

**Sleep is Good... Good Sleep is Better
How to Get More of It**



*If lack of sleep or lack of quality in
your sleep is interfering with your life,
this is the program for you.*

Track 1: There is Hope

Track 2: Bed Bugs and Security Blankets and Establish a Routine

Track 3: Rest for the Mind

- A. Negative Thoughts → Capture and Replace; Thank, Forgive, Bless; Pray, Relaxing Breathing
- B. Other Thoughts/Ideas → Write notes, Discuss briefly
- C. Too little interaction at bedtime → Read Pray, etc. at bedtime
- D. Bedroom for TV, etc. → only for Sleep
- E. Watch TV before bed → no TV 2 hours before bed
- F. Unfinished work → Finish before bed
- G. Emotional Story time → Relaxing stories
- H. Fear of Intruders → Look and Check house; Use Night light
- I. Arguing → Avoid Arguing; Have Routine
- J. Sleepless in bed → In bed only when sleepy

Track 4: It's All Around You – Physical Environment

- A. Irritating Sounds/Thoughts → Music, Sounds, Earplugs
- B. Irritating Light/Temp. → comfortable Lighting / Temperature

Track 5: It's In Your Body – Body Sensations and Biochemistry

- A. Pain → Eliminate naturally
- B. Irritating Clothing/Bedding → Try different, Wrap tightly
- C. Stimulating Play/Exer. before bed → Read, Draw, Write, etc.
- D. Fall asleep outside of bed → Fall asleep only in bed
- E. Daytime catch-up naps → only after good night's sleep
- F. Caffeine drink/food → None within 2 hours of bedtime
- G. Poor Eating → Nutritious, Balanced, Lightly just before bed
- H. Tension built up → Back or Foot rub, Bath, Aromas
- I. Internal Clock off → Low light at night; Full-spectrum in morning; Sleep/wake at consistent time each day
- J. Medication → Talk to pharmacist/Doctor

Track 6: Capture Negative Thoughts and Replace Them

Regret ★ Fear ★ Planning ★ Acting

→ Thankfulness → Forgive → Bless others

Track 7: Progressive Relaxation

- ◆ Starting at your toes, contract each muscle with each breath in, and Relax with each breath out.
- ◆ Include every segment of your body.
- ◆ Gradually progress back through each segment of your body, starting back at the toes.

Track 8: Relaxing Breathing

- ◆ Breathe in through nose to the back of your throat.
- ◆ Exhale (out) longer then inhale – hum at the end.
4-6/min for adults; 6-7/min for children
- ◆ Sleep Apnea → see pediatrician or sleep specialist
- ◆ Allergies → Rinse hair, Rinse nose, Dilate nose, Chin strap, Improve Immune system

Track 9: Music, Aroma & Pain + Depression & Bedwetting

Music/Sounds

- ◆ Parent's voice, Drum beat, Ocean Waves, Rain, Classical
- ◆ Use earplugs if helpful.

Aromas

- ◆ Vetiver – if hyper but happy; Lavender – if negative

Eliminate Pain

- ◆ Good Eating, Quality vitamin supplement,
- ◆ Chiropractic Adjustments
- ◆ Lower back pain → pillow under top leg, laying on side; medium firm bed, memory foam bed
- ◆ Neck pain → neck posture, waterbase pillow

Depression or Sad Anxiety

- ◆ Mild exercise or professional counsel

Track 10: Food and Circadian Rhythm

Feed Your Brain Throughout the Day

- ◆ Healthy Eating Principles Addendum
- ◆ Audio CD – “Return to Quality Food”

Feed Your Brain Before Bed

Relaxing Dinner as a family

Regulate Blood Sugar to Eliminate Glucose Surge or Crash

Tryptophan: Turkey, Eggs, Fish, Dairy, Bananas, Walnuts

Set Circadian Rhythm

1 hour before bed – low light

20 min in morning – full-spectrum

Melatonin before bed, as prescribed

Track 11: Phase I – Bare Necessities

1. Listen to Sleep again
2. Relax
3. Family Discussion
4. Learn and Practice – “Capture Negative Thoughts”
5. Stick to Bedtime Routine and wake time.
6. No Caffeine within 2 hours of bedtime
7. Do not watch TV the 2 hours before bedtime or do stimulating activities the 1 hour before bed.
8. Keep Lighting low 1 hour before bedtime

Action Step Worksheet – Write action and when to do.

Listen to audio again & ID 5-10 solutions _____

Solution 1 _____

Solution 2 _____

Solution 3 _____

Solution 4 _____

Practice "Capture Negative Thoughts,..." _____

Practice ""Thankfulness, Forgiveness,..." _____

Make up a Bedtime Routine _____

No caffeine 2-4 hours before bed _____ **Tonight**

No TV 2 hours before bed _____ **Tonight**

Lighting low for 1 hour before bed _____ **Tonight**

Track 12: Phase 2 – Personalized Necessities

1. Take a *quality* Multi-vitamin/Multi-mineral
2. Begin an easy exercise program or back off if yours is too intense
3. 20 min full-spectrum light in morning upon waking
4. Learn Progressive Relaxation and Relaxing Breathing
5. Wash hair before bed, if you have allergies
6. If you take medications, talk to pharmacist or doctor about their effects.
7. Purchase needed supplies
8. Fill out “[Bed Bugs and Security](#)” [Blankets Charts](#).

<u>MENTAL Bed Bugs</u>	<u>Security Blankets</u>
<i>example: stressed because unfinished homework</i>	<i>make specific time, daily, to do homework before other activities</i>

<u>PHYSICAL ENVIRONMENT Bed Bugs</u>	<u>Security Blankets</u>
<i>Ex. 1) room messy → feel jumpy 2) sensitive to noises → scared</i>	<i>1) clean/organize room before bedtime story 2) play music, nature sounds, or earplugs</i>

<u>BODY SENSATION / BIOCHEMICAL Bed Bugs</u>	<u>Security Blankets</u>
<i>ex: 1) sleep pattern seems off; 2) hungry after bedtime</i>	<i>1) Full-spectrum lights in morn & low light in evening; 2) Follow steps for "Feed Your Brain appropriately at Bedtime"</i>

Track 13: Phase 3 – Beyond the Basics

1. Listen to Sleep CD 3rd time.
2. Continue the good habits of Phase 1 and 2.
3. Plan your meals – consider the CD “Improve Food Quality”
4. Plan snack before bed.
5. Learn/Apply Progressive Relaxation & Relaxing Breathing
6. If in Pain, review “Eliminate Pain.”
7. Get other useful supplies (bulbs, essential oils, sleep music, etc.)
8. Reduce more stress -- consider the CD program “Stress Reduction”

There is a solution for you.

Be sure to carefully apply the solutions provided, without stress. Relax, Keep it simple, be consistent, & get professional help as needed.

Track 14: Conquer Worry

A. Face the Worry Head-on

Get all the FACTS

After carefully considering the facts, MAKE a DECISION.

ACT and dismiss anxiety about the outcome.

B. Get Perspective

1. People Forget
2. People are Often Motivated by Insecurity
Seek to **Love** and to **Care**, not to **Defend**.
Don't allow yourself to be controlled by their actions
3. People have Different Perspectives – both may be right
4. Look for the Positive
5. Don't Exaggerate the Importance
6. Most things we worry about don't happen.

C. Cooperate with the Inevitable

1. **Analyze** the situation Fearlessly and honestly
2. Reconcile yourself to **accepting** it, if necessary
3. Devote your time and energy to **improving** upon the worst.

D. Place a STOP-LOSS order

E. Get Rid of the Dark with Light

F. Keep Busy – with both Body and Mind

Track 15: Healthy Eating Principles

- ◆ **Plan meals** at least 2 days in advance (1 week is best.)
- ◆ Eat at least **3 meals** per day
- ◆ Eat “palm-full” of **protein** and a “hand-full” of **vegetables** and enough carbs to sustain your activity
- ◆ 2 ½ cups/handfuls of **fruit** and 2 ½ cups/handfuls **vegetables** /day
- ◆ Most (≈75%) of grain products should have “**whole**” **grain**
- ◆ Toss out the following foods:
 - high added-sugar foods (dextrose, sucrose, corn-syrup, etc)
 - Any packaged food w/ 30% of carbs from sweetener
 - highly processed foods
 - foods that contain **additives** or any artificial **coloring**
 - processed foods having a long **shelf life**
 - foods that contain **hydrogenated vegetable oil, vegetable shortening, or partially hydrogenated vegetable oils**
- ◆ No deep **fried** foods. Only enough oil to *lightly* coat pan if pan-fried
- ◆ No **fake** fat (margarine, Olea) or **fake** sugar (saccharine, NutraSweet)
- ◆ Drink at ¼ - ½ gallon (32-64 oz) filtered water /day for 120-lb person. (1 oz for every 2-3 lbs). Sweat, toxicity, and caffeine increases need.
- ◆ Limit soda, tea, coffee, and alcohol to 1 cup per day, combined total.
- ◆ **QUALITY** vitamins and minerals. Vitamin's **absorption before price**.

For more copies of this CD program or to provide comments, which we value very much, visit sleep.cvchiro.net .

Resources for more detailed information:

The ADD Answer (ISBN: 0-670-03336-7) by Dr Frank Lawlis
and The IQ Answer (ISBN: 0-670-03784-2) by Dr Frank Lawlis
Healing ADD (ISBN: 0-425-18327-0) by Dr Daniel Amen
SLEEP, the journal of the Assoc. Professional Sleep Societies, LLC, a joint venture of the AASM & the Sleep Research Society. More info. about sleep stages is at www.SleepEducation.com .

Sources for supplies:

Sleep, Baby Sleep” at www.TwinSisters.com (a 2 CD set – 1 nature sounds, 1 lullaby music, no words). Dr Amen’s “Brain Train” sleep audio can be bought at www.mindworkspress.com.
Order Full-Spectrum light bulbs (www.buylighting.com)
For essential oil and a diffuser, an easy resource is www.Naturesgift.com or 615-612-9174.

This audio program has been developed by Dr Jay Hobbs, chiropractic neurologist.