

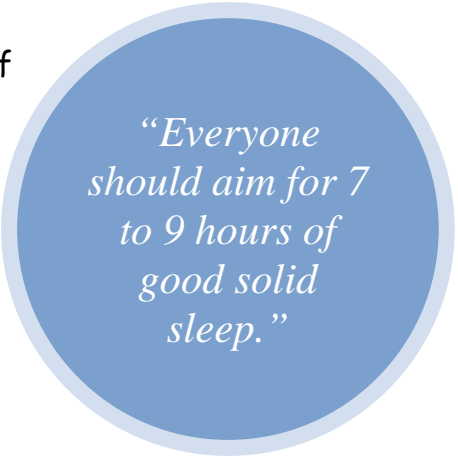


HOW DO I IMPROVE MY SLEEP?

We all know how a poor night's sleep can affect how we function through the day. Sleep is essential for the body to heal and repair all the little damages we do to our bodies on a daily basis. Sleep is also the time where our immune system is the most active, so if we are getting insufficient and/or poor quality sleep, we are more prone to illnesses and diseases.

Our bodies function on an internal clock so to promote sleep, it is advisable to keep on a regular schedule by going to bed and waking at the same time every day. It is also important to go to sleep before 12:00AM. Studies have shown that each hour of sleep you miss after 12:00AM equates to two hours of quality sleep. Everyone should aim for seven to nine hours of good solid sleep.

Many other things can be done to improve the quality of your sleep. Ensure that you are sleeping in a completely dark room. Darkness stimulates the production of melatonin, a hormone that promotes sleep in the body. Avoid eating anytime after 9:00PM so that your stomach has a chance to finish digesting in time for sleep. Also try not to drink fluids too close to your bedtime to avoid trips to the bathroom, which disturb your sleep.



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With the numerous links between poor sleep and the development of certain diseases, it is imperative to ensure we get a good quality of sleep and address any disturbances in our sleep. Ask your Naturopathic doctor how you can improve your sleep to positively benefit your health.