

ADULTS - From 17 years and up

7 Tips for Great Sleep





The Importance of Healthy Sleep Habits and How to Create Them

Here at Live Love Sleep, we strongly believe that healthy sleep habits help to create a vibrant and active life. And establishing those good sleep habits isn't just about bedtimes, it's about developing positive behaviors that will encourage you to look forward to bedtime. We know that sleep doesn't just restore the body but it also aids in learning and memory, so it's imperative that you be ruthless with your schedule and place your sleep as the most important meeting of your day.

Throughout my career as a sleep professional, I've had countless people ask me what the "secret" is to getting a good nights rest. Although I'd love to give you just one reason or one tip, it's often a combination of many life factors. We do, however, know of a few universal themes that impact our sleep so we created this quick reference guide with those things in mind, so you can start working to build the foundation for better sleep. Let's get right to it and get sleeping!

Dr. Zeke Medina Pharm.D., R.Ph.
Co-Founder of Live Love Sleep
Adult Sleep Consultant

Sleep Tip #1

Give yourself Enough time for sleep

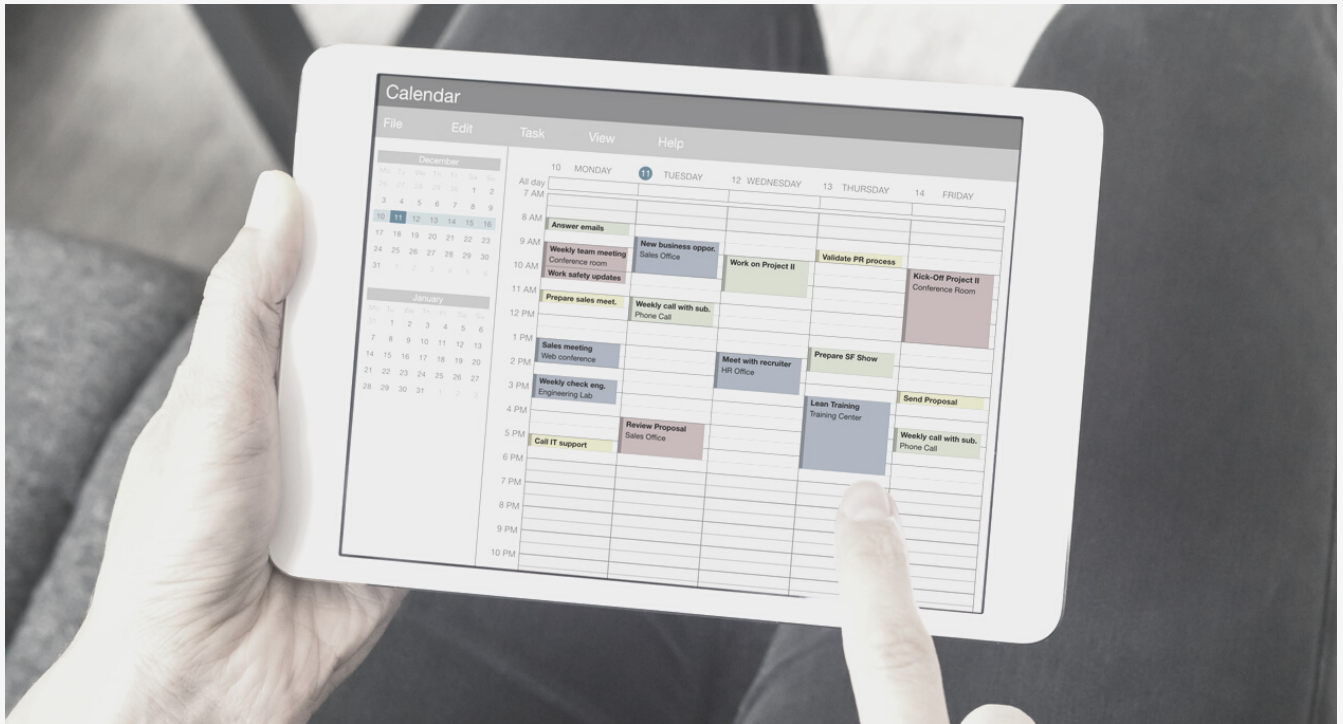
One of the BIGGEST enemies of sleep, especially for busy adults, is a lack of consistency. Many adults are shocked by how much their body really needs until they are getting it. The chart below summarizes my recommended number of sleep hours (by age group).

AGE	AVERAGE SLEEP TIME
Teenagers (14 to 18 yrs)	8 - 10 HRS
18 to 64 yrs	7 - 9 HRS
+65 yrs	7 - 8 HRS

PRO TIP: Your body undergoes a huge stress response known as the "fight or flight" reflex when you are not getting enough sleep or good quality sleep. The hormone Cortisol is released into the body and can cause you to be more alert. This happens at night when your body is more sensitive to Cortisol.

It is important to set the boundary of when you are going to sleep, and stick to it!

Sleep Tip#2 - Your body must have a schedule



One of the hardest things we worked for as an adult is "doing what we want when we want to." However, as we get older, our bodies become more sensitive. It does not affect us all the same.

I use the analogy of bucket sizes. I have a small bucket compared to my friend who has a big bucket. Lack of sleep will affect me sooner

then it would affect my friend. Matter of fact, since his bucket can handle more stress, he could also drink the night before, eat crappy food, and still wake up before me ready to go.

His genetics gives him that ability, but in time it will catch up. Don't try to be like everyone else. **Know your bedtime and wake time.**

PRO TIP: Your body undergoes several stages of sleep. In order to maximize your body ability for Deep Restorative sleep and Memory enhancing REM Sleep; you need to give it consistent bedtimes and wake up times. Make sure to give yourself enough total time in bed.

Sleep Tip #3 Don't get heated before bed

We humans have to cool down before we sleep. If you work out or go for a run, unless you are exhausted, you can find it very difficult to fall asleep. I recommend turning down the AC to about 61 to 68 degrees F.

Our body temperatures rises from the moment we wake up. Typically, 3 hours before we are supposed to lay down for bed, our bodies start to cool down. This is important because the first Deep Sleep cycle happens to be the longest of the night.

So if you are to work out or go for a run, try to do so 3 hours before you go to bed. It also helps to synchronize your biological clock (ie Circadian Rhythm) by working out sometime in the middle of the day at around the same time. Your body will use physical movement during the day to anchor it's circadian rhythm and help get you to sleep at bedtime.

BONUS TIP: An hour before bedtime, take a warm shower or warm bath. The warm water on the skin will help push out heat from the core of your body in order to match the warm water on your skin.

Once you get out of the water, the cool air will also help to continue cooling down the body.



Sleep Tip #4 Wind down (Be a little boring)



Our bodies can not go from 100 mph to 0 in 5 minutes. Unless you are exhausted to the point of passing out within 5 minutes then that is the exception. However, if you are finding yourself waking up in the middle of the night. This could be caused by the trickle of Cortisol from an imbalance of hormones. It may be a great idea to set some time to wind down before bed.

A typical bedtime routine might look something like this:

- Bath (10 min)
- Hygiene (10 min)
- Journaling or Write a To-Do List (10 min)
- Lay down and do some deep breathing (10 min)

If you are struggling to go to sleep, then you might want to wait lengthen out the power down to an hour. If you have no issues falling asleep, then 20 to 30 minutes of wind down is perfect.

Many of us will elect to skip this process. Mainly because your time is valuable and social media or work emails have to be done right now! For most of us, it is 30 minutes and your reward will be that you will achieve some of the best healing benefits of deep restorative sleep that your body deserves after a full 16 hour day of wakefulness.

Sleep Tip #5 Schedule your meals



You may have never thought that the time that you eat every day can be used as an anchor for your sleep clock, but it is. It is possibly one of the most powerful sleep anchors for traveling. I will recommend all clients to adopt the eating times of their new location in order to sync their Circadian Rhythm to the new time zone. And keep their feeding time in their time zone if they are trying to avoid the shift.

Important Note: Do not eat at least 3 hours before bed time. Eating too close will cause your GUT to process your food. This will cause your body to heat up or stop your body from cooling down. In addition, the digestive process of your body with all the noises may be a little distracting when trying to keep quiet while sleeping.

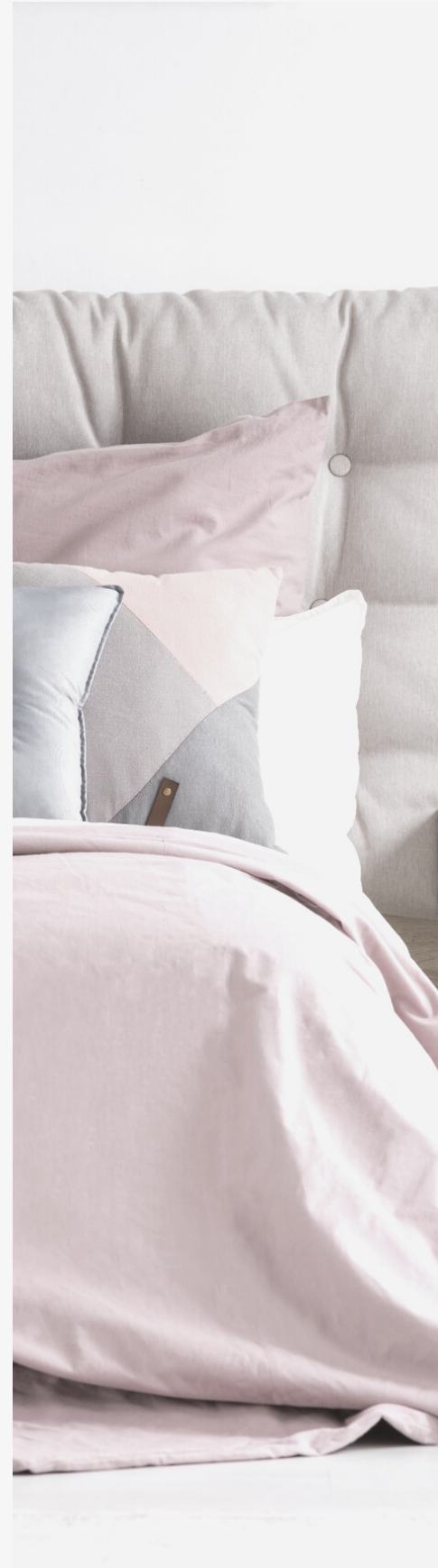
Sleep Tip #6 Right Place, Right Environment

Your body appreciates all the bedroom advancements that you have made to make it a relaxing and safe environment for you to fall asleep. Let's face it, if you don't feel relaxed or safe, you are not falling asleep anytime soon.

So start thinking about your bed and the surrounding environment. Does it allow you to relax, feel comfortable, and also feel safe enough to fall asleep. Here are some things to think about:

- Firmness of your Pillow
- Softness or smoothness of sheets
- Mattress? Does it press on pain points? Does it need to be rotated or flipped?
- Does your room have clutter? Is there a bad smell?
- How is the temperature in the room?
- Is it dark enough

BONUS TIP: When traveling, I recommend to bring a traveling kit. For example, I will bring a bag filled with a couple of white noise machines, aluminum foil for windows, electrical tape with scissors, my silk pillow cases, and if there is enough room my pillows.



Sleep Tip #7 Move

one of the most underrated tips for sleep is what you can do during the day that can set you up for success come bedtime. Move your body! Whether you are walking for 10,000 steps, taking an aerobics class, weight lifting, or just playing with your kids in an ultimate tickle fight. Your body needs movement and positive stress.

Exercise can improve mood and concentration, increase energy, improve insulin sensitivity, promote weight loss, lower blood pressure, and reduce inflammation. All in which could add more sleep minutes than conventional sleeping pills.

PRO TIP: Avoid sitting or laying down for longer than 5 hours during the day. This can activate a stress response in the body which can cause Cortisol to release.



Do You Need Additional Support?



As I mentioned earlier, this is a quick reference guide to help you begin to understand sleep in yourself. This can be used to start building a solid foundation for sleep but it may not solve all of your sleep problems. I always encourage my clients to educate themselves on all matters of sleep health in order to determine which support is right for you. As an experience Adult Sleep Professional, I deal with all things sleep and would love to be another resource for you.



I have always been passionate about making sleep a priority in my family's life so if you're struggling with your sleep and need help, I encourage you to set up a free Sleep Evaluation and learn more about the Live Love Sleep approach.

We work intimately with families from around the globe to build a customized program that allows you to feel confident in the small changes we will make to transform you into the best sleeper you can be. We provide the support, knowledge, guidance -and know-how to get it done in weeks. Yes, really! Reach out today to learn more about our approach and how we can give you the most wonderful gift in the world...the gift of sleep!

Meet the Live Love Sleep Adult Sleep Consultant



**ZEKE MEDINA
ADULT SLEEP
SPECIALIST**

Contact Live Love Sleep

Website:

www.livelovesleep.com

Email: your

zeke@livelovesleep.com

Phone:

(832) 640-5493

AS A DOCTOR OF PHARMACOLGY AND SLEEP EXPERT, I BRING A
UNIQUE BACKGROUND TO THE FIELD.

I USE MY DETAILED MEDICAL KNOWLEDGE AND LIVE LOVE SLEEP PROPIETARY
PROGRAM TO SUPPORT YOU, CREATING CUSTOMIZED SLEEP PROGRAMS THAT
TAKES INTO CONSIDERATION NUTRITION, DIETARY DEFICIENCIES,
PERSONALITY, AND CHANLLENGES IN MIND.

FINDING A SLEEP CONSULTANT THAT YOU ARE
COMFORTABLE WITH AND WHO IS AVAILABLE TO SUPPORT YOU
EVERY STEP OF THE WAY IS CRUCIAL TO SUCCESS. I PRIDE
MYSELF ON THE STRUCTURE AND **UNIQUE VALUE** I BRING WITH
MY COACHING, ACCESS TO ME, AND ONGOING SUPPORT AFTER
OUR TIME TOGETHER CONCLUDES, **WHICH IS UNLIKE ANY OTHER
IN THE SLEEP SPACE TODAY.** THIS WAY YOU'LL FEEL FULLY
CONFIDENT WITH HOW TO NAVITAGE YOUR SLEEP FOR YEARS AND
YEARS TO COME.

IF YOU ARE READY TO START LEARNING AND GET THE GIFT OF
SLEEP TODAY. CONTACT ME!