

SLEEP RIGHT



**DISCOVER THE SECRETS TO SLEEPING
LIKE A BABY EACH AND EVERY NIGHT**

Copyright

Copyright © 2015 **TheEDMiracle.com**. All rights reserved.

All literary work contained within this book belongs to and is the sole property of its respective authors and publishers. Reproduction, copy or any other form of use of the pieces contained within the book is strictly forbidden without express permission from the author. If plagiarism is discovered, the offenders will be prosecuted to the full extent of the law. Please respect our property.

Legal Disclaimer

The contents of this document are based upon my opinions of The ED Miracle, unless otherwise noted. This work is intended to share knowledge and information learned through research, experience, and discussions with others. The opinions of others, such as in the comments and the forum, are their own and are not endorsed by The ED Miracle.

The information contained herein is not intended to diagnose, treat, cure or prevent any condition or disease, but rather to provide general information that is intended to be used for educational purposes only. Please consult with your physician or health care practitioner if you have any concerns.

By using, viewing and interacting with The ED Miracle or the TheEDMiracle.com website, you agree to all terms of engagement, thus assuming complete responsibility for your own actions. The authors and publishers will not claim accountability, nor shall they be held liable for any loss or injury sustained by you. Use, view and interact with these resources at your own risk.

All products and information given to you by The ED Miracle and its related companies are strictly for informational purposes only. While every attempt has been made to verify the accuracy of information provided on our website and within our publications, neither the authors nor the publishers are responsible for assuming liability for possible inaccuracies.

The authors and publishers disclaim any responsibility for the inaccuracy of the content, including but not limited to errors or omissions. Loss of property, injury

to self or others, and even death could occur as a direct or indirect consequence of the use and application of any content found herein. Please act responsibly.

The information provided may need to be downloaded and/or viewed using third party software, such as Acrobat. It's the user's responsibility to install the software necessary to view such information. Any downloads, whether purchased or given for free from our website, related websites or hosting systems are performed at the user's own risk. Although we take great preventative measures, we cannot warranty that our websites are free of corrupting computer codes, viruses or worms.

If you are a minor, you can use this service only with permission and guidance from your parents or guardians. Children are not eligible to use our services unsupervised. Furthermore, our website specifically denies access to any individual covered by the Child Online Privacy Act (COPA) of 1998.

Chapter 1

Introduction

Bad sleep. I know you've been there because we've all been there. There is not one person who has not suffered from a few bad sleeps.

The dreadful long nights that are full of tossing and turning. Waking up to find that your sheets are in a tangled mess (your hair, too).

Maybe your mind races so much that you can't fall asleep. Your mind is full of the past day's events or thoughts about tomorrow's to-do list. Maybe something is bothering you and your mind is racing so hard that even your body can't slow down. You can't remember a night when you weren't tossing and turning. You can't even imagine sleep coming easily for you.

Maybe you wake up several times in the night. You can fall asleep ok but you awaken in the middle of the night or early in the morning as though it was the morning. You're wide awake and you can't fall asleep. You desperately try to will yourself to fall asleep because you know that your alarm clock will go off in just a few hours.

Maybe you sleep ok but never wake feeling rested. You don't know what it's like to get out of bed feeling, well, *good*. Maybe you sleep and sleep and can never seem to get enough.

Whatever the type of sleeplessness, know that it is not ok. Sleep is something that we are designed to do. You are capable of having a fantastic sleep. In these

next few chapters, I'm going to show you exactly how you can improve your sleep so that you fall asleep more easily, sleep through the night and wake up in the morning feeling rested and refreshed.

And once you read this book, you'll find that these symptoms of sleeplessness are just things of the past.

It is your right to sleep well. You should be able to fall asleep relatively quickly each night, stay asleep for most of the night, and wake up in the morning feeling refreshed.

You can do this, and by picking up this book, you've already started.

Sleeplessness is a Big Problem

Excuse me while I get a little technical in this section. I want to explain exactly what happens during sleep and go through some of the treatments for sleeplessness. I promise that I will keep it as simple as possible.

Sleep 101

Have you ever been camping? If so, did you find that you slept super soundly and awoke feeling amazing? Do you find that your sleep while on vacation is way better than when you are at home?

When we feel tired to go to sleep and when we feel awake are part of our circadian rhythm, or our sleep and wake cycle. Certain hormones tell us which phase we are in. The hormones that turn on depend on whether it is light or dark outside.

The light of day triggers a neurotransmitter called serotonin, which converts to melatonin as the light of the day fades. Melatonin is what makes you feel sleepy and keeps you asleep during the night. Melatonin is also a powerful antioxidant that helps to clean the body of toxins during the night.

Our lifestyles can make it hard for our bodies to produce melatonin. Unfortunately, artificial indoor light can inhibit melatonin, leading to problems falling and staying asleep. Most indoor lights emit a blue wavelength, which confuses our bodies into thinking that it is daytime!

This is why we sleep so well when we are camping, because there are no artificial lights and our bodies can easily fall into our natural rhythms.

As you can see, in our modern times, it can be hard to get a good night's sleep.

Sleeplessness is a Growing Concern

It is estimated that 40 million Americans suffer from long term sleep problems while another 20 million have occasional trouble sleeping.

Lack of sleep costs us. Lack of sleep makes us grumpy, depressed and more accident prone. Think about all the times you've felt like you're too tired to drive your car safely or do your job properly after a terrible sleep.

Not getting enough sleep also increases the risk that we'll develop a disease down the road, such as hypertension, diabetes, obesity or even cancer.

The most common reasons for sleeplessness and insomnia are illnesses, including anxiety and depression, inactivity, medications and a bad sleep environment.

At the very top of the list is stress – most of us simply have so much day-to-day stress that it keeps us awake at night. This is one of the reasons why we sleep so well on vacation, because we don't have the same stress as when we are at home!

Let's take a look at the typical fixes for sleeplessness:

Sleeping Pills

If you're having trouble sleeping, your doctor may prescribe a sleeping pill to you. Although sleeping pills may make you feel as though you've had a deep sleep, they don't actually put you into deep, restorative sleep. Isn't that funny?

The drugs that you are taking to make you sleep don't make you sleep well. These drugs can also be very habit forming, so they are only recommended for short-term use. As you can imagine, this doesn't fix the sleeplessness problem.

Side effects include a risk of sleep walking, falling, cancer, and even death in your sleep. Pretty scary side effects for something that doesn't even improve your sleep.

Caffeine

Well, this is more of a coping mechanism for dealing with less sleep. Coffee makes us feel better when we haven't slept well by binding to adenosine receptors in the brain and release stress hormones like adrenaline into our bloodstream.

Even those popular energy drinks and shots that you can buy at the gas station. It's like their manufacturers know that we're sleep deprived and a danger to ourselves and other drivers. But caffeine consumption is a vicious cycle. Caffeine can stay in our bodies for a whopping 10 hours, meaning that that cup of coffee we have at 4 pm to get us through the end of the day is still in our bodies at 2 am!

As you can see, neither sleeping pills nor caffeine are helping with our current epidemic of sleeplessness. In the next section, I'm going to get into some important and easy sleep habits that will help you sleep better almost immediately.

Chapter

2

Sleep Habits & Environment

There is a term used to describe this, and it's *sleep hygiene*. In this chapter, I'm going to delve into some of the most important habits to improve your sleep.

All these tips are so simple, yet when put together, could be overwhelming to you. Keep in mind that some of these changes need to only be made once in order for you to reap their benefits again and again. Others are simple habits that will be easy once you make them a part of your routine. Really, it couldn't be simpler.

I've also included a summary checklist at the end of this chapter.

Go To Sleep Earlier

You may have heard an old sleeping tip that the hours before midnight are the most important. This is kind of true. Remember when I talked about hormones and how they regulate your sleep and wake cycle?

Your body naturally wants to go to sleep when you feel that first wave of tiredness, usually around 10 pm. This is when melatonin, your sleep hormone, is at its highest. But I'm guessing that you do what most of us do, and ignore your yawns, while you turn on the news or that new Netflix series until at least 11.

What happens next is that your body no longer feels tired. You've ignored its signals. So when you turn off the TV and crawl into bed, you may feel tired, but it is harder to fall asleep because your melatonin is not as strong as it was at 10 pm.

You may be thinking that it is impossible for you to go to sleep at 10 pm. Luckily, there is an easy way around this.

Gradually Turn In Earlier

Each night, go to bed 30 minutes earlier, until you have reached 10-10:30. For example, if you usually go to bed at 1 am, on the first night, go to bed at 12:30, the second night, 12, the third night, 11:30, the fourth night, 11 and the fifth night, 10:30.

Limit Screen Use

Screens, like our smartphones, computers and televisions, emit a blue light that stimulates our pineal gland and prevents our body from producing melatonin. (Melatonin is the hormone that we need to make us sleepy and keep us asleep.) Stop using your computer at least one hour before bed to reduce exposure and improve your sleep cycle.

In the next section, I'll show you exactly how to create a bedroom environment that makes you want to sleep.

Create the Right Environment

Most of us don't give much of a thought to the environment in which we sleep, but creating the right environment will help you fall asleep more quickly, stay asleep during the night and wake up feeling refreshed.

There are three main things to do in order to properly stage your bedroom for good sleep.

Keep it Dark

I've explained how much our bodies are governed by light and dark. Use thick curtains or blackout blinds on your windows. If it isn't possible to keep your bedroom completely dark, try using a sleep mask.

Also avoid bright lights before sleep. Lightbulbs actually emit a blue-hued light that tricks our bodies into thinking that it is daylight. At least one hour before bed, turn the lights down low, or, better yet, use candles to illuminate.

Keep it Cool

Our body temperature drops when we are sleeping, so it's important to keep your bedroom cool.

Keep Electronics Out

You already know that looking at the screens on your electronics 90 minutes before bed is a bad idea because the blue light from the screens prevents your body from producing melatonin. But did you know that these electronics also emit a type of radiation that interferes with your sleep and health as well?

Any powerbox in your home, wires in the walls, lamps, alarm clocks, essentially anything that plugs into a wall emits EMF radiation. Just because you can't see it doesn't mean it's not a problem. The farther away you are from the source, you'll have exponentially lower EMF radiation. So remove absolutely all the electronics that you can from your bedroom and make it your sleep sanctuary.

Here are some sources of EMF radiation:

- Alarm clocks – if they must be in the bedroom, make sure that they are as far away from you and your partner as possible.
- Cell phones – at night, avoid keeping your phone in your bedroom. Instead, charge it in another room.
- Computers and laptops – get them out of the bedroom! Your bedroom is for sleeping and sex, not shopping on your laptop.
- Wifi – when possible, turn your wifi off at night.

The general rule of thumb is to remove anything with a plug (except your bedside lamp, of course) from your bedroom.

Reduce Stress

I know that this is easier said than done. We have so many expectations of us each and every day. When the body is stressed, certain hormones are released. Adrenaline is released by the adrenal glands. This is the hormone that would have been excreted by our ancestors when they were being chased by an animal. In our modern lives, we are more prone to long-term stress, like those job troubles, money troubles or relationship troubles. When we are exposed to long-term stress, our adrenal glands excrete a hormone called cortisol. This is the body's longer-term solution to stress, which unfortunately causes damage to the body. One of the most damaging side effects of cortisol is lack of sleep.

If you are stressed out, don't fret. I'm going to show you some powerful techniques to radically shift your body into healing mode.

Write It Down

Some people find it helpful to literally do a brain dump of all the things that are causing them stress. You can do this easily before you go to bed each night. Take a piece of paper or a journal and write out all the things that are on your mind, however trivial they are.

Deep Breathing

Deep breathing is one of the most relaxing practices that you can do. It brings oxygen deep into tissues, helping to de-stress the body. It is also incredibly calming to your nervous system. When you are deep breathing, remember these tips:

1. As you inhale, try to expand your ribcage, both through the front and back. Envision the air filling your body, bringing oxygen to each and every cell.

2. As you exhale, think of pressing the air out of your body. This is the air that is carrying waste from your body. Imagine the toxins leaving your breath in your exhale, as well as any stress.
3. Remember to breathe through your nose. Nasal breathing helps to warm and clean the air that you breathe in, as well as increasing the oxygen that is delivered to cells and increasing your overall lung capacity.

4-7-8 Technique

This is a breathing technique that helps to relieve stress. Use it when you are in acute moments of stress, when you can't sleep at night or are feeling like you need to get out of your head and into your body.

1. Begin by sitting in a comfortable position.
2. Slowly inhale through your nose, expanding your ribcage, for a count of four.
3. Hold your breath for a count of seven.
4. Exhale for eight counts.
5. Repeat three more times.

Sleep Checklist:

- ☐ Go to bed half an hour earlier each night until you have reached the time of your first wave of tiredness (this is usually around 10 pm).
- ☐ Limit screens (computer, smartphone, television) 90 minutes before you go to bed.
- ☐ Create the right sleep environment by keeping your bedroom dark, cool and free of electronics.
- ☐ Reduce stress by making an effort to get your stressors off your mind before you go to bed, and by employing breathing techniques such as deep breathing and the 4-7-8 technique.

In the next chapter, I'll show you how to optimize your diet for a proper sleep.

Chapter 3

Eat To Sleep

Not any one food will make you fall asleep, but focusing on adding sleep-supportive foods and limiting the foods and drinks that keep you awake is a great start.

There are two main points, here. First, we want to keep blood sugar balanced throughout the day in order to sleep better. When your blood sugar drops, your body produces a stress hormone called cortisol (interestingly, this is the hormone that wakes you up in the morning).

As you can imagine, any hormone that wakes you up is not helpful for sleeping! You can keep your blood sugar balanced by eating a little protein with each meal, staying away from refined and packaged foods and steering towards whole foods, including vegetables, legumes and fruit.

Eating this way will also help your body to produce more serotonin, the chemical that gets converted to sleepy melatonin.

Foods to Eat

Leafy Greens

Leafy greens are rich in magnesium, also known as the “relaxation mineral.” In the next chapter, you’ll learn that magnesium is deficient in our diets. It makes sense, because most of us don’t eat enough leafy greens! Try to incorporate leafy

greens into lunch and dinner. For example, have a leafy green salad at lunchtime and some steamed or stir-fried greens at suppertime.

Protein Foods

Foods containing protein work to promote sleep in two ways. First foods they help to balance blood sugar. When blood sugar is balanced, the body is under less stress and you will wake up less frequently in the night. Secondly, protein foods contain an amino acid called tryptophan. This is the precursor to serotonin, your feel good brain chemical that converts to the sleepy hormone melatonin. Make sure that you have some protein at dinnertime, such as a piece of chicken or turkey or eggs. If you feel hungry before bed and need a snack, reach for protein-rich almonds instead of something sugary.

Complex Carbohydrates

There are good sugars and bad sugars for sleep. The good ones are complex carbohydrates, because, as their name implies, they are more complex than simple sugars and take the body longer to break down. Foods like sweet potatoes, brown rice and quinoa are great choices, and belong next to your piece of chicken at dinner.

Foods to Avoid

Sugar

But what goes up must come down, and that's what happens to our blood sugar when we consume sugar. The scary thing is when that dip in blood sugar, also called hypoglycemia, happens in our sleep. When our blood sugar dips during our sleep, the body goes into stress mode and produces a hormone called cortisol, which wakes us up. Make it a priority to avoid sugary desserts and even alcohol before bed. Instead, focus on eating the foods above.

Caffeine

You already know how much of a vicious cycle caffeine is. After a terrible sleep, caffeine is the easiest way to feel alert and energized as we cope with our day. One cup in the morning is fine, but a cup of coffee past noon is a bad idea.

Caffeine can actually stay in our systems for ten hours. This means that that cup of coffee that you drink at 4 pm could still be in your system at 2 am.

Luckily this doesn't mean that you need to avoid caffeine and coffee entirely. For most of us, if we limit our coffee or tea consumption to one per day, before noon, we should be ok. Keep in mind that chocolate also contains caffeine, so avoid eating anything with chocolate after noon.

If you are currently drinking a lot of coffee or tea to keep you awake during the day, reduce your coffee intake by one cup each day until you are drinking one cup (or less) of coffee per day.

Alcohol

It may help you fall asleep, but more than one drink can make you have a bad sleep. As alcohol gets metabolized by the liver, it can interfere with the second half of your sleep. Alcohol also prevents you from getting into that deep, restorative REM sleep.

Whenever possible, limit your alcohol consumption to one per day. And try to avoid sugary mixed drinks wherever possible, sticking to simpler wine or spirits mixed with soda water.

What About Water?

Drinking too much water at night can fill your bladder, causing you to need to get up and pee in the night. While staying hydrated is good, waking up in the middle of the night several times is bad.

So try to get your hydration in earlier in the day. And speak to your doctor if you are not actively trying to hydrate yourself at night yet still wake up to pee in the night – it could be the sign of a more serious problem.

One Last Thing

Exercise is an important step to take if you want to improve your sleep. You don't need to start any fancy or advanced exercise regime. Even just a walk outside each day will put you on the path to a better night's sleep.

While you're at it, take your sunglasses off for a few minutes and let your eyes be exposed to the brightness of the day. This will help to set your sleep and wake cycle by triggering your body to produce the neurotransmitter serotonin (this is what gets converted to melatonin, your sleepy hormone).

Checklist:

- ☐ Eat whole foods with protein, complex carbohydrates and plenty of leafy green vegetables.
- ☐ Slowly reduce your caffeine consumption until you are only drinking one coffee per day, before noon.
- ☐ Avoid sugar and alcohol.
- ☐ Try to fit in a 30 minute walk each day, ideally outside in the sunlight to help to set your sleep clock.

Chapter

4

Sleepy Supplements

If you've followed the suggestions we've laid out in this book and you're still not sleeping well, you may need a little help in the way of supplements.

Keep in mind that overusing supplements can mask any underlying problem that is preventing you from sleeping. That's why we recommend that you first check with your doctor to rule out anything serious that could keep you from sleeping.

Magnesium

Magnesium is a great place to start for most people. In the last chapter I called it the "relaxation mineral" and it's true! Many of us are deficient in this important mineral – the diets that we eat don't contain enough magnesium and many of the foods we love actually deplete it. Good forms of magnesium include magnesium citrate, glycinate, taurate and aspartate. Start at 300 mg per night. If diarrhea occurs, switch to magnesium glycinate. Magnesium is also found in Epsom salts, so having a warm bath before bed is also a great way to get this important mineral.

Melatonin

If magnesium is the relaxation mineral, melatonin is known as the Dracula of hormones because it only comes out in the dark. By now you understand that melatonin is released by the pineal gland when the sun goes down to make you feel sleepy. Melatonin isn't recommended for long term use, but can be used in the short term to help reset your body's clock (for example, for jet lag or during

shift work). It's important to note that melatonin does not work like a sleeping pill does – it will not induce sleep, it will only help the body to begin to prepare for sleep. Most melatonin available in stores is far too strong for the body, so find the lowest dose available.

Theanine

Coffee is the drink that makes us feel wired while tea gives us energy and a calm feeling. The reason why we don't typically crash and burn after a cup of tea is because of an amino acid called L-theanine. Theanine works by relaxing the mind without making you feel sleepy, and can actually make you feel as though you have slept better and longer. A dosage of 200-400 mg one to two times per day is a good start. If you are on blood pressure or cholesterol lowering drugs, or if you are taking chemotherapy, theanine is not for you. Speak to your doctor before beginning any supplement regime.

Valerian

This herb is more effective than many sleep drugs on the market (remember when I told you that sleep drugs don't even make you sleep better, anyway?). Valerian works by activating a neurotransmitter called GABA. Take note, though: Valerian doesn't work for everyone. Many intellectuals and people with Type A personalities find that valerian can actually make them feel more awake. Avoid taking valerian if you have liver disease or are taking drugs that cause drowsiness.

5-HTP

By now you're an expert in serotonin and melatonin and how they influence your sleep. 5-HTP is actually an amino acid that makes serotonin. Studies have found that 5-HTP helps reduce the amount of time it takes to fall asleep and decreases the number of times you wake up in the night. For best results, take 5-HTP at bedtime with a carbohydrate, such as a piece of fruit.

Checklist:

- ☐ To relax you: Magnesium
- ☐ To reset your body's clock: Melatonin
- ☐ To make you feel like you slept better: Theanine
- ☐ To induce sleep: Valerian
- ☐ To fall asleep faster: 5-HTP

Chapter

5

Conclusion

By now I hope you understand exactly how to improve your sleep situation. Although some of the tips may seem a little intense, I promise you that they are actually quite easy. Make most of these changes once and you won't need to worry about them again. To recap:

- Adopt habits that make it easier to fall and stay asleep, like creating the right environment in your bedroom and home, and taking steps to reduce stress.
- Eat foods that keep your blood sugar balanced and avoid stimulants like caffeine and alcohol.
- Look into natural solutions to your sleeplessness, rather than sleeping pills.

Once you've incorporated all the sleep habits, you'll notice an improvement in your sleep. At this point you're ready to figure out exactly how much sleep you need to feel at your best.

Go to bed at the same time each night for 2-3 nights. Note what time you naturally wake up in the morning feeling refreshed. This is roughly what your body needs to feel good! Somewhere between 7-9 hours is the norm for most people, but it is up to you to find what works for you.

Lastly, know that sleep is your right. Your body needs sleep to repair and rejuvenate, and once you start believing that you can sleep through the night, you will.