

Five Pillars of Health & Well-Being

Sleep



MIND · BODY · SPIRIT



Sleep: Quality and quantity of sleep is essential for the body and brain to heal, repair, and prepare for the next day. Sleeping disorders or not getting enough sleep can lead to many chronic illnesses.

Do we really need that much sleep?

- Do you think that you got enough sleep this past week?
- Can you recall the last time you woke up without an alarm clock feeling refreshed not needing caffeine?
- Are you tired during the day and suffer with afternoon fatigue?
- Do you lack the energy to get the things you need to do done?

TIPS

- Create the best sleep environment: dim the lights, use room darkening shades, keep the temperature cool (between 60-67 degrees), choose mattress, pillows and sheets that are comfortable to you, reduce noise, use a white noise machine if you enjoy it, surround yourself with scents you like.
- No screen time at least one hour before bed and in the middle of the night. The blue light blocks melatonin from forming so our brain doesn't get the message that it's time to sleep.
- Drink a cup of chamomile, lavender, or passionfruit tea to relax
- Rub a drop of lavender essential oil on your temples for relaxation, or use a diffuser for your room
- Give gratitude for 2-3 things in your life
- The American Academy of Sleep recommends 7-9 hours of sleep per night

What gets in the way of our sleep?

- Lack of a dark environments to create sleep
- Absence of balance between work, life, and self-care
- Anxiety, worry, and stress prevent restful restorative sleep
- Our society stresses productivity over rest and relaxation
- Incorrectly believing that sleep is optional and can occur when we have the time



Integrative health and medicine focuses on the health and well-being of the whole person — mind, body and spirit. It addresses the impact of lifestyle, environment, and genetics on an individual's health and well-being. We approach care and service from our Five Pillars of Health and Well-Being: Sleep, Activity, Purpose, Nutrition and Resilience. Our mission is to help you cultivate long-term behaviors that will foster a healthy, happy, and long life.

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