

4 Extra Sleep Tips from Beth Greer

1. One of the biggest breakthroughs for me with my own sleep patterns has been the understanding that breathing through the nose instead of the mouth is a major key in getting restful sleep, and as a result obtain better overall health and well-being. When we are asleep, we don't have any control over our breathing and many of us breathe through the mouth, causing us to take in too much oxygen and not enough carbon dioxide. A simple way to make sure you don't breathe through your mouth at night, is to tape your mouth shut.

Now this may sound bizarre but it was suggested to me by my holistic dentist. The technique was developed by the Ukrainian physiologist, Dr. Konstantin Pavlovich Buteyko (1923 – 2003), who first formulated its principles during the 1950s.

The Buteyko method is based on the concept that "hidden" or undiagnosed hyperventilation is the underlying cause of numerous medical conditions, including asthma. Taping your mouth shut insures you don't hyperventilate while you sleep. It can also help to stop snoring and sleep apnea.

How to use the tape:

Protect your lips with some lip balm, then tape your mouth using micropore tape to prevent your mouth opening when asleep. I use a tape I buy at my local sports store. It's called KT tape or Kinesiology tape. I cut it into about 2 inch strips and apply the tape vertically. You can experiment and use the tape horizontally, sealing your lips completely. A good tip is to turn the ends of the tape back, so you can remove it easily. And try to avoid sleeping on your back. The best position is to lie on your left side.

2. One natural sleep aid that I love is the supplement L-Theanine. It's an amino acid found in green tea. It helps reduce anxiety, relax the mind and calm the body. According to a report in Life Extension Magazine: Researchers in Japan gave volunteers 200 mg of L-theanine daily and recorded their sleep patterns on devices worn around their wrists. The L-theanine didn't cause the subjects to sleep longer, but it did cause them to sleep better. It was documented that sleep quality, recovery from exhaustion, and refreshed feelings were all enhanced by L-theanine.

3. Another supplement to consider is Vitamin D. Research studies are beginning to reveal that the widespread problem of sleep disorders in the United States may be linked to an epidemic of vitamin D deficiency. East Texas medical researchers showed the vitamin's ability to improve sleep in its 2012 study: www.ncbi.nlm.nih.gov/pubmed/22583560. They found that Vitamin D deficiency is related to sleep apnea and many other sleep disorders.

Having a blood test to measure the amount of vitamin D in your blood is the only way to know if you're getting enough vitamin D. The blood test you need is called a 25(OH)D blood test. The Vitamin D Council suggests that a level of 50 ng/ml is the ideal level to aim for. Ask your doctor for the test, or there are a few websites that allow you to bypass your doctor and go straight to the testing laboratory. One place I like is called WellnessFX. Here's a link to it:

4. The body is an electrical being. Every cell, tissue, and organ transmits information through tiny electrical currents which are disturbed by these high frequency fields,

setting the body up for disease. Dirty electricity can be a factor in sleepless nights.

Dirty electricity comes from being in the field of compact florescent lightbulbs, dimmer switches, TVs, cell phone chargers, wiring in the walls, etc. Symptoms of exposure include:

- Sleep disturbances
- Muscle and joint pain
- Physical and mental exhaustion
- Migraines
- Light headedness
- Loss of cognitive function
- Irritability
- Anxiety

If you want to check dirty electricity in your home, check out this website for ways to remediate the problem:

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