

Sleep Like a Baby

by Dr Mary Starr Carter



10 Secrets to...

~ fall asleep quicker ~ wake up rested ~ stay asleep longer

My name is Dr. Mary Starr Carter and I am a Techy's wife, a mom to an amazing little boy, and Owner and Creator of the Total Wellness System-a program that helps people feel better quickly.

In this E-book we want to share with you why Sleep is so important but more importantly how you can start sleeping well again.

Ask any parents to a newborn and they will tell you not sleeping STINKS. Ask 50% of Menopausal and Post Menopausal women that not staying asleep STINKS. And ask anyone with Sleep Apnea or a Snoring husband not waking up rested STINKS.

But there is hope. In this Ebook we share 10 Secrets to fall asleep quicker, stay asleep and wake up rested. Follow just a few of these secrets and you will find better sleep.

Insomnia or difficulty falling asleep affects more than 1 out of 3 individuals at some time in their life. This can cause serious health issues and worse, can cause injury to others.

The National Department of Transportation estimates drowsy driving to be responsible for 1,550 fatalities and 40,000 nonfatal injuries annually in the United States. This is a serious problem.

Our E-book hopes to provide education and resources to help you avoid fatality or just help you be more productive and alert.

HOW MUCH SLEEP DO WE NEED?

Each individual is different in the amount of sleep they need. The National Sleep Foundation suggests that school-age children (5-10 years) need 10-11 hrs of sleep daily, teens (10-17 years) need 8.5 – 9.5 hrs and adults need 7-9 hours.

Statistics show that 30-50% of polled individuals get less than 6 hours of sleep per night. If you are having difficulty concentrating, difficulty remembering things, alertness, or slow reactions it could be because you are TIRED.

Sleeplessness can also be caused by illness, or Anxiety, or Depression. If you think you have a medical conditions please seek competent medical advice.

MORE BAD NEWS: Not sleeping makes you FAT!

Research shows that those who sleep less than 6 hrs a night or have difficulty sleeping produce a hormone that puts fat on the body.

... So here are your ***Ten Secrets*** to a restful night's sleep.

Secret #1

Essential oils

Now you are probably wondering what essential oils have to do with my sleep. Well pure, no additive, straight from the plant Young Living Essential oils have actually been researched by Wake Forest University to be more effective than some of the leading sleep aids.



Lavender Essential Oil

HOW TO USE: (pick one or do several)

- ~ Apply two drops to the bottom of the feet
- ~ Put a few drops in a warm bath
- ~ Put drop on the ears and neck
- ~ Make a spray bottle with distilled water
1 oz and 3 drops Lavender Spray Linens or Pillow (refresh bottle every 40 days.)

Jennifer DeSpirto mommy of a 2 and 3 year old shares,

"I started using Young Living Lavender, a drop or two in the bath with my kids at night before bed. I noticed how relaxed they got and easily went to bed. When I ran out I went to the health food store and bought a different brand Lavender that said 100% pure, I did the same routine but my kids didn't calm down at night like when I used the Young Living Lavender. Young Living's Lavender may be a little bit more expensive but it definitely is worth it!"

My favorite *SHUT YOUR MIND OFF* Essential oil Blends:

Tranquil

👉 my favorite applied to the temples, back of neck and inhaled....
then it's GOOD NIGHT or RELAX time



Pam Egan Reiki Master and Raindrop Therapist:

"I use Tranquil on all my clients before I work on them. The oil helps them really relax and some are asleep within just a few minutes."

Peace and Calming Testimonial:



“While traveling on a long flight I sat next to a very active 3 year old Aiden. After some fun conversation and getting to know the mom I asked her if I could put a little Peace and Calming Oil on her son’s ears. He calmed down and fell asleep for the rest of the trip. The mom who had another little baby in her arms was so relieved.”

- **Angela Brooks from www.angelabrook.com**

But the oil blend that really will put you into a deep sleep and is very effective for helping Insomniacs is Ruta Vala Oil. A blend of Ruta, Lavender and Valerian.

Apply a few drops on your feet or 1 drop to ears, or one drop diluted with V6 to the chest.

Warning some people think this blend stinks, some think it smells great. I think it stinks but it WORKS



Kim Smith:

“Before Ruta Vala I couldn't get to sleep without some kind of over the counter or prescription medication. Now I wake up rested and not in a daze.”

Secret #2

Ear plugs and Eye Mask



Most people don't realize that noise and light can disrupt your sleep. Sometimes light even from a clock or a passing loud car can be disruptive to your sleep. It may cause you to wake up or partially come out of your deep REM sleep.

Theresa Chalone "I use ear plugs every night. Not only do they help me not hear my honey snore they help me not hear myself."

Experiment with different ear plugs and or eye masks to see if they make a difference to your health.

Some of us have difficulty sleeping because we are in pain. Whether it is an achy leg, back, cramps, or headache ... they all can keep up awake.

Pain is a sign of inflammation in the body and inflammation is a sign of too much acid.

Secret #3

... Reduces your pain before bed



By the end of the day many people can feel sore, ache or hurt. So a simple thing you can do before bed is to take a hot shower or bath. Add a few drops of Young Living's Lavender to the tub and breathe in the oils. This calms your nervous system and can get you to sleep quickly. Don't make excuses like I take a shower in the morning.... add one more shower or bath and watch what a difference it makes to your sleep.

Also a simple tip before bed is to have an alkalizing drink a half of squeezed lemon in warm water like tea. This actually alkalizes your system and reduces inflammation.

Annette Landers of Mountain Moving Faith Ministries says: "With a diagnosis of Fibromyalgia, Chronic Fatigue, and Lyme's I had a horrific time sleeping. Baths with Epson Salts and Young Living oils along with a half of squeezed lemon at night made a difference in the quality of my sleep."

Secret #4

Exercise



Have you ever been so active on the weekend doing yard work or physical projects around the house that by the time night came you fell right to sleep because your body was so tired?

It makes sense that if your body just sits all day it will be less fatigued than a body that works physically all day. Exercise can help you sleep. Cardiovascular exercise - 20 minutes or more a day has been proven to be a very effective sleep aid.

Remember if you have not exercised work with your health care provider to be sure your exercise program is safe for you.

Secret #5

Same Time... Same Place



Creating your sleep cycle is important although sometimes not practical for many of us who work different shifts. But as much as you can try to stick to a - Same Time Same Place sleep schedule. Create a healthy bed environment.

YES BED NOT COUCH... STOP FALLING ASLEEP ON THE COUCH.
Unless the couch is your bed you will probably not have deep REM sleep until you get to your final bed destination.

So do your best to go to bed around the same time everyday and wake up the same time every day.

Secret #6

Shut OFF the TV Shut OFF the Computer



Stimulus at night of TV and being on the computer especially in your menopausal and post menopausal years can disrupt your sleep.

Even a really good book will make it difficult to turn your brain off. Turn off the TV and computer an hour or two before night time.

Turn on some relaxing music, put your therapeutic Essential Oils in a diffuser, and put on some essential oils on your feet.

Secret #7

The Kitchen is closed! FOOD



Eating a big meal before bed can cause you not to sleep. Eating sweets, caffeine, or alcohol 3 hours before bed can disrupt the quality of your sleep.

And even eating fruit before bed can keep you awake. So my suggestion is not to eat 3 hours before bed or if you feel hungry pick some protein choices. Like a few almonds, some tuna, some beans, or hummus and veggies.

Many of our older clients mention that they love a little wine or brandy before bed to help them sleep. That may help them get to sleep but again their quality of sleep may not be as good because of what alcohol does to your blood sugar.

Secret #8

Re-Set: your body has a rhythm of wake and sleep



When that rhythm is disrupted by a newborn, stress, or your work schedule, it can cause your endocrine system to be affected including our Pituitary, Pineal, Hypothalamus, Thyroid, and Adrenal Glands.

Sound complicated? It can be complicated to improve, but using some specific essential oils and nutrition can be very effective at helping this problem.

I don't have time to review all that material but I covered it in my Lose 5-20 lbs Ebook and Audio Program at:
<http://www.thetotalwellnessdoc.com/thyroid-dysfunction>

If you think you need a reset, get that book.

Secret #9

Extra Help



Extra Help when needed. There are many things on the market that work for sleep aids. I always suggest the more natural the more safe that's why I like to start with essential oils.

Next I suggest 5-HTP or Melatonin for a period of time. Young Living's Sleep Essence capsules are very effective at helping you get a very restful night's sleep. Remember whenever you are using melatonin you need to look into a light for a few minutes after you wake up.

This helps to set you sleep cycle and shut off the melatonin. My other favorite product is Immunpro. This is a chewable pill with lots of antioxidants and melatonin in it. It is a supplement that helps us get to sleep and increases our immune system at the same time.

I never recommend going more than a few days on natural extra help aids with melatonin unless your doctor has recommended that you do.

Most people find the natural sleep aids to be better feeling than over the counter medications or pharmaceutical medications. This is because they are not as groggy, can easily come out of the sleep if they need to, and they are not addicting. If you are on these medications do not discontinue without the help of your prescribing physician because it can be fatal.

Secret #10

Set the temperature for sleeping



If you are like me I can't fall asleep unless my feet are warm. So I had a habit of turning up the heat at night; well right around 2am I would wake up sweating and have to go downstairs to turn down the heat. This led to my sleep being interrupted and me being a little cranky the next day.

I learned to put on some socks at night and keep the temperature slightly cool.

If you sleep with a hot body you may have to figure out a blanket or temperature situation that fits both of you. Sometimes a fan on the hot body is good plus it gives the room some white noise.

Bonus Secret #11

to a good night's sleep is SEX!



Yes it's true I read it in a magazine...
no not really but yes, it is true having a healthy sex life in a monogamous relationship has been proven to create more well rested, happy, and healthy individuals.

So there you have it-- 11 Secrets to a good night's sleep.

Go through each one and see where you struggle. Pick one thing that you can start doing today. If you are person who really struggles remember a good night's sleep will not happen overnight. Be diligent, add something each week to help you get on the road to wellness.

And if you would like to partner in getting a good night's sleep and have a Wellness Coach point you in the right direction I would be more than happy to assist you.

Go to our website <http://www.thetotalwellnessdoc.com/wellness-coaching>

Sleep well tonight!

Dr. Mary Starr Carter
The Total Wellness Doc