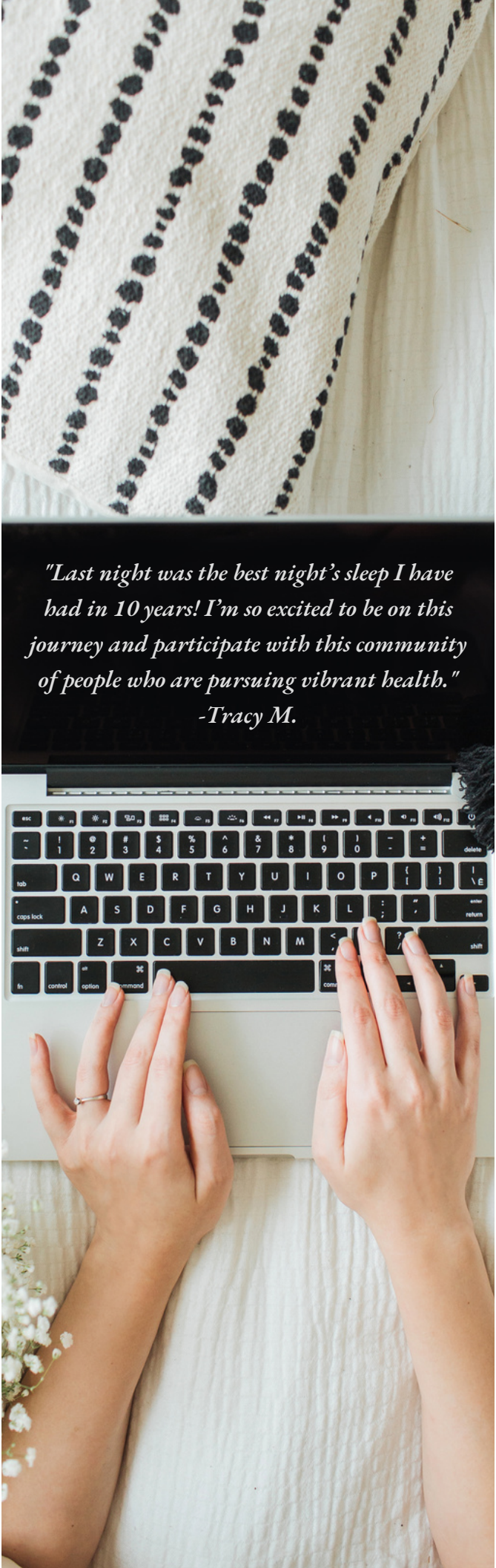
Computers emit blue light, which can alter our natural sleep cycles. Blue light has been shown to interfere with natural melatonin production which makes it difficult to get a deep, restful sleep at night.

*How much sleep does the average adult need, and are there really people who require less sleep than others, or are they just better at handling the effects of being tired?*

The average adult needs between 7.5 to 8.5 hours of sleep. This is important in order to get enough cycles of sleep. There is a very small percentage of the population that can truly live on fewer than 7.5 hours of sleep. The majority of people are compensating for that lost sleep in other ways, such as coffee or naps.

*With schedules less consistent these days, what are some tips for helping kids get the sleep they need?*

Children have very different sleep cycles than adults. They need more sleep, but they are naturally inclined to go to sleep later and wake later. Whenever possible, let children sleep in. Same as adults: minimize screens before bed, avoid eating 2 hours before bed, exercise in the morning, and get time outside.



*"Last night was the best night's sleep I have had in 10 years! I'm so excited to be on this journey and participate with this community of people who are pursuing vibrant health."*

*-Tracy M.*

# *Essential Oils That May Aid Sleep*

## LAVENDER

Lavender is a relaxant and is great when trying to promote sleep. Its fragrant influence is calming and balancing- both physically and emotionally. Researchers at The University of Miami found that inhalation of lavender oil increased beta waves in the brain, suggesting heightened relaxation.

- To use:
  - Aromatic: Diffuse or inhale directly.
  - Topical: Apply 2-4 drops on the location of your choice. Dilution is not required except for the most sensitive skin.
  - Dietary: Put two drops in a capsule with a carrier oil such as coconut oil, olive oil, or avocado oil. Take three times daily or as needed.

## CEDARWOOD

Cedarwood has been used throughout history in medicines and incense. Its fragrance stimulates the limbic region of the brain, which is the center of emotions. In turn, the pineal gland is stimulated, releasing melatonin. Cedarwood is a great essential oil for sleep, recognized for its calming and purifying properties.

- To use:
  - Aromatic: Diffuse or inhale directly.
  - Topical: Apply 2-4 drops directly to the desired areas. Dilution is not needed except for the most sensitive skin.
  - Dietary: Take as a dietary supplement. Two drops in a capsule with a carrier oil such as coconut oil, olive oil, or avocado oil. Take one capsule as needed.

## VETIVER

Vetiver is used as a relaxant when it comes to influencing sleep. When inhaled, it is psychologically grounding, calming, and stabilizing. It helps us cope with stress and recover from emotional trauma.

- To use:
  - Aromatic: Diffuse or inhale directly.
  - Topical: Apply 2-4 drops on location. Dilution is not required except for the most sensitive skin.
  - Dietary: Take as a dietary supplement. Two drops in a capsule with a carrier oil such as coconut, olive oil, or avocado oil. Take one capsule as needed.

# *Essential Oils That May Aid Sleep*

## VALERIAN

During the last three decades, valerian has been clinically investigated for its tranquilizing properties to the central nervous system. Researchers have pinpointed the sesquiterpenes valerenic acid and valerone as the active constituents that exert a calming effect on the central nervous system. The German Commission E has pronounced valerian to be an effective treatment for restlessness and for sleep disturbances resulting from nervous conditions.

- To use:
  - Aromatic: Diffuse or inhale directly.
  - Topical: Apply 2-4 drops on location. Dilution is not required except for the most sensitive skin.
  - Dietary: Put two drops in a capsule and take three times daily or as needed

## RUTAVALA

Rutavala is a proprietary blend of ruta, lavender, and valerian essential oils that helps promote relaxation of the body and mind, soothes stressed nerves, and induces sleep. Ruta has long been used in South America to promote the relaxation of body and mind, relieve stressed nerves, and revitalize passion.

- To use:
  - Aromatic: Diffuse or inhale directly.
  - Topical: Dilute one drop with one drop of a carrier oil of your choice. Apply several drops to wrists, temples, neck, or desired location as needed. Apply to the bottoms of feet; children will love it!

## PEACE AND CALMING

Peace and calming is a blend of tangerine, orange, ylang-ylang, patchouli, and blue tansy. It promotes relaxation and a deep sense of peace and emotional well-being, helping to dampen tensions and uplift spirits. When massaged on the bottoms of feet, it can be a wonderful prelude to a peaceful night's rest. It may calm overactive and hard-to-manage children. It also reduces depression, anxiety, stress, and insomnia. Many people use it for relief from restless leg syndrome.

- To use:
  - Aromatic: Diffuse or inhale directly.
  - Topical: Dilute one drop with one drop of carrier oil and apply to wrists, edge of ears, foot vita flex points, or desired location as needed. Combine with lavender for insomnia and German chamomile for calming.



# Essential Oils That May Aid Sleep

## TRANQUIL ROLL-ON

This blend of Lavender, Cedarwood, and Roman Chamomile essential oil is packaged in a roll-on applicator, which provides convenient and portable relaxation and stress relief. All three of these oils have been well-documented as being effective in reducing restlessness, decreasing anxiety, and inducing a calming feeling to the mind and body. Their combined effect is uplifting as well as relaxing and can be useful in promoting sleep as well as reducing stress.

- To use:
  - Topical: Apply liberally to temples, back of neck, or wrists as needed for relaxation.

*Now it's time to put it all into action and enjoy  
better sleep, starting tonight!*



[shop for essential oils](#)

B E F O R E



A F T E R



## *client testimonial*

*Dayna M.*

"I have struggled with Hashimoto's thyroiditis symptoms for over 20 years and have seen several specialists and spent considerable time, energy, and money in an attempt to get healthy, with little relief until now. I feel amazing, no more brain fog, no more cold extremities, no more inflammation in my joints, **I'm sleeping better**, my skin is glowing and my hair is longer, stronger, and healthier than ever before, **I have energy**, and I have lost over 50 pounds!!! Thank you Dr. Cole for developing this program and your wonderful staff for supporting me, and especially God for giving me the strength to make all these changes."

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**WATCH THE  
FREE TRAINING**

**& LEARN HOW TO REGAIN  
CONTROL OF YOUR HEALTH**

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NUTRITION