

Sleep Report

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Sleep Report by Robert Rudelic BS, NMT, MES

Sleep: Can't get enough of it!

Do you want to know one of the quickest ways to make everyone around you feel miserable and ruin a good day? Try not sleeping! A client of mine recently returned from vacation with a story about her ruined day(s). Upon arriving in Greece for their much anticipated "dream" trip, Steve (her husband) was grouchy and short-tempered, complaining about everything. In fact, he was so unpleasant to be around that it made the first few days of their trip almost unbearable. Turns out Steve hadn't slept for days – sleep deprivation doesn't have any good side effects!

The National Institute of Health reports that more than 150 million people in the United States may be affected by sleep problems. To put it mildly, we are becoming an increasingly sleepless nation. It's a big problem, and a big business, especially for the pharmaceutical industry. Annual sales from sleep remedies are staggering and are increasing every year.

Sleep is the real magic bullet for health and longevity and should be taken very seriously. The simple fact that we spend about a third of our lives sleeping signifies that sleep is vital. People mistakenly think that they can get by on four hours of sleep per night and that sleep is a waste of time. But, when you consistently live on four hours of sleep a night, you are chronically impaired and forget what it's like to really be awake and performing at your best.

Sleep is not merely down time between periods of being awake. Sleep is the body's natural default state. Much transpires while we are asleep. Cells are being restored and the body is being repaired from the damage it has been through from the day before. Also, important brain activity is taking place. Millions of new connections are made in the brain and sleep helps the mind learn complicated tasks, recover knowledge, and problem solve. You've heard the statement many times; when confronted with a difficult task or an important decision to make. "to just sleep on it". There is a clear reason for that! It is great advice and has been proven effective for generations.

There are many indicators used to determine someone's overall health but sleep is the highest on the list. Let's take a look at how sleep affects longevity. Woody Allen once said "I don't want to know when I'll die. Just tell me where so I can avoid the place". Without proper sleep, we get lethargic and irritable, finding it difficult to focus and concentrate. Research now shows that the amount of sleep we get may actually affect our life expectancy. Studies reveal that chronic sleep loss may not only hasten the onset, but also may increase the severity of diseases such as diabetes, hypertension, obesity, cancer, memory loss, immune-system dysfunction, and many other illnesses. Plus chronic sleep loss has been linked with impaired job performance and reduced productivity in many other activities as well as to safety issues such as car accidents. Research has shown that almost 20 percent of all serious car crash injuries are associated with driver sleepiness, independent of the effects of alcohol. If you're fatigued you're impaired. Being awake more than 25 hours impairs performance as much as having a blood-alcohol level of 0.1 percent—which is legally drunk.

So, try not to ruin someone's day (or vacation) like Steve did. With the right knowledge and information you can start sleeping better and enjoy life – and that's a beautiful thing!

What is the solution?

Certainly before resorting to potentially dangerous pharmaceutical drugs with their long list of possible side effects, consider looking at a non – invasive, all natural solution first.

Sleep Tips & Information:

Because there are so many possible causes for a sleepless night, you should look at your sleep environment.

Sleep is as important as food and air. Quantity *and* quality are very important. Most adults need between 7 to 8 hours of uninterrupted sleep. If you press the snooze button on the alarm in the morning you are not getting enough quality sleep. This could be due to not enough time in bed, external disturbances, or a sleep disorder.

Difficulty falling asleep is the most common problem but for many waking up and not being able to go back to sleep is the issue.

According to National Sleep Foundation surveys, about half of Americans report sleep difficulty at least occasionally, and these woes (called insomnia by doctors) have far-reaching effects: a negative impact on concentration, productivity and mood as well as many health issues – some extreme, including death.

However, there are many things you can do to improve your quality of sleep. The first step requires some discovery. You'll need to examine your diet, exercise patterns, sleeping environment, personal habits, lifestyle and present concerns. As you begin to see the connection between, for example, what and/or when you eat and nights of poor sleep, you can begin to understand the need for a good sleep plan.

Keep in mind that good sleep doesn't always just happen. If you've been sleeping poorly for some time, you may have fallen into some bad pre-sleep habits that reinforce your problem.

Not every one of these sleep tips alone will get you to sleep, but put a few of them together and they will start to make a long term difference in your getting consistently good sleep.

Use the checklist and incorporate as many as you can. It can't hurt and will most likely help in the long run. Perform at your best and live a healthier and longer life.

Lifestyle – General Do's & Don'ts

Don't stress if you feel you are not getting enough sleep. It will just make matters worse. Know you will sleep eventually and worrying over not sleeping leads to further mental stress and anxiety. Anxiety excites the nervous system, so your brain sends messages to the adrenal glands, making you more alert and adding to the insomnia.

Become aware of your daily stressors. Write down all of your concerns and worries. Then write down some possible solutions before you go to bed, so you don't need to ponder in the middle of the night. Creating a journal or "to do" list may be very helpful in letting you put aside these concerns until the next day when you are fresh. Update the list every Friday. On the weekend look at the list and choose one or two things and make a plan as to what you can do to lessen the effect of the problem.

Take 5 minutes per day and do something to de-stress yourself. It could be as simple as doing some deep breathing or taking a walk at lunchtime and getting 20 minutes of sun when the weather permits. Take a Yoga class or hit the gym. Exercise is best early in the day. Twenty to thirty minutes of exercise every day will help you sleep, but be sure to exercise in the morning or afternoon. Exercise stimulates the body and exercise before bedtime may make falling asleep more difficult.

PowerTapping technique for sleep. On page 7 of this report you will find a brief explanation and a diagram of my PowerTapping technique and how it can be used to quickly help you get rid of stress and anxiety and help get to sleep faster. Stressful feelings running through your mind keep you awake. When you let go of them with PowerTapping you will even sleep more soundly.

Good Habits and Regular Routines

Start a relaxing bedtime routine. Do the same things each night to tell your body it's time to wind down. This may include taking a warm bath or shower, reading a book, or listening to soothing music. Relaxing activities while keeping lights lowered and soft can help ease the transition between wakefulness and sleepiness. Use blue lights for night lights because the wave lengths of blue light are less stimulating.

Avoid using your cell phone at least 2 hours before going to bed. It's believed the electromagnetic waves emitted from the phone can disrupt brainwave activity associated with sleep.

Go to bed and get up at about the same time every day, even on the weekends. Sticking to a schedule helps reinforce your body's sleep-wake cycle and can help you fall asleep better at night. You can train your body and create healthy patterns through repetition. This also sets up a more efficient metabolic pattern that some scientists believe will have a positive effect on your weight and overall health. ***Don't Sleep In!***

Go to bed when you're tired and turn out the lights. If you don't fall asleep within 30 minutes, get up and do something else. Be sure to keep the lighting low while up and then go back to bed when you're tired. Don't stress over not falling asleep it raises anxiety and will only prevent going to sleep.

Sleep primarily at night. If you work nights, keep your window coverings closed so that sunlight, which adjusts the body's internal clock, doesn't interrupt your sleep. If you have a day job and sleep at night, but still have trouble waking up, leave the window coverings open and let the sunlight in to help wake you up.

Avoid daytime napping. If you are having trouble sleeping at night, try not to nap during the day - you will throw off your body clock and make it even more difficult to sleep at night. If you are feeling especially tired, and feel as if you absolutely must nap, be sure to sleep for less than 30 minutes, early in the day.

Don't eat or drink large amounts before bedtime. Eat a light dinner at least two hours before sleeping. Foods containing tyramine (bacon, cheese, ham, eggplant, pepperoni, raspberries, avocado, nuts, soy sauce, red wine) might keep you awake at night. Tyramine causes the release of norepinephrine, a brain stimulant. Avoid spicy or fatty foods, which can cause indigestion and prevent a restful sleep. Also, limit how much you drink before bed. Too much liquid can cause you to wake up repeatedly during the night for trips to the bathroom.

Bedtime snacks. If you get the munchies close to bedtime eat something that triggers the release of the hormone serotonin, which makes you sleepy. Complex carbohydrates such as toast or warm cereal will usually do the trick.

Avoid carbonated beverages. Drinking carbonated beverages in the evening before bedtime can cause nighttime heartburn. This uncomfortable burning sensation can cause a painful sleepless night. Red wine has also been associated with nighttime heartburn.

Avoid watching disturbing TV programs. Disturbing images linger in your mind and can keep you awake, or if you do get to sleep you could have nightmares, so limiting your evening viewing selections to cheerful and optimistic programs is a good choice.

Avoid discussing emotional issues. When you are angry, hurt or upset it's difficult to quiet your brain, relax and find a sense of contentment, so before bed make sure you stay in a more cheerful state and avoid conversations that trigger negative emotions.

Your Bedroom

Choose a comfortable mattress and pillow. Your bed is one of life's few sanctuaries. It can be a place of retreat, a place to be inspired by your dreams and aspirations, a place for relaxation and comfort. However, many people change where they live or what they drive more often than they change their mattress or pillows. Mattress quality may affect how sleep feels to the sleeper. Discomfort can make falling asleep more difficult and lead to restless slumber. So, your mattress and pillow matters! Features of a good bed are subjective and differ for each person. But, make sure you have a bed that's comfortable. If you share your bed, make sure there's enough room for two. If you are disturbed by a restless bedmate, switch to a queen-size or king-size bed. Test different types of mattresses to find what's right for you. The right pillow can take some time to find but essential for your comfort. Remember, you spend as much time on your pillow as you do on your mattress so take your time selecting the right one.

- Something important to consider is smooth cotton sheets.
- Rotate your mattress every three months. Most manufacturers have recommendations and instructions.
- Buy a new mattress every 10-15 years – they do wear out!
- If you and your partner have different needs consider a Sleep Comfort mattress, they are individually adjustable.

Children and pets. You may need to set limits on how often children sleep in bed with you as this can be very disruptive. It's best to not let pets sleep with you at all!

Make your bedroom cool, dark, quiet and comfortable. Create a room environment that's ideal for sleeping. Use blackout curtains, eye covers, earplugs, extra blankets, a fan, a humidifier or other devices to create an environment that supports sleep.

- Adjust the lighting so when the lights are out it's as close to total darkness as possible. A sleep mask to cover your eyes can be useful if total darkness is not attainable.
- Room temperature should be on the cool side so determine just the right amount of covers for ideal comfort.
- Humidity regulated so your nose and throat stay moist.
- Keep noise levels as close to zero as possible. If your partner snores, use earplugs.

Hide your clock. The light from an illuminated digital clock may cause you to stay awake. Avoid looking at the clock once you're in bed and especially if you wake up in the middle of the night. Checking the time will activate your mind, cause anxiety and keep you from falling back to sleep. So turn the clock away from your eyes so you can't accidentally see the time, rest assured your alarm will still go off for when you set it.

Make the bedroom a place for sleep and intimacy only. If not, you can end up associating your bed with emotional or distracting activities that could make it difficult for you to fall asleep. Don't use your bed as a second office, for paying bills, doing work, etc. Help your body recognize that this is a place for rest or intimacy.

Keep a note pad on your night table. During stressful periods write down what is going on and why it's bothering or concerning you. This is not a novel you're writing you're just getting it off your chest before bed. This is also a great way to use your sleep to problem solve. When you're done writing, ask yourself how can I work this out or how can I figure out this problem. Then turn out the lights and go to sleep. Let your brain do the rest. Within a day or too you may have an epiphany which actually came from letting your sleeping brain find the answer.

Nutrition

Blood sugar levels. Keep your blood sugar level all day and learn to recognize when you feel your best or when you feel rundown and need a boost. Learn how to keep it stable then DO IT! This keeps the stress hormone cortisol from building up to levels that interfere with going to sleep and staying asleep.

Overeating. Never overeat at dinner!!!! This should be your smallest meal of the day. By making this a part of your healthy lifestyle you'll continue to set the stage for a better night sleep. By eating less at dinner your body does not have to work very hard to breakdown the meal, therefore allowing it to focus on winding down and getting ready for a long rest (sleep).

Drinking tea. In the evening get into the habit of drinking a cup of relaxing tea. This helps reduce cortisol levels and prepares the mind for sleep. Look for teas with herbs such as chamomile, valerian, hops, passion flower, etc.

Carbohydrates. Eat your carbohydrates earlier in the day and always with either some protein and fat. Protein and fat slow down absorption of the sugars and keeps blood sugar more stable. As the day wears on, shift to protein and vegetables.

Digestive enzymes. Anyone over 40 will benefit from using digestive enzymes. They do not need to be fancy or expensive but they need to contain amylase, protease, and catalase.

Check your iron level. Iron deficient women tend to have more problems sleeping, so if your blood is iron poor, a supplement might help your health and your ability to sleep.

Avoid prescription sleeping pills. Certain prescription sleeping pills (known as benzodiazepines) for numerous reasons often have an adverse effect on sleep and are also associated with heartburn, which leads to difficulty in

falling asleep and discomfort throughout the night. Use sleeping pills only as a last resort and check with your doctor before taking any sleep medications. Your doctor can make sure the pills won't interact with your other medications or with an existing medical condition. Your doctor can also help you determine the best dosage. If you do take a sleep medication, reduce the dosage gradually when you want to quit, and never mix alcohol and sleeping pills. If you feel sleepy or dizzy during the day, talk to your doctor about changing the dosage or discontinuing the pills.

Avoid prescription drugs! Many over-the-counter and prescription drugs disrupt sleep and can cause serious health problems. Ask your pharmacists and do some investigation to be informed of the side effects prescription drugs have on sleep. All of them come with serious warnings that only someone desperate would even think of trying. They are useful in those rare situations (approximately 10%) where heavy handed intervention is needed to get the sleep cycle back to a point where less toxic, more natural treatments can be utilized again. These drugs are meant for SHORT TERM USE and were never intended to be a long term solution for poor sleep. In fact, no research supports long term use yet millions of people have been led to believe its ok.

Avoid nicotine, caffeine and alcohol in the evening. These are stimulants that can keep your brain from "turning off" allowing you to fall asleep and from getting a restful sleep throughout the night.

Nicotine is a stimulant and can make it difficult to fall asleep and stay asleep. Smoking just before bed is especially detrimental to sleep because the nicotine that you just inhaled goes straight to the sleep centers of your brain and triggers sleep disruption. Smokers often experience withdrawal symptoms at night, which cause you to wake up and then often experience difficulty falling back to sleep.

Avoid caffeine for eight hours before bedtime. Your body doesn't store caffeine, but it takes many hours to eliminate the stimulant and its effects. It also causes spikes in blood sugar and cortisol levels – further exasperating sleep problems.

Although often believed to be a sedative, alcohol actually disrupts sleep. Sleep-disorders affecting millions of people are actually made worse by alcohol. Alcohol prevents the brain from performing the normal restorative job it does during the night disrupting deeper sleep stages. So, self-medicating with alcohol is not advised.

Sleep Tips Parents Can Teach Their Children

Develop bed time rituals. A bed time ritual is a powerful "cue" that it is time to sleep. It needs to be simple so the child can "recreate" the ritual even if the parent is not present. A complicated ritual that requires a parent to be present makes it hard for a child to go back to sleep. Try writing out the bed time rituals like a script in order to make it consistent. Share these "scripts" with other caregivers like sitters.

Establish daytime routines. Regular meals and activity times also help "anchor" sleep times. This includes regular play time with parents. Routines make it easier for children to "wind down" to sleep.

Limit time in bed. Hours spent awake in bed interfere with good sleep habits. Children vary in their need for sleep. Even though infants and toddlers often sleep more than 12 hours, children often need up to 10 hours. It's important to get your child out of bed soon after waking up.

Pay attention to the sleep environment. Children and adults depend on their environment for falling to sleep. Background noises, location, sleep partners, bedding, favorite toys, and lighting can all affect a child's ability to fall asleep. A cool, dark, quiet room is best. Letting children cry themselves to sleep is not recommended. Teach them to soothe themselves. Avoid rocking, holding, and other activities that depend on a parent's presence.

Establish consistent waking times. Bed times and waking times should be consistent seven days a week. Waking times are more potent than bed times in establishing sleep rhythms. It is easier to enforce a waking time than a bed time. "Sleeping in" can be a sign of sleep deprivation.

Breakfast. Eat breakfast within 1 to 1½ hours of waking up. This is a vital habit to establish.

Make the bedroom a sleep-only zone. Remove most toys, games, televisions, computers, and radios if your child is having trouble falling asleep or is frequently up at night. These items can be powerful cues for wakefulness. This goes along with the recommendation above of limiting time in bed. One or two stuffed animals are acceptable. Adolescents may need a "home office" outside the bedroom to do homework.

Watching television and playing video games. Don't let your child watch more than one to two hours of TV during the day, and don't let them watch TV or play video games at bedtime at all. TV viewing and playing video games at bedtime has been linked to poor sleep.

Nighttime waking is a habit. Social contact with parents, feeding, and availability of interesting toys encourage the child to be up late. Set limits on attention getting behaviors at night.

Never use sending your child to bed as a threat. Bedtime needs to be a secure, loving time, not a punishment. Your goal is to teach your child that bedtime is enjoyable, just as it is for us adults. If the feeling around bedtime is a good feeling, your child will fall asleep easier.

Avoid caffeinated drinks. Caffeine is a potent stimulant, and is present in a wide range of beverages.

Discourage excessive evening fluids. However, restricting fluids is not very effective for bed-wetters. Allow your child to drink to quench their thirst.

Avoid sleep medications to help your child sleep. Sleep medications become ineffective over time, and may affect daytime alertness. They may also wear off during the night and cause night waking. Some medications may cause nightmares or other types of sleep disturbance. **It's important to know that sleep medications have not been tested on children and can have devastating consequences.**

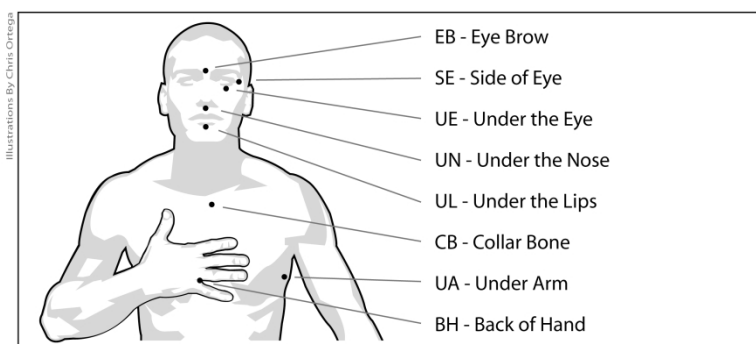
Consider medical problems. Allergy, asthma, or conditions which cause pain can disrupt sleep. Loud snoring or pauses in breathing always require medical evaluation. Consult your physician for help with potential medical causes of sleep disturbance.

What is the PowerTapping Technique?

The PowerTapping Technique (sometimes referred to as *AcuTapping*) is a powerful process that can help just about anyone achieve genuine freedom from the emotions that have created problems in their life. Tapping techniques have been described by some as one of the most important breakthroughs in the area of psychology in this century and has been used successfully by thousands of people with a broad range of difficulties. Including Sleep!

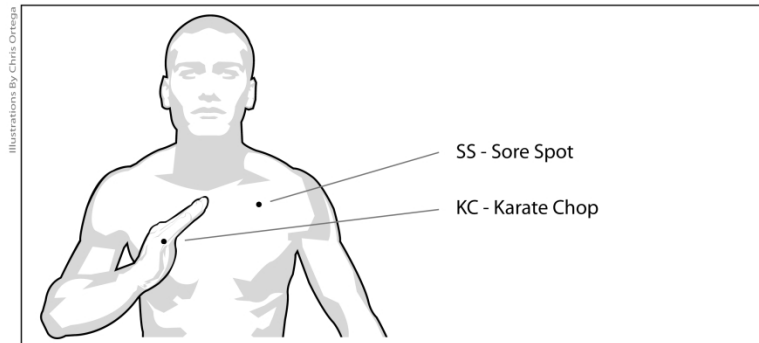
PowerTapping is known to many amazed users as a modern miracle. It can dramatically relieve emotional disturbances along with many physical symptoms. It often works in minutes, its results are usually long lasting, and side effects are almost always positive.

Basic Tapping Out Points



Let's Get Started and Get to Sleep!

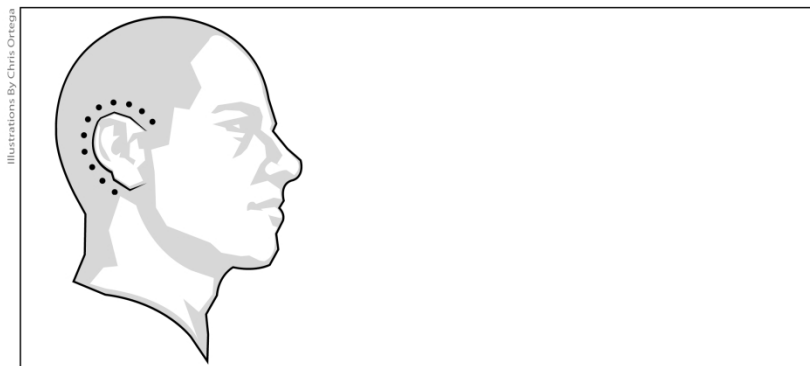
PowerTapping Sleep Protocol



Start by tapping with an open right hand on the side of the hand just under the little finger. This is known as the Karate Chop Point. Do this, while stating to yourself what is causing you stress. Then, after stating the problem, tap on the eyebrow point with two fingers for 15 seconds, while stating the problem over and over again. Then, tap on the under eye point and continue to say to yourself what the problem is. Then, tap on the collar bone point and once again state to yourself why you're so bothered. State while tapping, *"I can't go to sleep"*. Tap for 15 seconds on each point saying to yourself, *"I can't go to sleep"*. Repeat if necessary.

Then, tap around the right ear (Temporal Tapping Sequence Points) and say *"I'm now ready to fall asleep"* *"I'm now ready to sleep deeply"*, *"Good night"*. Do this continuously for 1 minute then roll over and go to sleep.

Temporal Tapping Sequence Points



How instilling new beliefs in the subconscious mind with Temporal Tapping works – This energy technique helps break old habits, attitudes or emotional responses and establishing new ones. Simply tapping on the head around the top of the ear calms the part of the nervous system that fights to maintain your current belief systems and patterns of behavior. The brain is then more receptive to learning new beliefs and instilling new affirmations.

This is great news for those who suffer from lack of sleep. PowerTapping truly is a life changing and sleep changing technique that is so simple and works rapidly to get relief and overcome insomnia.

For more detailed information about PowerTapping refer to my book –

Anything Is Possible – "The Art And Science of Tapping Into Your Power"

www.RobertRudelic.com