

7

CORE SLEEP PRINCIPLES

MY NEW SLEEP ROUTINE

In Bed by: _____

Awake at: _____

Electronics off at: _____

Hours of Sleep: _____

SLEEP PRINCIPLES

- All electronics off 1 hour before bed. This is the minimum amount of time, though 2 hours is ideal. Why? Because the blue light from the screens, and the content coming from the electronics stimulates the brain and prevents melatonin from secreting properly. So, 2 hours if you're really dedicated, but 1 hours is the absolute minimum.
- Replace all light bulbs in the house with blue light blocking lights. This is a game changer. And it's based on the same reason as #1 - the blue light from the bulbs causes your brain to stay awake, reducing the production of melatonin, affecting your quality of sleep
- Get black out curtains in your room, put all electronics in airplane mode, unplug the wifi router, and make sure you have no lights, no matter how small, whatsoever in your room at night when sleeping. Lights from the moon and stars are actually very healthy for your brain, but lights from the streets, neighbors electronics, including EMFs from wifi, can disrupt your natural circadian rhythm, causing less sleep efficiency. So that means clocks, phones, and all electronics turned completely off, so there are 0 lights and 0 EMF stimulation while sleeping.
- No caffeine 8 hours before bed. This one is huge. If you want to be asleep at 10pm, then no caffeine after 2pm. Even if you think caffeine doesn't affect your sleep because you fall asleep easily

even after a cup of coffee, think again. When you start measuring your quality of sleep, you'll find that caffeine inhibits your body's ability to enter Deep Sleep efficiently, and once you stop having caffeine 8 hours before bed, because that's how long caffeine takes to get out of the system, you'll see your sleep quality drastically improves.

- Follow a daily routine. For the most beneficial sleep quality, and for the harmonizing of your circadian rhythm, it has been scientifically proven that the best quality of sleep for adults is between the hours of 10pm-2am. This is when the deepest and most regenerative sleep happens. If you are missing any of those hours of sleep starting at 10pm, you're missing out on some of your best deep sleep benefits. Additionally, having a routine, where you go to bed and wake up every morning at the same time, and you do it with the same habits such as, brush teeth, use the bathroom, read a book, meditate, fall asleep. And you wake up at the same time every day, your circadian rhythm is optimized and your sleep is deeply enriched.
- Do not eat at least 2 hours before bed. Ideally, your body should not be digesting food while you sleep. It should be using that energy on healing and cellular repair. The more time you give your body to digest, before you go to sleep, the more your body can repair damaged cells, including cancer cells, while you sleep. And this is one of the reasons why intermittent fasting, giving your body at least 14 hours of non-eating time each day, so from stopping eating at 8pm, and not eating again until 10am, will give you incredible healing benefits that help reduce inflammation and fight off cancer cells.
- Get 8 hours or more every night. According to the extensive sleep research I've done, 8 hours is truly the minimum any adult should get each night if they truly want to heal. But if you're really far along in cancer, the more sleep the better. If you can get 9 or 10 hours, even better. If you can take a 1-2 hour nap during the afternoon, even better. The more sleep you get, and the better quality of sleep you get, the faster you will heal - there's 0 debate about that among the scientific community. Many of us were raised being told don't be lazy, get out of bed, don't sleep all day! And while that might have been the norm growing up, the reality is, you need to do the opposite of that advice if you want to heal.

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