



ALL SYSTEMS  
WELLNESS • CHIROPRACTIC • NATUROPATHY

# *Guide to Better Sleep*

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# *Why is Sleep so Important?*

- Recovery
- Memory Consolidation
- Maintaining a metabolic-caloric balance
- Immune competency

# *Stages of Sleep*

# There are 4 Stages of Sleep

The first 3 stages are **non REM** (Rapid Eye Movements) sleep

1. **Stage I:** Dozing off - There are light changes in brain activity at this point
2. **Stage II:** Theta brain waves - There's a decrease in body temperature, heart rate, and the muscles start to relax
3. **Stage III:** Deep sleep - Our brains & bodies start to work on memory consolidation, immune function, metabolism & recovery

# Rapid Eye Movement (REM) Sleep

## **Stage IV is REM sleep**

REM sleep is called so because of the rapid eye movements happening during this stage of sleep

REM sleep is where you're processing dreaming & additionally memory consolidation is still occurring

**All 4 stages of sleep occur about every 90 minutes & then restart at stage I**



DO YOU  
HAVE  
INSOMNIA?

# *What is Insomnia*

**CHRONIC INSOMNIA IS  
DEFINED AS POOR  
QUALITY SLEEP AT LEAST  
3 NIGHTS PER WEEK FOR  
GREATER THAN ONE  
MONTH**

Poor quality sleep is  
characterized by:

- Difficulty falling asleep
- Difficulty staying asleep
- Waking too early





# *Tips for Falling Asleep*

# Daily Habits to Improve Sleep

## Exercise Daily

Exercising for 20-30 minutes each day, at least 2-3 hours away from bedtime

## Avoiding Caffeine

The last time you should be consuming any caffeine should be around 2 pm; about 7-8 hours before bed

## Bedroom Environment

The bedroom should be optimal for sleeping  
It should be **dark, quiet, & cool** in temperature. and should only be used for **sleep & intimacy!**

## Timing

You should ideally be going to bed & waking at the same time every day

# Practicing Sleep Hygiene



## Nightly Ritual

Whether that be taking a warm bath before bed, doing some yoga or meditation or simply reading in bed, it should be an activity to wind down and calm the mind



## Limit Screen Time

Screen time should be ceased at least an hour before bed, or earlier. If this is not possible, blue light blocking glasses should be worn an hour to two before bed.



## Scheduled 'Worry Time'

Scheduling time for you to worry or work through consistent thoughts 2-3 hours before bedtime can help to gain control over anxiety and reduce an overactive mind.



# TIPS FOR FALLING BACK TO SLEEP

## GET OUT OF BED!

Tossing & turning for hours to fall back asleep will not help!

Get out of bed and perform a very **mundane** task (in low-level light) until you feel tired enough to go back to bed.

## JOURNAL YOUR THOUGHTS!

Write down your thoughts word for word (in low-level light).

By putting your thoughts onto paper, it can help to get them out of your head!



# *Guided Meditation*

Performing a guided meditation or some deep breathing exercises can help to clear the mind and relax the body, encouraging you to fall back asleep

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