



Keys to Help You Sleep Better

If deep, restful sleep is elusive, you might like to try the following ideas to prepare yourself for a good night's rest. You may need to follow all the suggestions for at least a week before you begin to see the benefits of your efforts. I trust the implementation of these ideas will help you find refreshment, healing and deep, restful sleep.

- It generally takes five hours to go to the deepest level of sleep. This is the level where most healing and repair work takes place in your body; it's also when children do most of their growing. When we're stressed, in pain or otherwise restless, we may not arrive at that deep sleep level or, if we do, not stay there long enough to experience the benefits.
- Learn how to consciously 'let go' through relaxation techniques practiced during the day when you're not aiming to fall asleep. Within the first five minutes of deep relaxation your brainwave patterns are the same as in deep sleep.
- Create a 'sacred space' for yourself where you can 'be' and internally de-clutter yourself. It might be a table or a corner where you like to meditate, keep treasures from your walks, have your inspirational reading, fresh flowers, a peace candle, poetry, treasures from children in your life – a place you return to in your spirit to refresh, uplift and inspire yourself.
- Use the practice on this CD as you drift off to sleep. It will keep the mind focused rather than randomly thinking. You will go straight into your deep sleep level where you'll access your deepest healing rest. Have plenty of pure water in your diet.
- Avoid eating for at least one and a half hours before sleeping otherwise the body is busy with the process of digestion.
- Avoid sugars (at all times) and other stimulants like coffee or chocolate before sleeping as they stimulate your nervous system.
- Spend 10 minutes reviewing the day before you get into bed. Revisit conversations, activities and make a note of anything forgotten, overlooked or misunderstood that needs revisiting tomorrow.
- Avoid doing anything too vigorous before sleeping unless it involves making love.
- Consider using a herbal relaxant. Herbs won't make you sleepy; they nourish your nervous system.
- De-clutter your bedroom – to de-clutter yourself, e.g. put fresh sheets on the bed, clear dressers or furniture of discarded clothing, put shoes away etc. Keep your bedroom clean and simple in its furnishings.

- Have a warm bath or shower before going to bed. Consciously 'wash off' your day and its activities.
- Light an aromatherapy candle/perfume to establish an association between that particular smell and coming to rest.
- Read something inspirational before you settle to sleep.
- Sleep with the window open to let in fresh air no matter what the season.
- Sleep in natural fibres such as cotton, wool or silk. Natural fibres allow your body to breathe. This applies both to bedding and sleepwear.
- Make an absolute commitment to yourself that you will not 'think things through' in the middle of the night as it's the most unproductive time for coming up with solutions to problems. Put a time limit on how long before you get up, make yourself a cuppa, read something or put into place some other strategy for not letting your mind run the show. Some people have periods of great clarity, inspiration or productivity in the middle of the night. Listen to what works for you but don't settle for restless or tormented thinking.
- If noise outside is an issue, don't resist it or allow yourself to get upset about it. Incorporate it into the background of 'what is'.
- If staying asleep is your challenge then listen to the CD if you waken during the night – if necessary, go to the bathroom, back to bed and listen to the CD before the mind becomes active.