



HealthyBodyHealthyLife
with *Melissa Koerner*

Total Transformation Module 4 – Part 3: Trouble-Shooting Your Sleep Challenges

With Nutrition, Fitness & Integrative Medicine Health Coach Melissa Koerner

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What If You're Still Tired When You Wake Up?

- Keep in mind, you need a minimum of **6** of hours sleep.
- If you've already slept 6-8 hours and still want to sleep more, don't have a quantity problem it's a **quality** problem.
- Remember, **avoiding** alcohol and caffeine before bed and having a **consistent** bedtime are key.
- Two potential causes:
 - Depression – seek counseling as needed.
 - Sleep apnea – If you pause for periods of time it could mean you stop breathing; get a sleep study done. (It can be done from home.)

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Do You Sleep with Your Pets?

- If you sleep with your pets and they **disrupt** your sleep, remove them from your bed and/or room entirely.
- You may need to spend some time **retraining** them to sleep on their own.

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Do You Have Vivid Dreams or Nightmares?

- If you have **vivid** dreams or **nightmares** try these 4 things:
- Stop watching MSM at least **90** minutes before bed.
- Make a **gratitude** list right before bed.
- Do something **fun** and **positive** before bed.
- **Write out** the dream in as much detail as possible the next day, then **rewrite** all the negative parts with positive changes and **re-read** it before bed. (Nightmare and dream therapy from Dr. Barry Krakow University New Mexico.)

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Do You Have Leg Cramps?

- Leg cramps can be a sign of potassium and/or sodium **deficiency**.
- Have have your levels **checked**.
- Eating a **banana** before bed can be helpful – it has both magnesium and potassium.
- You can make **banana tea**: Cut whole banana in half with peel on, boil 2 halves in 3 cups of water, drink just the water (most magnesium is in the peel.)

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Do You Have a Hard Time Falling Asleep?

- Avoid taking sleeping pills if possible or use them **cautiously**.
 - Most doctors do not prescribe sleeping pills for periods of more than 3 weeks because they cause **dependency**.
- Use **Progressive Muscle Relaxation**, **4-7-8 Breathing**, and/or **Mental Pictures** to help you relax.
 - See the guide “Tools to Help You Relax and Sleep Well.”
 - Remember to create a **Power Down Hour**.

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Do You Have a Hard Time Falling Asleep?

- Drink the **Ayurvedic Sleep Cocktail** or a cup of **chamomile tea**.
 - Not too much liquid though, you **don't** wake to use the bathroom.
 - **Ayurvedic Sleep Cocktail Recipe:**
 - 1/2 c warm, unsweetened almond milk
 - 1 tsp ghee
 - 5 strands saffron
 - 1/4 tsp ground nutmeg
 - ground cardamom and cinnamon to your taste
 - whip before drinking

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A Word About Melatonin

- Melatonin is **not** a sleeping pill - it's a **sleep regulator**.
 - It tells the brain it's **bedtime** – it **doesn't** make the brain sleepy.
- It's great for **jet lag** or **traveling** across time zones.
- It's a **hormone**, so it can **react** with other things like blood pressure medications /ACE inhibitors.
 - It can also affect an **unborn fetus**.

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Melatonin Dosing

- Recommended dosage according to top sleep expert, Dr. Michael Breus (a.k.a The Sleep Doctor) is .5 to 1.5 mg.
- If you take too much you can experience **overdosing** and **side effects** like reduced sensitivity of receptor sites, making harder to fall asleep and drowsiness the next day.
- Not all brands are created equal - see the guide Tools to Help You Relax and Sleep Well for the **recommended** brand.

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Melatonin Levels Change with Age

- Melatonin levels **go down** with age.
- If you've over **55**, get tested.
- Consider **supplementation** if your levels are too low.
- When looking for a test kit, look for a kit the collects **multiple** samples throughout the day.

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Do You Wake Up in the Middle of the Night?

- Don't look at the **clock** – this triggers automatic arousal of the SNS because you're thinking about how many hours you have left to sleep.
- If you don't have to pee don't – when you get up, your heart rate increases. (You need 60 or below to sleep)
- Use **progressive relaxation** or **4-7-8 breathing** to relax to get back to sleep.

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Do You Take Naps?

- Avoid napping because it **lowers** your sleep drive.

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Do You Have Sleep Apnea?

- Sleep apnea is the inability to **breathe properly** or the **limitation** of breath during sleep.
- Severe sleep apnea can cause **30** breathing disruptions per hour.
- Two main **problems** with breathing disruptions:
 - It **disrupts** sleep, which leads to feeling tired the next day.
 - It **reduces** oxygen supply to the blood, which can impair internal organ functioning and worsen other existing health conditions.
- According to research, modest weight reduction (losing about 5% of body weight) can **stop** the progression of obstructive sleep apnea—in some cases it can completely **alleviate** it.

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Tools for Sleep Apnea

- However; you **don't** have to be **overweight** to suffer from sleep apnea.
- The **size** and **shape** of your mouth and **positioning** of your tongue can also play a role.
- If sleep apnea is related to tongue or jaw positioning, trained dentists can create custom oral **repositioning** devices.
- Relief may also be found in **speech therapy** called *myofunctional therapy*, which re-patterns oral and facial muscles.

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Sleep Apnea and Food Sensitivities

- Food sensitivities or toxicity can **create** sleep apnea - you may want to do a **food sensitivity test**.
- I offer food sensitivity as part of my **private** coaching program.
- Email me at melissa@healthybodyhealthylife.com to set up a **complimentary** consultation to learn more.

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Do You or Your Bed Partner Snore?

- **Most** people who have sleep apnea snore, but **not** everyone who snores has sleep apnea.
- **3** things to do if you or your bed partner snores:
 - 1. Lose **5%** of body weight.
 - 2. Use a nose piece called **Mute**. (Get it at Walgreens.)
 - 3. Use a mouth guard called **Zyppah**.

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Track Your Sleep/Wake Cycles

- Use your **Sleep/Wake Diary** to track your sleep habits.
 - What time you go to bed?
 - Did you have a hard time falling asleep?
 - What time you wake up?
 - Did you wake up during the night? How often, at what times? and why?
 - Do you feel rested in the morning?
- Remember, journaling is a great way to assess your habits.
 - If you're not aware of it, you can't change it.

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DAY 1: _____

1. What time did you go to bed? _____

2. Did you have a hard time falling asleep? If yes, why? _____

3. What time did you wake up? _____

4. Did you wake up during the night? If yes, how many times did you awaken and why? _____

5. Do you feel rested and energized this morning? _____

Additional notes: _____

DAY 2: _____

1. What time did you go to bed? _____

2. Did you have a hard time falling asleep? If yes, why? _____

3. What time did you wake up? _____

4. Did you wake up during the night? If yes, how many times did you awaken and why? _____

5. Do you feel rested and energized this morning? _____

Additional notes: _____

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If You've Tried All It All to No Avail...

- Assess your **gut** - when your gut has an overgrowth of unfriendly bacteria or yeast, is hosting parasites or holding excess toxic waste your adrenal glands are under constant **stress**.
- Assess your **adrenals** - when the adrenal glands become **exhausted** it **disrupts** sleep patterns.
- If you have adrenal fatigue and/or dysbiosis you may need to take measures to rebalance your gut and hormones.
- I offer Functional Medicine Testing for hormones and gut-health as part of my private coaching program.
- Email me at melissa@healthybodyhealthylife.com to set up a complimentary consultation to learn more.

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