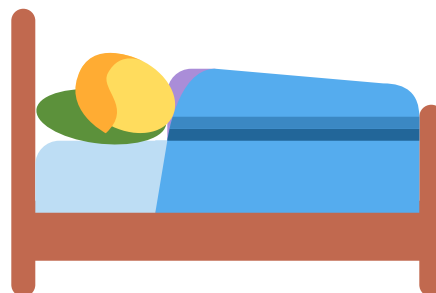


# 9 SLEEP HACKS

Sleep is critical for good health, a clear brain, and a happy attitude. Yet many people suffer from poor quality sleep or not enough sleep. Here are some unusual tips that have worked for me. As unusual as some may sound, there is scientific research backing them up.

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## 1 NO CAFFEINE AFTER 2PM

Just don't do it if you want to sleep well.

## 2 BLUE LIGHTS OFF

Blue light from your computer, TV, mobile phone, and light bulbs will hinder your ability to sleep. Turn off 1 hour before bedtime. Most computers and cell phones have "Night Mode" in the Settings to limit blue light. Best to sleep in total darkness.

## 3 RED LIGHT ON

Turn off all lights except one red light bulb 1 hour before bedtime to stimulate melatonin production for better sleep. Or you can buy special blue light blocking sunglasses you can wear at night. You can buy on Amazon.

## 4 LAVENDER ESSENTIAL OIL

Aromatherapy Essential Oils like Lavender can help calm you for better sleep. There are also many Sleep blends on the market. Rub on your chest and around your head before going to bed.

## 5 DRINK "CALM" POWDER

A popular magnesium powder called "Calm" is an anti-stress supplement and can help you relax. You can find it at most any health food store. Mix the powder in warm water before bedtime and drink. The regular "Calm" works best for me.

## 6 COUNT YOUR BLESSINGS

After crawling into bed, think about your day and the things you are most grateful for that day. Choose the one thing you are the most grateful for. This will focus your mind on the positive for a more peaceful sleep.

## SLEEP DETOXES THE BRAIN

The newly discovered glymphatic system in the brain is the pathway that cleanses toxic proteins from the brain while you are in deep non-REM sleep mode. Sleeping on your side is when the glymphatic system is most effective for brain cleansing.

Because the accumulation of toxic proteins such as beta amyloid and tau in the brain are associated with Alzheimer's disease, researchers have speculated that impairment of the glymphatic system due to disrupted sleep could be a driver of the disease. This squares with clinical observations which show an association between sleep deprivation and heightened risk for Alzheimer's.

## 7 THE LAST WORD

State out loud your intention to release the day and surrender into sleep. State that you will sleep deeply and get all the sleep you need and wake refreshed and rested. These simple commands are powerful. Try it.

## 8 HUM YOURSELF TO SLEEP

Humming or singing softly will stimulate the Vagus Nerve and relax you. Humming distracts the mind from thinking and the vibration is soothing. Try it. You will be asleep before you know it!

## 9 PLAY ASMR SOUNDS

Autonomous Sensory Meridian Response (ASMR) is a deep relaxation and sleepiness some people experience with certain sounds like tapping, clicking, whispering, etc. See if it works for you. Search ASMR on YouTube.