True Fortune Acupuncture

Sleep Advice

I recommend the following to help with a good night's sleep: Epsom salt baths, rescue remedy, Celestial Seasoning sleep tea, and Valerian drops to apply to the skin at night.

When it comes to getting better sleep, I also recommend the work of Dr Rangan Chatterjee who has written a number of books on the subject of healthy living. As with other aspects of lifestyle advice, I recommend that you pick one thing to change and incorporate that into your routine for a week. Then, once you've seen the benefits, you can think about changing something else. Dr Chatterjee recommends the following:

Create an environment of absolute darkness:

- Think about fitting blackout blinds.
- Try to keep your bedroom free of televisions and e-devices.
- Unplug anything that emits even the slightest light.
- Install an app on your phones and tablets that reduces blue light.
- Think about buying amber glasses as these will work better than the apps. (Swanwick is a well-known brand)
- Switch phones and laptops off 90 minutes before you go to bed.
- Turn off TV at least 30 minutes before going to bed, and try not to watch anything too exciting or scary.
- Think about getting a red light for your bedroom (an LED candle can provide a nice calming light source).
- Also think about using red light (such as an LED candle) in your bathroom before bed.

Embrace morning light:

- Spend at least twenty minutes outside every morning – perhaps have your morning tea/coffee in the garden or next to a window.
- If you drive in the morning, park a little farther away from your destination so that you can have a ten-minute walk.
- If taking the bus, get off a couple of stops before your destination so that you can walk.
- If working at home, try to take a morning break and go for a short walk outside.

Create a bedtime routine:

- Try to start winding down for bed about ninety minutes before you plan to sleep.
- Set an alarm to prompt yourself to start your bedtime routine.
- Switch off your mobile phone and computer.
- If you watch TV make sure it is relaxing.

Manage your commotion:

- Minimise any activities that will raise emotional tension before bed.
- Avoid watching the news or exciting TV programs.
- Avoid discussing financial or stressful family matters before bed.
- Make a rule not to check work emails for ninety minutes before bed.
- Practice some relaxing exercises such as qigong or yoga.
- Practice some simple meditation exercises to quieten your mind.

Drink caffeine before noon:

- Make sure any caffeine you consume is taken before lunchtime.

You can read more about these ideas here: *The 4 Pillar Plan*, Dr Rangan Chatterjee, Penguin Life, ISBN 978-0-241-30355-9