

19 Ways to Get Good Night's Sleep (and stay sleeping)



1. Put your Body on a Schedule

Past Noon: avoid

- acidic foods (tomato, chili, peppers, Chinese, Mexican, fried foods)
- caffeinated foods (coffee, tea, chocolate, energy drinks)
- B12
- fruit

6pm: Aerobically exercise 6 days per week, always before 6pm.

9pm: All food consumed after 9pm turns to fat anyway. Close the kitchen after dinner.

Alcohol: Some head brain likes it, but only 4 to 6 ounces. More will keep you awake later in the night.

- 2. No Napping** - Do 100 jumping jacks (as many as you can at one time) or take a walk to fight excessive yawning.
- 3. Be Together** - This awakens hormones including Oxytocin, Insulin, DHEA, Dopamine, Norepinephrine, Serotonin, Vasopressin, Melatonin and Nitric oxide. All work together to give slumber. (Yes, it is the reason he always falls asleep first!) Your progesterone may be off too. **Check your hormones.** See an endocrinologist or hormone doctor. Make sure your hormones are in balance.
- 4. Direct Sunlight-** for 10 Minutes MINIMUM each day, preferably in am as this gets and keeps your cortisol hormone or energy hormone working.
- 5. Secure a Routine** - Go to bed same time every night. Wake up same time every day.
- 6. Power Down to Get Ready for Bed-** Take a bath, do last minute simple chores.
- 7. Turn Off Technology** - No blue light one hour before the pillow. It keeps you awake
- 8. Deep Breath** - Breath in for count of 5, hold it for 5, release count of 8, longer than your breath in. Repeat 5 times.

Dementia Practitioner for Dementia Prevention and REVERSAL
Former Dementia Health Care Administrator
JanetRichPittman.com | Janet@JanetRichPittman.com

9. Read a Boring Book

10. Bedroom: Sleep and Intimacy ONLY – Sharing your bedroom as an office/kitchen/den makes it hard to ‘turn off’ your brain and body to sleep.

11. Invest in a Good Mattress and Pillow

12. Consider a White Noise Machine

13. Write it Down - when thoughts prevent sleep or keep you awake.

14. Frequently Waking to Go - Investigate UTI Urinary Tract Infection or prostate problems. Research nocturia and Kegel exercises.

15. More Considerations – 1. UARS or Upper Airway Repertory Syndrome, do you need a sleep mask? 2. RLS or Restless Leg Syndrome could be keeping you awake. 3. Your medications may interact incorrectly, research side effects or talk to your doctor.

16. Make Your Air as Cold as Possible-Your body falls into sub-consciousness much quicker the colder you can stand it.

17. Have a Talk-Talk with God (or whoever is your higher being) or Jesus (or whoever you have as a savior) and ask for forgiveness. Then count your blessings, one after the other with explanation why. Allow only sleep to stop your count.

18. Dark as Possible-Your skin senses light which stimulates the production of cortisol which wakes you and gives you energy. Make it dark to get your own hormone, melatonin, synthesized. If needed invest in black out shades and curtains.

19. Last Resort – Investigate taking over the counter Melatonin for a few days to get hormones in balance, perhaps start low dosage 1.5 or 3 mg and build up if/as needed.

Avoid Sleeping Pills - They may get you to sleep but many interrupt your deep sleep preventing your glymphatic system from working. Pass them up.

What a quick run through! Sleep is one of the major steps in my *9 Step Alzheimer's Reversal/Memory Retention Process* where we dissect your sleeping situation to find out why you are not sleeping and find ways to get you sleeping and keep your brain powered up.

[View all the steps here.](#) Until we meet up again, here is to *your* good brain health!



Dementia Practitioner for Dementia Prevention and REVERSAL
Former Dementia Health Care Administrator
JanetRichPittman.com | Janet@JanetRichPittman.com