

# Burnout Newsletter

## The 10 commandments of well-sleeping



### Implement these and stop tossing!

As a holistic coach and healer I approach sleep from the direction of the body, the mind and the environment

“Have a glass of red wine”, my doctor recommended when I spoke to him about my problem with winding down after a hard day at work. Being a wine lover, I took his advise and red wine definitely makes me tired ( turns out I don't tolerate the sulphurs: they block my nose and give me headaches).

So I had to explore other modalities. My absolute favourite is gentle yoga, stretches. This releases the tension stored in your body.

1

#### FOOD BEFORE BED

Avoid heavy meals late at night. A cup of hot cocoa or tea keeps your stomach acids at bay.

2

#### Relax in a hot bath

with lavender oil

3

#### AVOID NEGATIVE THOUGHTS

forget about work and watch a funny movie



#### Turn off all electronics

No radio alarm, no TV, no cellphone, no computer in the bedroom.



#### Invest in a comfy bed tested in shop:

high quality mattress and pillow plus soft linen.



#### Temperature is important:

18-21 degrees Celcius is ideal for sleeping. Avoid cold shoulders.

## The best scent to use for relaxation is Lavender

Lavender oil can be applied in many ways. Have you ever had a berry lavender smoothie? Only 100 percent pure grade lavender oil ( like Doterra available from my website) can be ingested. Most oils can be diffused, which is better for the environment especially for asthmatics as it doesn't produce the smoke that comes from burners or incense.

In cases of extreme insomnia, I can recommend you get a guided meditation to listen to through headphones while already in bed. There are some amazing ones from Doreen Virtue for those who love angels. For the more scientific ones I highly recommend bi neural sounds which put your brain in a relaxed state by using the sleep frequency.

Make your evenings peaceful by avoiding to bring work home.



Comedies and inspirational movies or books are highly recommended over violence or action movies or the bad news.

You shouldn't eat late a night because your stomach will keep you awake. a little snack keeps gastric acid at bay.

Don't drink too much before bedtime as then your full bladder will stir you up.

The best time to sleep is between 10pm and 7 am.

Research has determined that the ideal sleep duration for adults is between 7 and 9 hours long. Sleeping too little leads to burnout.

## THE IMPORTANCE OF DARKNESS

Ever wondered why birds chirp early in the morning?

The light from the rising sun stimulates their pituitary gland and changes their hormones and brainwaves from a sleep pattern to a wake pattern. The human body functions similarly. We also have a pituitary gland which is influenced by light and dark as well as by melatonin ( a supplement that you can take to enhance sleep).

Heavy curtains to keep out the early morning sun or street lights are worth the investment. Remove electronics with any standby or charging lights from your bedroom to help your brain get more zzz.

