



The 40 Top Evidence-Based Ways to
Improve SLEEP
Quality & Quantity



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Host of Younger, Longer: The Insider's Health Summit

The 40 Top Evidence-Based Ways to Improve SLEEP Quality & Quantity

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YOUNGER, LONGER

The Insider's Health Summit

22 Top Experts Reveal the Simple and Most Effective Secrets
to Look & Feel Younger Now, Avoid Disease, and Live Long

In *Younger, Longer: The Insider's Health Summit*, you are about to discover the proven most effective non-drug, non-surgery, non-toxic steps you must take to look and feel your best now, avoid and overcome disease, and live long and well doing it.

Each of the 22 interviews truly holds the potential to change your life, so you don't want to miss a moment of this once-in-a-lifetime online event!

In this brand-new special report, meanwhile, you're about to discover over 40 ways to improve your sleep quantity and quality, based on expert recommendation and research.
(Please DO share this useful report with loved ones!)



*“What steps should you take, starting right now, that will make the biggest difference in how long and how well you live? That is the mission-critical question my good friend and natural health veteran, Brian Vaszily, is challenging 22 of today's leading doctors and researchers to answer for you in *Younger, Longer: The Insider's Health Summit*. Brian is an outstanding host, what you'll learn is simply crucial, so **be sure to listen closely** to this powerful online event!”*

Dr. Joel Fuhrman

World-Renowned M.D., 7-Time NY Times Bestselling Author

HOW DO YOU REALLY FEEL ABOUT THE FOLLOWING?

Hello, Brian Vaszily here, founder of The Art of Anti-Aging, host of *Younger, Longer: The Insider's Health Summit*, and a health researcher and bestselling author who others have called a “leading voice” in the natural health world for over 20 years.

And before diving into this special report, please see how you feel about the following...

Here at The Art of Anti-Aging, the “anti” means **we’re against all the destructive lies about getting older** out there that equate hitting your 30s, 40s, 50s, 60s and beyond with becoming increasingly undesirable, incapable, doomed to suffering and disease, and “over the hill.”

We’re **against all the toxic “solutions” and toxic thinking** so often pushed on people by the Big Cosmetic, Big Food, and Big Pharmaceutical industries, who so often play upon those destructive aging lies and manipulate people through fear.

Instead, we are certain that when you take the right steps, your “middle years” and “golden years” will truly be your best years.

And **we are 100% committed to providing you the proven most effective health and wellness steps** to achieve that... to look your best, feel amazing, avoid and overcome disease, and live a long life doing it.

If our mission sounds worthwhile to you, welcome to our positive and supportive community 😊



TOTAL CLARITY ON THE MOST EFFECTIVE STEPS

There's an overwhelming amount of health info out there in online events, blogs, articles, and more. And it all presents **two very big problems** that frustrate and even mislead many people.

One, so much of it is not evidence-based from sources you can trust.

Two, it causes serious confusion, because people are unclear on what steps to invest their precious time and energy in that will actually make the fastest and most powerful difference in their health and life.

That's why *YOUNGER, LONGER: The Insider's Health Summit* truly will be the most life-changing and possibly even life-saving event you ever experience.

You see, I'm cutting to the chase and challenging 22 of today's most renowned and trusted doctors and researchers to each reveal their answers to this one ESSENTIAL question for you:

"From your unique area of expertise, what are the 3 simple and MOST EFFECTIVE steps people must take to look and feel their best now, avoid and even overcome disease, and live long and well doing it?"

Yes, that means you're getting TOTAL CLARITY on only the most important and effective steps that will make the most difference in your health and life.

True, you don't yet know from which of the 22 top experts in *Younger, Longer* the insights will come that lead to the biggest breakthroughs for you in particular...

However, considering these world-renowned experts are each revealing only their proven most powerful secrets, you can be **certain** those life-changing insights WILL come.

That is why **you truly do not want to miss a moment** of this unique summit. If you miss even a single expert, after all, you may well miss that one crucial gem that makes ALL the difference for you. Therefore...

[Head here now to sign up for the FREE online Younger, Longer: The Insides Health Summit](#) if you aren't signed up already and...

[Head here to get the COMPLETE recordings and written transcripts of the entire summit](#) if you don't feel you'll be able to hear all 7 days of this essential event when it airs live, and to experience it all on your own schedule when and where YOU choose.

With that noted, the summit actually starts NOW, with this useful new report...



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The 40 Top Evidence-Based Ways to Improve SLEEP Quality & Quantity

Birds and insects need it. Bears and cats seem to need a lot of it. And humans often don't get enough. It's that mysterious, non-negotiable activity called sleep.

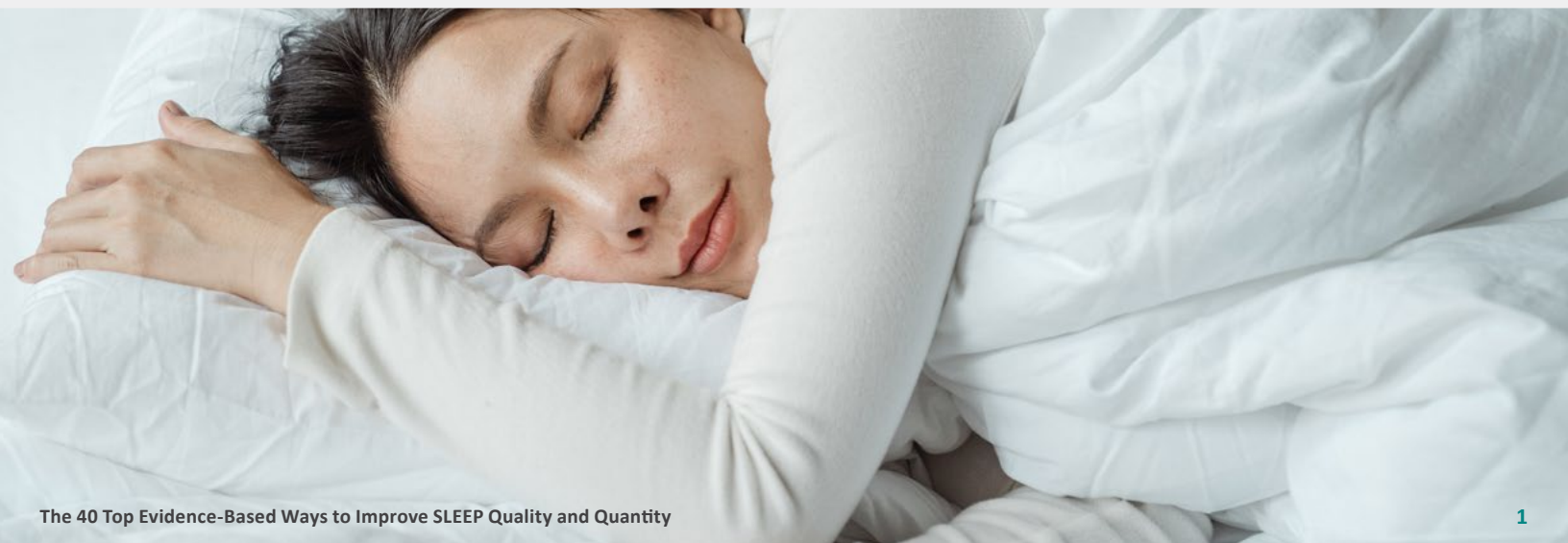
In us humans, sleep affects everything from mood and energy to risk for heart disease and dementia. It can also affect metabolism, immunity, and numerous other important areas of wellness. It's arguably one of the most important but least talked about areas of our health.

A lack of sleep can also affect appearance. In one study, it was found that those who had less sleep experienced more eye swelling, darker circles, and fine lines. They were more likely to be perceived by others as seeming tired or sad (Sundelen et al., 2013).

Fortunately, short term effects of sleep deprivation can be reversed by getting more high-quality sleep. This guide includes a review of the research on sleep, and evidence-based recommendations to improve it. It includes multiple tips from experts within each of the following overall steps:

- ▶ **Understand Qualities of Sleep**
- ▶ **Set Your Routine**
- ▶ **Create a Relaxing Environment**
- ▶ **Plan for Your Evening**
- ▶ **Create Healthy Daytime Habits**
- ▶ **Address Sleep Disorders**
- ▶ **Consider Complicating Conditions**
- ▶ **Troubleshoot Stress and Emotions**
- ▶ **Try Complementary and Alternative Solutions**
- ▶ **Review Your Sleep Plan**

Each of these areas are important, and can help you understand how sleep works, what factors are interfering with your rest, and how to address problems.



UNDERSTAND QUALITIES OF SLEEP

Understanding how sleep works, what can interfere with your sleep, and how to improve the quality of your nocturnal rest is vital.

How and Why We Sleep

According to sleep experts like Mark Wu from John Hopkins hospital, there are two important processes that impact our sleep. These include circadian rhythms and sleep drive (The Science of Sleep, 2020).

Circadian rhythms may be what you're most familiar with. These are impacted by light and melatonin, which we need in order for the body to know it's time to rest. This is also called the sleep-wake cycle, or the internal sleep clock. Your natural melatonin increases in your body when it's time to sleep.

Many people are less familiar with the term sleep drive, but we all know its effects. Put simply, the longer we're awake, the stronger the need for sleep gets. Eventually, we'll all do it whether we like it or not. Similar to the circadian rhythm, the need to sleep increases the longer we're awake.

Even with these strong processes in the body, many people struggle to get consistent, quality sleep each night.

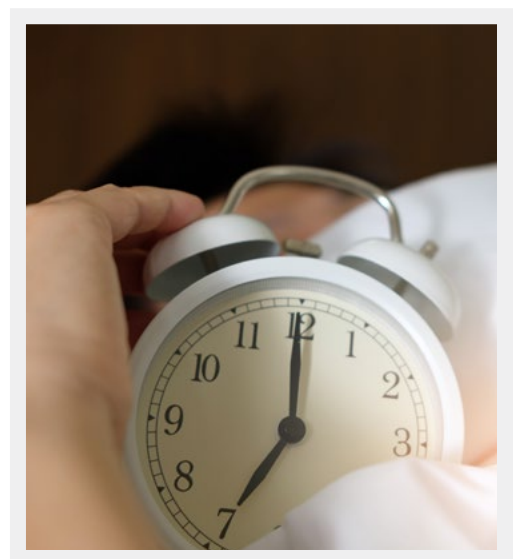
Sleep Duration and Quality

The Center for Disease Control and Prevention (CDC), recommends adults strive for at least seven hours of sleep most nights. On average, around 35% of adults don't get that number. The percentage of sleep deprived individuals varies depending on where you live, your ethnicity, and several health risk-factors (Sleep and Sleep Disorders, 2017).

In addition to the amount of time slept, it's important to consider the quality of sleep involved. The National Sleep Foundation recommends that the following should be present to be considered high-quality sleep (Ohayon et al., 2016):

- ▶ Sleeping at least 85% of the time while in bed
- ▶ Falling asleep within 30 minutes of getting into bed
- ▶ Waking up no more than once in the night
- ▶ Going back to sleep within 20 minutes of waking up in the night

Fortunately, there are things you can do to increase both your duration of sleep, and your quality of sleep. This can depend on what's interfering with your sleep, as well as your body's unique needs. The following steps can help you prepare yourself for sleep, troubleshoot common sleep problems, and address overall health issues to improve sleep (and vice versa).



SET YOUR ROUTINE

First, let's look at your evening activity and how it impacts sleep. Do you go to bed at a different time each night, or stay up late watching your favorite show? While these in and of themselves aren't bad things, they could be confusing your internal sleep clock.

Sleep times can become a habit just like any other behavior. For most, creating a consistent nighttime schedule can help. Harvard sleep experts recommend creating a regular sleep schedule, making your bedroom a comfortable environment, and cutting out distractions. The best schedule and environment could be unique to you but should be consistent when possible. Just allow for at least seven hours of sleep.



Sleep experts also recommend that you keep your weekday and weekend schedule fairly consistent so as not to confuse your body (Epstein, 2007, Sleep Tips, 2020).

Just like with any other habit, developing a bedtime routine may be a challenge at first. However, the more you're able to make yourself stick to it, the more natural it will become. Make things as easy as possible on yourself, by addressing any obstacles that might get in your way.

Creating cues for yourself, much like we do when sleep training children, can also be helpful. Have certain clothes you wear at night, brush your teeth at the same time, and develop relaxing and enjoyable nighttime rituals. Not only will this decrease stress, but it will help signal to your body that it's time for sleep. Pretty soon you may not be able to stay awake.

CREATE A RELAXING ENVIRONMENT

Most sleep experts, as well as anecdotal evidence, suggest that creating a calm, comfortable environment is another important step towards good sleep. Relaxing activities can also help you get better sleep.

One study showed that women who took a hot bath before bed had increased sleepiness and experienced deeper sleep (Horne, 1985). Essential oils are also shown to improve sleep, along with lowering stress. One study used a combination of lemon, eucalyptus, tea tree, and peppermint. Participants in the study inhaled the mix through a pendant during the day, and then used an aromatherapy stone at night (Lee, et al., 2016). Another study examined lavender and found those who inhaled it during the night had increased sleep quality, and woke up feeling more "refreshed," based on self-reports (Lillehei, 2015).

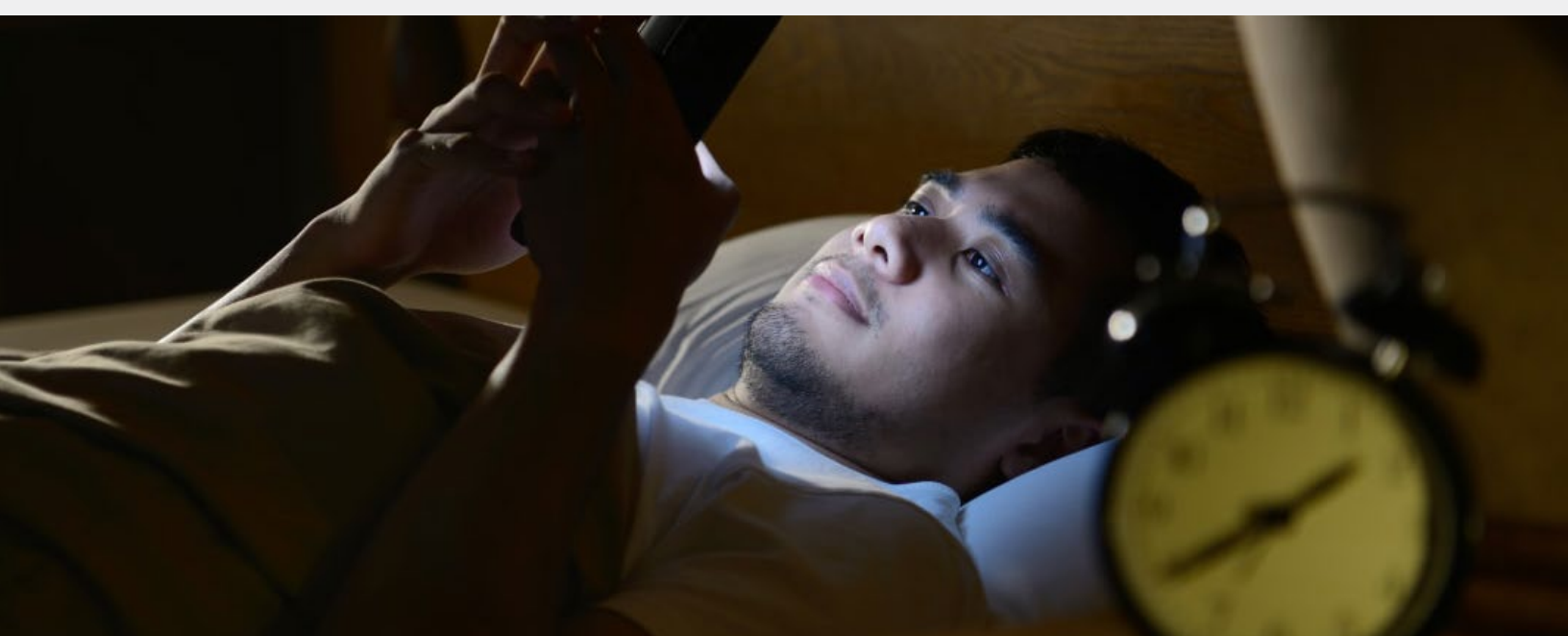
- ▶ Ideas to create a calm, soothing setting for your time of rest include:
- ▶ Take a hot bath near bedtime
- ▶ Read for 30 minutes before bed
- ▶ Eliminate or block lights in your bedroom
- ▶ Find inviting, comfortable bedding
- ▶ Turn on calming music in the evening
- ▶ Use soothing organic lotions and/or essential oils at bedtime
- ▶ Find a comfy robe and slippers and only use them at bedtime

Many people also sleep better when the room is very quiet, dark, and slightly cool. If lights shine through your window at night, consider blackout curtains. If you have external sounds you can't prevent, try white noise or instrumental music that blocks other sounds.

Most experts also recommend using the bedroom only for sleep and intimacy. This is helpful because it cues to your body that it's not time to work, study, or be on high alert. The message will be that the bedroom is a place to relax and rest.

Limit Blue Light

The use of devices with blue light, or light with blue wavelengths, are another common concern at nighttime. During the daytime, light is necessary and helpful. At nighttime it can confuse the circadian rhythm. Blue light is in everyday devices like certain bright lamps and nightlights, electronic devices, and televisions. Limiting these for a few hours before bedtime is shown to increase melatonin and sleep times (Zerbini et al. 2020).



Many people struggle most with smart devices at bedtime. It can be easy to get caught up in social media scrolling, catching up on news, or binge-watching YouTube or Netflix at night. If this is particularly a problem for you, try to be strict with yourself about limiting devices in bed. There are also apps that will lock you out of your device, or out of other apps, at your preferred times.

If nothing else works, some people find breaking this rule and watching soothing shows (or better yet, just listening to them) may work. Interestingly, a number of people have reported watching old episodes of Friends each night, at least while it was on Netflix. Anecdotal reports suggest that these old sitcoms have a comforting, familiar feel that can be soothing and help you get to sleep (Manavis, 2019). If you don't have access to Friends, reruns of any sitcom you find comforting might work as an alternative solution. Sometimes the distraction can be enough to calm your brain and help lull you to sleep.

PLAN FOR YOUR EVENING

There are several considerations to take into account as you enjoy your evening and plan for sleep. Experts recommend thinking about the following topics as you prepare for sleep.

Use Food and Drink Wisely

What we consume in the evening can impact our sleep habits. Certain types of food and beverages can interfere directly with sleep, such as those that cause heartburn or having us waking up for the bathroom. Others may be able to help soothe and promote sleep.

While recommendations are generally to not eat close to bedtime, a light meal or snack may be okay. Heavy eating late in the day can interfere with sleep and digestion. However, having a nutritious snack before bedtime may actually improve health if it's balanced with activity during the day (Kinsey & Ormsbee, 2015). Nutrient dense food is recommended, such as fruit, a vegetable, or nuts.



Some natural beverages such as chamomile tea are believed to help with sedation and sleep at night. Indeed, some studies have shown this tea particularly helps improve sleep (Chang & Chen, 2016). Others find non-caffeinated green teas helpful. Any non-caffeinated beverage that agrees with your body and digestion can help, as long as it's sipped in moderation.

Reconsider Caffeine

You might consider cutting out caffeine entirely, or at least later in the day, to aid in sleep time and quality. The Sleep Foundation notes that a moderate amount of caffeine (up to three cups of coffee or less) is not necessarily harmful. However, for many, caffeine close to bedtime will have a negative impact (Caffeine and Sleep, 2020).

Watch Fluid Intake

Many choose to limit fluids in the later evening, so they don't wake up for the bathroom. Notice your own body and what works best. Certain drinks and foods may be more likely to wake you up for the loo.

Wine or Cannabis?

Others use alcohol or marijuana for sleep. Alcohol is not recommended, as it can often have a rebound effect, causing more health and emotional problems than it helps. It can also interfere with quality of sleep, waking you up in the night, and obviously has addictive qualities.

Further research is needed to examine the effects of medical marijuana for sleep. As of now, most studies show it helps for a short period of time, or with occasional use, but not with long term use (Sznitman et al., 2020). Over time, especially with regular use, it might lead to increased tolerance and emotional dependence.

CREATE HEALTHY DAYTIME HABITS

While there are many evening practices that aid with sleep, daytime behaviors can be just as important. Specific activities are shown to improve overall health and sleep.

Exercise

Most know that exercise in general increases overall health in most cases. This in turn improves sleep as well as many conditions related to sleep.

Common recommendations suggest that exercising too late in the day may interfere with sleep. Recent studies and reviews call this into question (Stutz, et al. 2019, Yao & Basner, 2019). In most cases, it actually seems that exercise at any point in the day, even into the evening, can improve sleep.

Nonetheless, some do report that exercise too late in the day keeps them up, so adjust to your own needs and body rhythm accordingly. The important thing is to get exercise at some point during most days. Follow these CDC guidelines for overall exercise, which also benefits health (Physical Activity Recommendations, 2020):

- ▶ 150 minutes or more per week of moderate intensity activity, such as walking or cycling
- ▶ 2 or more days per week of muscle strengthening



If 150 minutes a week sounds daunting, consider splitting it up more. This equals 30 minutes just five days per week, or just over 20 minutes daily. If you get bored with your regular routine, consider mixing it up with fun activities such as tennis, swimming, or a home exercise video.

You can also make walking itself more fun, by adding your favorite music, audio books or podcasts, or trying out a walking app. Apps such as *The Walk* or *Zombies, Run!*, incorporate tracking your steps with an audio story that progresses as you move.

There are a variety of strengthening exercises to try as well. While weight-lifting at the gym is the most well-known, it's only one of many options. You might also try free weights, Pilates, Tai chi (for arm and leg strength and balance), strengthening types of dance and yoga, stair training, and more.

Just remember that the more you enjoy the activities, the more likely you are to stick with them!

Mindfulness Exercises

There may be no area of self-care and health that's more significant than mindfulness these days. Put simply, mindfulness is when you simply slow down and notice your sensations and experiences. Mindfulness is shown to help with mental health, physical conditions, and self-reported life satisfaction. Commonly practiced mindfulness exercises include:

- ▶ Yoga
- ▶ Tai chi
- ▶ Sitting or walking meditations

Multiple studies have found that mindfulness training helps improve duration and quality of sleep, in those with a variety of conditions (Amutio et al., 2018).



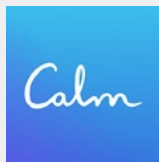
For example, Tai chi is practiced by 3 million people in the world, and has been around for around 1,000 years, possibly more. It's used to help with balance, stress, to lower blood pressure, and improve mental health. These in turn help with sleep. However, Tai chi has also been studied directly as it relates to sleep quality. It's shown to improve sleep in both healthy individuals as well as those with major health conditions (Zhang et al., 2013).

Many local communities have Tai chi classes or may have online Zoom versions of classes. There are also pre-recorded Tai chi videos, apps, and books that review the easy, mindful movements.

Studies relating to yoga and sleep also continue. In one case, it was found that those who practiced yoga averaged an extra hour of sleep each night (Gooneratne, 2009). The overall health benefits of yoga may also address secondary issues that can interfere with sleep.

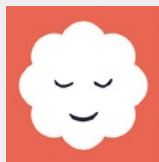
Many wellness apps also guide users in mindfulness, and some specifically address sleep. The popular app “Calm” was studied with college students and found to decrease stress and increase self-compassion. The study noted that many students were using the sleep portions of the app (Huberty et al., 2019). Further study is needed to confirm the sleep benefits. However, it stands to reason that use of certain mindfulness apps will have comparable benefits to other types of mindfulness.

Commonly used mindfulness apps include: Calm, Stop, Breathe, & Think, Insight Timer, and Headspace. Here’s a little more about each one:



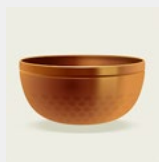
CALM

The app Calm charges a yearly fee, but many users report it’s well worth it. It’s one of the most used mindfulness apps on the market. It includes guided meditations, content to help with sleep, and addresses specific issues like anxiety.



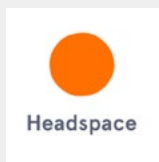
MYLIFE

This app, launched originally as Stop, Breathe, Think, has both an adult and children’s version, and is award-winning. It includes guided meditations and encourages you to check in about your emotional and physical feelings each time you use it. It then will recommend meditations based on your feelings in the moment. Most material in the app is free, with some premium content available.



INSIGHT TIMER

This app has a feature to time your meditations, but also has educational content, series, and a social community. It has quite a bit of free content, with bonus materials for premium members. There are multiple free guided meditations just for sleep.



HEADSPACE

Headspace has a lighter feel and strives to make meditation more accessible. Specific sections address stress and sleep. It includes free content as well as a yearly or monthly subscription for added content.

Many mindfulness research is based on a specific program called Mindfulness Based Stress Reduction (MBSR) created by John Kabat-Zinn. This program is similar to a course, in that it teaches specific mindfulness practices that build on each other. There’s a free online program based on this method at palousmindfulness.com, open for anyone to try.

These tools can be handy and can help you with creating a routine and accountability. You can also practice simple mindfulness on your own. Take a leisurely walk and notice the sounds and colors around you. Or, complete a body scan, bringing attention to each muscle in your body, one at a time. Don’t try to change or judge your experience, just notice it (even if your thoughts wander, which is normal). This simple habit of noticing each day can have life-changing benefits.

Healthy Eating

Eating leafy, green vegetables and fruits can help with overall health, stress, and energy. These in turn may help with sleep. In one study, it was found that women who ate the most greens and fruits were more likely to get the optimal sleep time in the seven- to eight-hour range (Noorwali et al., 2018).

Avoid Late Naps

Some adults wake up in the night or have trouble going to sleep because they've slept too much during the day. Naps can be a great supplement to nighttime sleep. However, they shouldn't be too long or take place too late. Mayo Clinic recommends naps be no more than 20 minutes, and be finished by 3 p.m. or earlier, depending on your typical sleep schedule (Napping, 2018).

If you're prone to napping late, avoid sleep-inducing settings, go for an evening walk instead, or set occasional alerts on your phone to wake you up. Once you break this habit your body will adjust to a more natural sleep schedule that won't interfere with your nighttime rest.

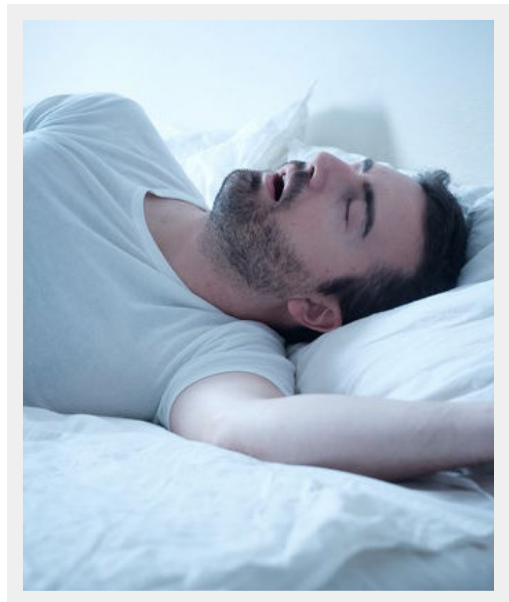
ADDRESS SLEEP DISORDERS

There are several chronic sleep conditions that can interfere with sleep. Here's a look at the most common issues and best practices to address them.

Sleep Apnea

Sleep apnea is a disorder that involves interruptions in breathing at night. It can be a major factor that interferes with sleep and should be addressed. According to Mayo Clinic (Sleep Apnea, 2020), symptoms of this condition can include:

- ▶ Loud snoring
- ▶ Gasping for air, or a partner noticing pauses in breathing
- ▶ Daytime sleepiness, and insomnia at night
- ▶ Morning headaches
- ▶ Daytime concentration issues
- ▶ Irritability



If you suspect you have sleep apnea, or know you do but it's not being addressed, talk to your doctor. The most common treatment is a CPAP machine that will help normalize your breathing at night. If you've struggled with using a machine, there are some alternative treatments to sleep apnea. Making some basic changes such as sleeping on your side or losing weight, if applicable, might help. Certain mouth devices or even surgeries can also be helpful (Gleeson, 2017).



Restless Leg Syndrome

The common condition of restless leg syndrome (RLS) is described as a prickly or crawling feeling in the legs that leads to the urge to move around. Up to 10% of people experience this when they go to bed, and it can interfere with falling or staying asleep. Limiting alcohol, caffeine, and nicotine can improve this for some. Improving overall sleep habits, taking hot baths, and getting massages can also help with managing this condition (Restless Leg Syndrome, 2020).

Parasomnias

A smaller group of people may experience parasomnias at night (Sleep Disorders, 2020). The most well-known type of parasomnia is sleepwalking. Others may talk in their sleep, have night terrors, or even leave the house and return with no memory of it. Following general sleep recommendations or creating a safety plan with roommates or family can help address these issues if needed.

Less Common Disorders

A handful of much less common but significant conditions may also impact sleep. Examples include excessive sleep disorders, or exploding head disorder, when one wakes up suddenly, hearing a loud bang (Sleep Disorders, 2020). If you believe you are suffering from a sleep disorder, talk to a qualified medical professional to assess your concerns.

CONSIDER COMPLICATING CONDITIONS

There are several medical and lifestyle issues that aren't technically sleep disorders but can interfere with sleep just as much. Here's a look at those and what might help.

Menopause Symptoms

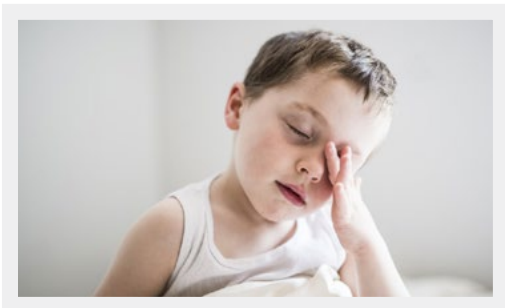
Many women experience sleep issues during menopause and perimenopause, which includes the months or years leading up to full menopause. This may be due to hot flashes, emotional effects of hormonal changes, or related physical issues. Some women adjust to these changes with few symptoms and little fanfare. Others hit it hard and fast with extreme symptoms. Some signs of perimenopause include:

- ▶ Sudden episodes of flushing, feeling hot, followed by the feeling dissipating (hot flashes)
- ▶ Changes in the menstrual period, fluctuating from lighter to much heavier periods, which happen less frequently
- ▶ Changes in ability to concentrate, sometimes described as "brain fog"
- ▶ Feeling more exhausted than usual
- ▶ Fluctuations in mood or onset of depression with no apparent cause
- ▶ Problems with sleep, related or unrelated to hot flashes

There are several medical and alternative options to address menopause. Some women choose to use bioidentical hormones to balance the changes in hormones. There are pros and cons to this, so it should be discussed with a specialist. For short term relief, keeping a fan on at night can be helpful. Some also use alternatives such as Omega-3s and adjusting diet during this time.

Sleepless Children

If you're a parent or grandparent caring for younger children, you may have an entirely different reason for not getting sleep. Little ones may stay up, wake you during the night, or get up at unreasonably early times. While you can't prevent all of these interruptions, especially for the youngest children, there are some techniques you can try with kids in the toddler stage and up:



Set a consistent bedtime and stick with it. Do this even if you co-parent and the other party doesn't use a bedtime. When the child is at your house, this will become the norm. Turn off all devices and distractions, unless you are using them as a sleep aid (such as calming music).

Create bedtime routines, such as changing into pajamas, brushing teeth, and reading a story. These will set up cues that will signal to your child's brain that it's time for sleep.

Wait your child out. It can be easy to give into pleas for television or tablets. The more you can calmly stick to your guns, the less they will push back.

Try soothing apps such as [Moshi](#). These children's sleep apps or videos, with lullabies, hypnotic voices, and calming music mixed with stories are so relaxing you may both have a hard time staying awake.

Pain Management Struggles

Many people struggle with pain issues that keep them up or wake them up at night. Common problems include arthritis, back pain, and fibromyalgia. Chronic pain can also become emotionally frustrating and lead to feelings of helplessness. This can in turn increase stress and lead to worse pain. Working with your doctor to find safe, non-habit-forming medications to address pain and inflammation can be helpful if necessary, as can natural anti-inflammatories. Adding mindfulness, massage, and relaxation techniques may also help more than you think. Combining these with other best practices for sleep may make pain more manageable at night.

Acid Reflux

If you suffer from heartburn or acid reflux, you know it can be a discomfort and annoyance that can interfere with sleep. This may be one of the least pleasant ways to wake up at night. Monitoring triggering foods and drinks can help in the short term. If you continue to struggle with this, it may be a more serious issue, or may simply require a stronger medication. Talk with your doctor about options.

TROUBLESHOOT STRESS AND EMOTIONS

If you are already doing everything right, and don't seem to suffer from a physical sleep condition, there may be other issues going on. You might be dealing with stress, anxiety, depression, or another mental health condition. There are some extra steps you can take to see if they alleviate these emotional issues that can interfere with your rest.

Journaling Thoughts at Night

Many people notice when they lay down to rest at night, the problems of the day can come crashing in. While there are distractions such as work, hobbies, and family needs during the daytime, these calm down at night. That's when your brain can become active, trying to sort out what just happened. There are some strategies that may help if this happens to you.

Many people find that journaling about the day before bed can decrease stress and nightmares. No one knows for sure why we dream, but many people believe disturbing dreams occur because we are trying to work through emotional issues. Sorting these out and getting them out of your brain before bedtime might help.



Specific research has looked at gratitude, or positive journaling as well. Journaling about positive events that happened during the day, or listing things that went well in the day, can decrease stress and improve sleep (Wood et al. 2018).

Some people also find that writing a to-do list can be helpful. If you tend to think about everything you have to do in the next day or week, this can help you get it out. It might offer a feeling of security and comfort, allowing your brain to rest.

Move or Add Mindfulness to the Nighttime

Many people report that adding or moving mindfulness exercises, such as meditation or Tai chi, to the evening improves sleep. This also offers a way to digest activities of the day and prepare for sleep. There are many types of mindfulness, such as those explained previously in this guide, you might try.

Address Anxiety Issues

If you find these practices don't help you deal with evening anxiety, you may need help for a more serious condition. Fortunately, even severe anxiety issues such as post-traumatic stress can be treated effectively with the right treatment.



If you have constant worried thoughts and rumination about what might go wrong, you might be dealing with a type of generalized anxiety. This is when the brain forms a habit of looking for negative things as a way to protect you. However, since worrying doesn't normally help us in modern times, it tends to cause more problems than it helps.

Sometimes, people have more severe anxiety accompanied by nightmares relating to past events, intrusive memories of trauma, and overwhelming anxiety or hypervigilance. This might be an indication that you are dealing with past trauma, which can be particularly difficult at nighttime.

Try CBT Techniques

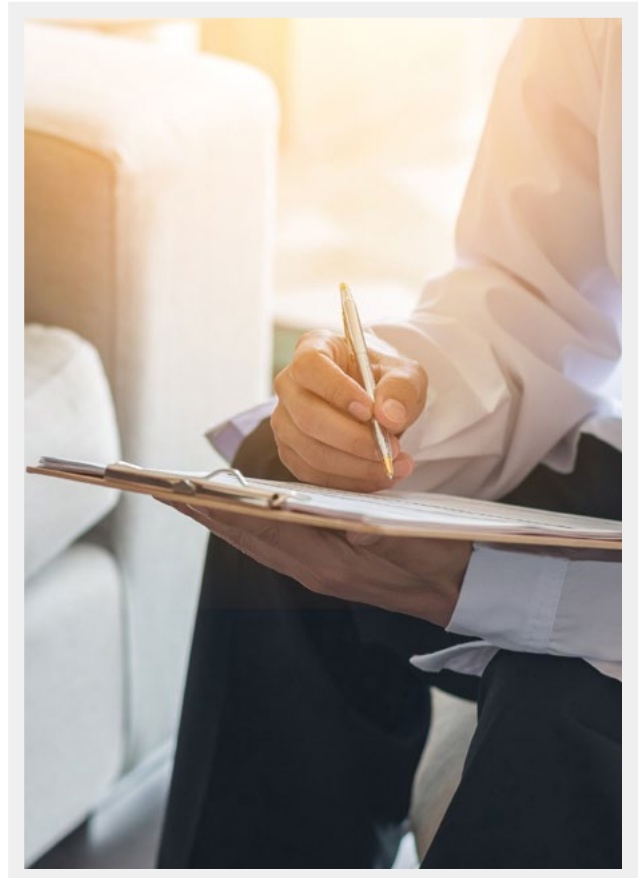
Types of cognitive behavioral therapy (CBT) combined with exposure techniques can address anxiety, trauma, and related issues. Finding a therapist that is effective at addressing underlying causes of anxiety can be key. With the right kind of therapy, you can find relief within several weeks to a few months from even these more serious conditions.

Meanwhile, basic CBT tools can help you get started on changing thinking and stress patterns.

Start by noticing any negative patterns of thinking. If you tend to get angry at traffic, politics, or certain family members, make a mental or physical note of it. Once you've identified these common triggers, set boundaries or reframe the situation.

For example, if political issues tend to cause you stress, limit your exposure to news, and avoid conversations that just go in circles. If something you don't like is happening, consider ways it might lead to a good thing eventually. Have there been negative political events in the past that eventually got better or actually turned into something good? Or, find something satisfying that you can do to help with the issue, giving you some sense of control.

Sometimes there are deeper concerns that are fueling times you get upset or stressed. A qualified therapist can help you sort through these topics and make sense of them. Simply having regular support from a more neutral person can be comforting and help you feel better.



Medication Considerations

Many people take sleeping pills to aid with drifting off at night, or doctors may recommend these when patients complain. While there may be some potential benefits of prescription medications for sleep, there are also concerns about commonly used drugs. For example, Ambien might be abused or can be habit-forming. It, along with other prescribed medications, can also lead to a drowsy feeling in the morning.

If anxiety is related to sleep, doctors sometimes prescribe benzodiazepines like Xanax. Although these are popular and work in the short term, they are shown to make anxiety worse over time as they can interfere with addressing the underlying causes. Getting to and addressing the root of the sleep problem may be more helpful.

TRY COMPLEMENTARY AND ALTERNATIVE SOLUTIONS

Many people find their own solutions to sleep issues. This may be based on personal experience, a recommendation from a friend, or commonly used methods outside of western medicine. While these strategies don't all have multiple major studies supporting them, they show some promise and have much anecdotal evidence.

Herbs

Some find that herbs help with sleep. Examples include ginseng, valerian, or lemon balm (Sleep Disorders: Insomnia, 2016). Of these, the plant valerian has gained much attention, and some small studies have shown possible clinical benefits (Gooneratne, 2009).

Melatonin

Melatonin may be one of the best-known, most popular natural solutions for sleep. It seems to help most for circadian rhythm problems, when your body has confused the day and nighttime. For this reason, it's helpful for jet lag and changes in work scheduling, or for short term adjustment. Studies continue to look at its benefits for ongoing sleep issues, and the jury is still out on this. However, in unique cases it has seemed to be effective (Gooneratne, 2009).

Acupuncture

Acupuncture is widely used around the world as a treatment for multiple conditions, including sleep issues. While research has been somewhat inconsistent, some studies have shown it to work better than placebos and prescribed medication in some cases (Shergis et al., 2016).

Passionflower

More research is needed to determine the benefits and risks of passionflower, a popular supplement used for sleep. However, it shows promising results in helping induce sleep (Guerrero & Medina, 2017).

Magnesium

Magnesium is another popular supplement for sleep. Research is also promising here, and when combined with melatonin and Vitamin B it's been shown to help treat insomnia (Djokic et al., 2019).

Light Therapy

While too much light at night can interfere with sleep, too little in the day could also have a negative impact on the circadian rhythm. Studies on using light therapy in the daytime to help with sleep are mixed. However, there is some evidence that it may help people sort out the sleep cycle. If you have trouble sleeping and feel like you don't get enough daytime light, it may be worth a discussion with your doctor about the benefits of light therapy (Maanen et al., 2016).

REVIEW YOUR SLEEP PLAN

Sleep seems like a simple thing but is fleeting for many. Since so many things can impact it, from the stress of the day to an obscure medical disorder, it can sometimes be difficult to address. However, since it has such a powerful aspect on your health, life satisfaction, and longevity, it's well worth the effort.

If you already know what's likely causing your sleep issues, you might start there. Many of the basic recommendations to improve sleep are harmless and have other health benefits as well. Beginning with the basics of a bedtime routine -- and cutting out obvious culprits like evening caffeine or late-night binge watching -- are a good start. Addressing underlying health conditions like heartburn and acid reflux are a good next step. Adding basic mindfulness and relaxation techniques can help with stress. Finally, addressing more complicated issues like major anxiety or a sleep disorder is important.

To make your plan more concrete, consider writing it down. Include your priorities when it comes to improving health and sleep habits and start by addressing one at a time. Most importantly, don't give up on yourself, your sleep, and your health. Your overall well-being depends on it and is worth it.



NOW, GET READY FOR THE MOST LIFE-CHANGING HEALTH SECRETS OF ALL...

So again, here at The Art of Anti-Aging, the “anti” means we’re *against* all the destructive lies about getting older out there that equate hitting your 30s, 40s, 50s, 60s and beyond with becoming increasingly undesirable, incapable, doomed to suffering and disease, and “over the hill.”

We’re *against* all the toxic “solutions” and toxic thinking being pushed on people by certain powers-that-be who so often play upon those destructive aging lies and manipulate people through fear and even “convenience.”

Instead, we are certain that when you take the right steps, your “middle years” and “golden years” will truly be your best years.

And we are **100% committed to providing you the proven most effective health and wellness steps** to achieve that... to look your best, feel amazing, avoid and overcome disease, and live a long life doing it.

The special report was just a small taste of that (and please DO share this report with family and friends)...

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Because you’re going to get **total clarity on the simple and MOST EFFECTIVE secrets you can put into play in your life starting right now to look your best, feel amazing, avoid and even overcome disease, and live a long life doing it...**

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YOUNGER, LONGER

The Insider's Health Summit

22 Top Experts Reveal the Simple and Most Effective Secrets to Look & Feel Younger Now, Avoid Disease, and Live Long



*“The times have been challenging for all of us, and we could certainly use some solid ground to walk on. That makes this a great time to lean into the wisdom of some of the foremost natural health leaders of our times. And that’s one of the things you’re getting in Younger, Longer: The Insider’s Health Summit. My friend, longtime natural health researcher and advocate Brian Vaszily, invites you to join him in uncovering **the most effective steps you can take to look and feel your best, and to add years to your life and life to your years.**”*

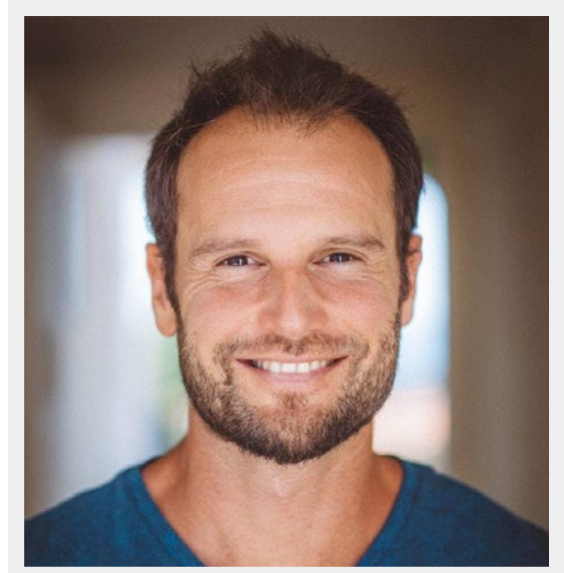
Ocean Robbins

Co-founder & CEO, Food Revolution Network

*“Brian Vaszily has long been a highly respected luminary in the natural health world, and now he’s launching an online summit that may well be one of **the most important health events in years** – Younger, Longer: The Insider’s Health Summit. In it, you’re going to discover no less than the most effective steps to live long and well from 22 of today’s leading natural health doctors and researchers. Be sure to tune in and listen closely, because **this one promises to be a true life-changer!**”*

Ari Whitten

World-Renowned Energy and Fatigue Expert



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