

## **5 Mistakes People Make when Trying to Get a Good Night's Sleep**

Mistake #1 is to sleep on a conventional mattress. Most mattresses are made with synthetic ingredients and they off-gas, or release chemicals into the air that you breathe, while you are sleeping. Therefore, it's critical that what you're inhaling isn't toxic.

Get a good quality, natural mattress made from untreated, non-toxic natural materials containing no synthetic chemicals or fire retardants. If you can't afford a new mattress, buy a wool and organic cotton mattress topper.

Mistake #2 is sleeping with electronics in your bedroom.

They emit, exposure to elevated levels of electricity, especially at night can cause headaches, nightmares, depression and fatigue as well as long-term illness.

If you use an electric blanket don't sleep with it turned on; use it to warm up your bed and shut it off when you climb in. Electric clocks emit a high magnetic field up to three feet away from where you sleep.

Simplify your sleep space: Try not to have your office in your bedroom. Place some green plants in your bedroom to help absorb electromagnetic fields. Turn off the wifi at night and in some cases shut down all the power in your house while you sleep.

Mistake #3 is sleeping with a light on...even if it's a dim light.

Research shows exposure to even dim light during the night can seriously impact your body's internal clock, leading to changes in your brain that can cause mood disorders like depression and metabolic changes, including weight gain.

Start turning down the lights about an hour before bedtime. The light will stimulate your brain to keep you awake.

Mistake #4 is using air fresheners or artificially scented candles in your bedroom.

The Natural Resources Defense Council found that 12 out of 14 popular air freshener brands contained phthalates, which are chemicals that can cause hormonal abnormalities, birth defects and reproductive problems.

Also, when you see the word fragrance on the label, it can mean there's up to 100 different synthetic chemicals in the product.

Never use fabric dryer sheets! Also, potpourri that lists "fragrance" on the label means that synthetic chemicals were used, so avoid that as well.

Mistake #5.

It's going to bed late at night. Dr. Joseph Mercola says to get to bed as early as possible. Our systems, particularly our adrenals, do a majority of their recharging or recovering during the hours of 11 p.m. and 1 a.m.

Go to bed between 10 and 10:30 each night. According to Ayurvedic medicine, if you go to bed after 10 you'll get a second wind and want to stay up late.

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