



## Sleep Protocol

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Sleep is an under-appreciated contributor to optimal health. Here are some simple tips and tools you may find helpful. Give each of these strategies some time to soak in, and enjoy a good nights' sleep!

Upon awakening:

- Allow *sunlight* to bathe face and eyes. Do not look directly into the sun, but you may allow the bright sunlight to enter through closed eyelids. This allows for the buildup of serotonin (the “happy hormone”) in your system, which can convert to melatonin (the “sleep hormone”) as the sun goes down and you reduce other light sources.

During the day:

- Take care to *reduce exposure* to sources of EMF, such as Wi-Fi, cell phones, cordless phones and other microwave technology. If you have the ability to minimize the time that your Wi-Fi router is active, or even reduce its intensity, (meaning, its speed) that is helpful. If you can hard wire any or all of your devices, that is extremely helpful. At the very least, you should keep your cell phone in airplane mode when not in use.
- Take time away from your work to *enjoy* your lunch, either with a friend or colleague or with a positive non-work-related book. Take adequate time to allow your lunch to digest into your system, which typically requires at least 30 minutes. (Please see



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Digestion Protocol <https://greathealth365.com/digestion-protocol-template> and Shopping List for Digestion Protocol <https://greathealth365.com/shopping-list-for-digestion-protocol-template> for further direction.)

- Please note both of these strategies are designed to increase your physical vitality, which is required to sleep well.
- The majority of your liquid for the day should be taken before dinner time.

At dinner time:

- In general, you should consume around 6 ounces of fluid with your dinner.
- As you did with your lunch, it's important to enable excellent digestion, which is done with an attitude of relaxation and gratitude. In addition, most people find as their health improves, that a smaller dinner tends to digest more easily and allow for higher quality sleep.

Two hours prior to bedtime:

- Eliminate blue light exposure. This would include turning off LED lighting and using softer incandescent lighting, as well as reducing blue light exposure from television and electronic devices. Applications are available to modulate blue light content on devices as the sun goes down. <https://justgetflux.com/>
- Consider using “Blue Blocker” glasses to enable melatonin secretion as you prepare for sleep. <https://www.biohackerslab.com/reviews/blue-light-blocking-glasses/>



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- Arrange for the temperature of your sleeping space to be cool.

At bedtime:

- Further reduce exposure to EMF sources:
  - ⇒ Turn off WiFi router for the night.
  - ⇒ Turn off all cellphones or place into a GoDark bag.
  - ⇒ Turn off all lighting in the bedroom. If you require a light source, a small flashlight used as needed at the bedside is less disruptive to the sleep cycle.
  - ⇒ Eliminate sources of noise as much as possible. If noise is still an issue, you may find a white noise machine helpful to mask it.
  - ⇒ It can be helpful in some cases to turn off power to the room at the breaker box, or at least to move sleeping surfaces 3 feet from walls containing electrical wiring.

PLEASE NOTE: The following is a listing of supplements likely to be helpful additions to the above basic recommendations. If you still have difficulty with sleep, you may find some or all of these steps helpful in your journey to wellness.

- **Adrenacalm (Apex)** 1 pump applied to skin of chest or abdomen (to enable absorption into bloodstream)
- **Oxicell (Apex)** 1 pump applied to thyroid (“Adam’s apple”) and front of sternum



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- **Lavender essential oil (Doterra)** Place roughly 1/2 teaspoon extra virgin olive oil into cupped palm of hand, then add 5-6 *drops* of lavender essential oil, briefly rub hands together and apply to skin on the inside of upper and lower arms.
- **Liposomal melatonin (Biopure)** Place 2-12 *squirts* directly into mouth, under the tongue, waiting 2 minutes to swallow any remaining liquid. You may take an additional 2 *squirts* during the night each time you awaken.
- **Deep Sleep tincture alcohol free (Herbs Etc)** 1 *dropperful* directly under tongue 1 hour before bedtime (hold in mouth for 2-3 minutes).
- **California Poppy extract** 1 *dropperful* directly under tongue 1 hour before bedtime (hold in mouth for 2-3 minutes).
- **Serenity Restful Complex Softgels (doTERRA)** 2 *softgels* 1 hour before bedtime