

SLEEP & STRESS



General Recommendations for Winding Down

The Disease Cycle

** Stress = High Cortisol = Inflammation = Cellular/Tissue Breakdown = Dis-ease*

Controlling Stress

- Begin to be more aware and mindful of which situations cause you the most stress
- Develop a plan of how you can better control your response to those stressful situations
- Realize that it is your response and not the the actual event that causes the stress
- When a stressful event begins to occur, take a slow relaxed breath in through your nose and then slowly exhale – repeat this as many times as needed to begin to control your nervous system’s response to the stressful event
- Focus on your breathing – when you’re stressed you hold your breath, or chest breathe. Breathe into your belly and begin to slow your heartbeat. Your stress will then become manageable and dissipate.
- Stretch, do yoga, tai chi, Qi Gong, or any activity you find relaxing
- Meditation is also highly recommended to heal and repair both mentally and physically
- Try to take a quiet lunch break or walk mid-day to relax

Dr. Cabral’s Tip

“Sleep and controlling stress are 2 of the main things that many people overlook because in the short term they can get away with shortchanging these two areas... However, neglecting these areas eventually catches up with you and causes the body to break down over time. It’s crucial that we learn to control stress and get into a deep sleep if you want to enjoy optimal health!”

- Focus on what you have to be grateful for and what you
- Keep a gratitude journal and write in it each night of what you are grateful for
- Every night before bed plan and write down on an index card your next day's meals, meetings, etc. This will put your mind at ease and allow you to relax and get a good night's sleep
- Repeat this mantra, "Every day, in every way, I am getting better and better."

Better Sleep

* The only time the body rebuilds is during periods of rest

- Sleep 8-9 hours per night, 7 days per week
- Get into bed at or before 10:00 pm and sleep until at least 6:00 am (the more hours before midnight the more restorative the sleep)
- Sleep must be peaceful and relaxed in order to get into the deepest levels of sleep
- Complete 5 floor stretches and/or others before getting into bed
- No computer, phone, TV in bed (read a book instead – not on kindle or iPad)
- Shut down or dim light sources 1-2 hours before bed
- Wearing "Blue Blocker" glasses help as well
- Wake up to a Philips Wake-up Light to gently meet the day
- The light gradually increases and birds chirp until you wake up

Sleep Supplements (if needed):

- Natural Calm (2 tsp)
- Liquid Melatonin (3-5mg)
- Best Rest Formula (3 caps)
- CBD Oil* (as desired)

CBD oil cannot be shipped internationally at this time