Sleep

IS A CORNERSTONE OF HEALTH & VITALITY

(NUTRITION, EXERCISE, and STRESS MANAGEMENT ARE IMPORTANT TOO!)

Restorative SLEEP Supports:

Energy

Immune Health

Improved Cognition

Muscle Recovery

Heart Health

Blood Sugar

Healthy Weight Management

Scan to check out
Dr. Link's
YouTube Channel

GO TO BED EARLIER!
Give yourself the opportunity for at least 8 hours of sleep.

2. AVOID EATING OR DRINKING ALCOHOL LATE.
It's best to avoid these 3 - 4 hours before bed.

3. LIMIT LIGHT EXPOSURE AFTER DINNER.
Lamps with lower-intensity light are best.

4. ARRANGE YOUR ROOM TO PROMOTE SLEEP.
A dark and cool room is best,
black-out shades or a night mask really help.

5. LIMIT DISRUPTIONS AT NIGHT.
Phones and pets can disrupt your sleep.

6. GET OUT IN MORNING SUNLIGHT!
This helps to set your circadian rhythm
and improves your ability to fall asleep.

PRACTICE MEDITATION OR BREATHING EXERCISES MOST DAYS.

SUPPLEMENTS to support restful sleep:

Magnesium – safe and naturally relaxes the nervous system, 200 - 400 mg nightly.

Melatonin – quick-release helps with falling asleep and extended-release helps with staying asleep, 1 - 5 mg nightly.

CBD – helps to calm the mind, 25 - 50 mg nightly.

YOGA NIDRA – Non-Sleep Deep Rest

A guided meditation that is deeply relaxing, lessens stress, and can improve learning. Sesions typically last 15 to 30 minutes.

Wonderful examples on YouTube, search: **Ally Boothroyd** or **Rosalie Yoga**

BOX BREATHING

Slowing the breath stimulates the vagal nerve, promotes relaxation, and improves health. Short periods of 5 to 10 minutes most days are sufficient. Humming on the out-breath enhances vagal tone.

Box breathing involves four basic steps, each lasting 4 seconds:

1. breathing in
2. holding the breath
3. breathing out
4. holding the breath
5. REPEAT
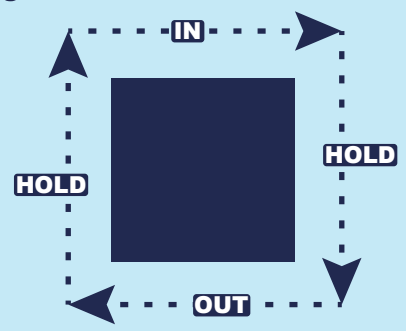
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M. Chris Link, M.D. leverages the power of
LIFESTYLE & NUTRITION
to unlock OPTIMAL Health and Healing