

sleep aid tips

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- **Some natural sleep aid tips for better health.**
- **An outline of your Lifetime Sleep Cycles and sleep requirements for optimum health.**
- **Bonus sleep affirmations and sleep quotes.**

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Site contents of www.sleep-aid-tips.com released in e-book format

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2. Introduction

This web site book is divided into sections that address different ways to achieve healthy sleep using natural remedies and techniques. It is designed so that you can select from many options to aid a state of rest, from relaxation techniques and aromatherapy baths, to creating the right bedroom atmosphere, to meditation and dream work.

To keep your body supple and relaxed, massage, reflexology and yoga techniques are suggested.

A section on aromatherapy explores ways to relieve tension and irritation, and to rid the system of damaging anger and stress, while recipes for bath salts, sleep pillows and herbal teas are designed to soothe you to sleep.

Sleep Needs over the Life Cycle:

It's a basic necessity of life, as important to our health and well-being as air, food and water.

When we sleep well, we wake up feeling refreshed, alert and ready to face daily challenges.

When we don't, every part of our lives can suffer.

Our jobs, relationships, productivity, health and safety (and that of those around us) are all put at risk.

And lack of sleep due to sleep loss or sleep disorders is taking a serious toll.

The average adult spends between seven and nine hours asleep each night.



Infants/Babies*

0-2 months: 10.5-18.5 hours

2-12 months: 14-15 hours

Toddlers/Children*

12-18 months: 13-15 hours
18 months-3 years: 12-14 hours
3-5 years: 11-13 hours
5-12 years: 9-11 hours

Adolescents/Teens Sleep requirements

8.5-9.5 hours

Adults/Older Persons

On average: 7-9 hours

*Total time includes naps.

Why we need so much sleep:

We know that during this time, the body makes any necessary repairs that it needs from the day's activities. Toxins are eliminated, tissues and cells are rebuilt. The mind processes stress that has accumulated during the waking hours, reducing its adverse effect on the system.

But even with extensive research in the laboratory, many of the functions of sleep remain a mystery.

One thing is certain, though – without it, the body and mind cannot operate properly.

If sleep is missed or of poor quality for long periods of time both our physical and mental health will suffer. Sleep deprivation takes its toll on your productivity, your enjoyment of life and your looks.

Fortunately, there are many effective ways to stave off temporary bouts of insomnia and ensure continual deep sleep, night after night, allowing you to work and play at optimum energy levels



3. Sleep Aid Remedies

Summary of some sleep aid remedies described in greater detail and with recipes and instructions, in the following pages of the sleep aid site book.

Balance and perspective:

At certain times, insomnia may result from stress.

Massage techniques can ease tense necks, aching shoulders and upright torsos, and face massage can be an instant calmer.

Some stress is an inevitable part of life, but when you need to achieve a state of inner calm, a range of meditation and visualization techniques can help you work through your insecurities, worries and anxieties.

With practice, stress can be diminished so that it is no longer a cause of sleepless nights.

A calm environment:

Lack of sleep can also be exacerbated by external factors such as noise, a “busy” atmosphere in the bedroom, or simply the wrong type of mattress.

By making the best of your physical environment, you can reduce or remove many of these detrimental factors.

Following the principles of feng shui you can arrange your bedroom space to best effect and remove clutter that can clog free-flowing “chi” or energy.

Choosing a calming room décor and lighting scheme can soothe the senses, while establishing a bed-time ritual can make sleep a pleasant and comforting experience to look forward to.

Pampering treatments:

In view of the many demands made by daily life, it is essential to find time to switch off from cares and worries in the evening, and indulge in some personal quality time.

However busy you are, you should take time to wind down before trying to go to sleep, otherwise your mind will still be buzzing with the concerns of the day.

Surrounding yourself with gentle candlelight and sinking into a hot bath laced with aromatherapy oils or herbal sachets can go a long way to soothe and prepare your body for sleep.

Essential oils such as lavender and clary sage added to the water help to diminish tension headaches and muscular aches, while bath bags or bath salts made with chamomile help to ease stress.

You can also use the natural energies from flowers and herbs as a base for warming foot baths, soporific sleep pillows and effective sleep tinctures.

Bedtime snacks:

You ate dinner at 6pm; it's now 11.30pm and you're ready to go to bed, but now you're feeling hungry and thirsty again.

What do you do? Instead of raiding the refrigerator for a substantial and perhaps indigestible meal, it is better to opt for a light snack, such as toast with a topping and perhaps a hot, comforting beverage.

Try to avoid tea and coffee as they are stimulants and will tend to keep you awake if you drink them late in the day.

Instead, herbal teas prepared for their sedative properties may be sipped in the evening, while warm, milky drinks are ideal for consumption before bed – milk contains peptides that calm the system.

The occasional hot toddy can also provide a delicious way to wind down, and this is particularly good on a cold winter's evening, especially if you are suffering from a cold.

Calming the psyche:

Sometimes it is difficult to sleep due to excessive emotions, such as fear, excitement or anxiety. Crystal therapy can help to calm heartache; choosing the right stones can also calm restlessness and anxiety, and help to regulate sleep patterns.

Crystals can be helpful when bad dreams and nightmares are keeping you awake, as can techniques such as visualizing a guardian angel or spiritual protector. When you have perplexing or mystifying dreams, it can be very helpful to write down what happened before you forget, so that you can ponder and try to analyze them later on.

Working towards an understanding of your dreams adds an enjoyable richness to what can be the fascinating pageant of sleep.

Exercise to relax:

Keeping the body moving is essential for good sleep – without exercise, you will not be physically tired enough to rest at night. Aerobic activities such as walking and cycling exercise the heart and tone the muscles, while some specific yoga techniques provide an excellent way to stretch and relax.



Instant fixes:

If all else fails and you are still awake in the dead of night, try some or all, of these quick insomnia cures:

- Lie on your back with your knees propped up on a small pillow
- Sleep with your head pointing in the direction North
- Get up the same time every morning and go to bed at the same time every night for a week
- Visualize yourself in a peaceful place, such as a field full of wildflowers with a gentle breeze blowing, or near a gently flowing stream where you can see fish swimming past you.
- Visualize a boring scenario, such as a lecture you have no interest in
- Read out loud the names and numbers from the phone book
- Reserve your bedroom and the bed as a place for sleep only
- Wiggle your toes gently until you fall asleep
- Rub your stomach lightly
- Cut up a mild onion, place in a jar by the bed and sniff before retiring.
- Think of ten wonderful things that have happened to you today
- Squeeze all your muscles together tightly for a few minutes and then relax.
- Threaten yourself that "If I am not asleep within the next 10 minutes, I will get up and..." clean the oven, or clean the fridge....whatever you really hate doing... When your brain knows you really mean it - this will scare you to sleep to avoid a nasty chore!

Avoid these sleep deterrents:

- Drinking excessive alcohol
- Smoking cigarettes
- Drinking caffeine
- Taking long naps in the afternoon
- Watching disturbing films prior to bed
- Reading mentally stimulating books prior to bed
- Playing video games
- Listening to fast paced or loud, stimulating music.



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YOUR LIFE STAGES –

How your sleep needs change as you age:



Baby sleep:

Newborn Babies daily sleep requirements:

0-2 months: 10.5-18.5 hours

Despite their small size, babies can wield tremendous power over their parents.

Some new parents will go to extreme lengths to get their baby to sleep, rocking them to sleep in their arms for hours or driving them around town until their eyelids finally flutter shut.

Bedtime doesn't have to make parents and their babies crazy.

A newborn's sleep cycle is disorganized. In the first few weeks, you can expect your baby's sleep to be distributed throughout the 24 hours, with each sleep period lasting anywhere from 30 minutes to 3 hours, and with frequent waking periods through the night. In about six weeks a more regular, defined sleep pattern should begin to emerge.

While sleeping, your baby may be very busy twitching, jerking, sucking, snuffling—even smiling. This is normal. Even with all this activity, your baby is actually getting a perfectly sound sleep.

When addressing difficulties that your child may be having with sleep, it is important to be aware of the general developmental progression of sleep behavior in kids. Newborns alternate between sleep and wakefulness every 3-4 hours, awakening often associated with hunger.

As the child grows this develops into what is called a "diurnal" pattern. This means there are progressively longer periods of wakefulness during the daytime as well as longer periods of sustained sleep at nighttime. By about 12 weeks, an infant may sleep at night for periods up to 8 hours.

At 3-4 months, more than 70% of infants are sleeping for sustained periods of time at night. This is sometimes referred to as "settling in" and it occurs as the infant's brain matures.

If we look at EEG patterns (an EEG is an instrument that measures brain waves) we can see the patterns becoming increasingly organized into distinctive stages differentiating sleep from wakefulness.

An infant probably spends 16 hours of a 24-hour period asleep. This decreases to 12 hours in the second year of life, 10 hours by age 3, and to 9 hours from ages 8-12.

Remember that this varies according to the child. With some children, this kicks in quite early and with others it happens much later on. This is simply a variation in normal development.

While the development of the brain plays a very important role in the establishment of the sleep-wake cycle, learning and conditioning are equally important.

This is good news for parents because it means they can also play a role in enhancing and facilitating the development of their child's sleep behavior.

Just as parents pay attention to their children's general hygiene, they can also address their sleep hygiene.

This can help to establish life-long patterns of good sleep. It's much easier to prevent a sleep problem than to treat one.

Here are some guidelines on what to expect, from the time you bring your tightly swaddled bundle home to your baby's third birthday.

Every living creature needs to sleep. It is the primary activity of the brain during early development.

Circadian rhythms, or the sleep-wake cycle, are regulated by light and dark and these rhythms take time to develop, resulting in the irregular sleep schedules of newborns.

The rhythms begin to develop at about six weeks, and by three to six months most infants have a regular sleep-wake cycle.

By the age of two, most children have spent more time asleep than awake and overall, a child will spend 40 percent of their childhood asleep.

Sleep is especially important for children as it directly impacts mental and physical development.

There are two alternating types or states of sleep:

Non-Rapid Eye Movement (NREM) or "quiet" sleep. During the deep states of NREM sleep, blood supply to the muscles is increased, energy is restored, tissue growth and repair occur, and important hormones are released for growth and development.

Rapid Eye Movement (REM) or “active” sleep. During REM sleep, our brains are active and dreaming occurs. Our bodies become immobile, breathing and heart rates are irregular.

Babies spend 50 percent of their time in each of these states and the sleep cycle is about 50 minutes. At about six months of age, REM sleep comprises about 30 percent of sleep. By the time children reach preschool age, the sleep cycle is about every 90 minutes.

For newborns, sleep during the early months occurs around the clock and the sleep-wake cycle interacts with the need to be fed, changed and nurtured. Newborns sleep a total of 10.5 to 18 hours a day on an irregular schedule with periods of one to three hours spent awake.

The sleep period may last a few minutes to several hours. During sleep, they are often active, twitching their arms and legs, smiling, sucking and generally appearing restless.

Newborns express their need to sleep in different ways. Some fuss, cry, rub their eyes or indicate this need with individual gestures. It is best to put babies to bed when they are sleepy, but not asleep.

They are more likely to fall asleep quickly and eventually learn how to get themselves to sleep. Newborns can be encouraged to sleep less during the day by exposing them to light and noise, and by playing more with them in the daytime. As evening approaches, the environment can be quieter and dimmer with less activity.

GO WITH THE FLOW

The first few weeks of your baby’s life are all about adjustment—for your baby and for you. It’s simply too soon to expect structured sleep patterns, so it makes sense to take your cues from your baby. Do what works for your baby now, and before long you’ll have the beginnings of a sleep routine.

Every child is different. Your baby’s sleep habits will be different from your friend’s baby, or from an older sibling at the same age.

Build your routines and rhythms around your baby’s sleep needs and patterns. Once you’re familiar with your own baby’s sleep patterns, you can begin establishing regular routines to help your baby—and the whole family—get to sleep and sleep well.

Learn your baby’s signs of being sleepy. Many babies become fussy or cry when they get tired, but others will rub their eyes, pull on their ears, or even stare off into space. Put your baby down for bedtime or a nap when your baby first lets you know he or she is tired.

Follow your baby’s cues. Your newborn may prefer to be rocked or fed to sleep. This is fine for the first few weeks or months. By three months, however, begin to establish good sleep habits.

Always put your baby down to sleep on his or her back. A baby should sleep on a firm mattress, with no fluffy or loose bedding.

After the first few weeks, start to actively encourage nighttime sleep if your baby is awake a lot at night and sleeps much of the day. Do this by making sure the bedroom is dark or dim and cutting down on nighttime play

Have realistic goals about sleep. Your baby will not be able to sleep for long stretches at a time for the first few months.

Make sleep a family priority. It's usual to be sleep-deprived with a newborn. But no one benefits if you're crying from exhaustion while the baby's crying to be calmed.

Tell your spouse (or a friend who's offered) when you need a break. And, tempting as it is to use naptimes to get things done, you'll be able to cope better if you nap when your baby does.

Take the first steps toward a bedtime routine.

The important thing is that it's built around things that both you and your baby enjoy.

Your newborn's bedtime routine could include:

Taking a bath

Getting a massage

Changing into pajamas

Rocking and cuddling

Sharing a song

Or whatever works best for you and your baby

Sleep Tips for Newborns

- Observe baby's sleep patterns and identify signs of sleepiness.
- Put baby in the crib when drowsy, not asleep.
- Place baby to sleep on his/her back with face and head clear of blankets and other soft items.
- Encourage nighttime sleep.



Infants daily sleep requirements:

2-12 months: 14-15 hours

A 3- or 4-month-old is taking three to four naps a day, and a 12-month-old is typically taking two naps a day.

One of the problems answering that question is the definition of "sleeping through the night."

The original definition in 1957 was a baby who sleeps from midnight to 5 a.m. is sleeping through the night.

Gradually, over the first few months, your baby will begin to develop a more predictable pattern. Between 2 and 4 months, you will notice a regular rhythm of sleepiness and alertness throughout the day.

Between 3 and 6 months most babies begin to sleep for longer stretches at night. In the first year, babies naturally cut down their daily naps from 3 or 4 a day to 1 or 2 a day. Note that developmental milestones, such as rolling over and pulling up to stand, can temporarily upset sleep.

So if you're looking for 12 hours straight, they will be at least 6 months of age until they can sleep for that long without a nighttime feeding.

By six months of age, nighttime feedings are usually not necessary and many infants sleep through the night; 70-80 percent will do so by nine months of age. Infants typically sleep 9-12 hours during the night and take 30 minute to two-hour naps, one to four times a day – fewer as they reach age one.

When infants are put to bed drowsy but not asleep, they are more likely to become “self-soothers” which enables them to fall asleep independently at bedtime and put themselves back to sleep during the night.

Those who have become accustomed to parental assistance at bedtime often become “signalers” and cry for their parents to help them return to sleep during the night.

Social and developmental issues can also affect sleep. Secure infants who are attached to their caregiver may have less sleep problems, but some may also be reluctant to give up this engagement for sleep.

During the second half of the year, infants may also experience separation anxiety. Illness and increased motor development may also disrupt sleep.

For all children, adolescents and adults, you want a bedroom that's cool, quiet, dark and comfortable.

All babies should sleep on a firm surface. There should be very little bedding in their crib, so that there's no concern about suffocation.

And, of course, all babies should be put down on their backs to sleep to decrease the risk of sudden infant death syndrome.

A consistent sleep schedule with set nap times and a set bedtime is going to set their internal clock and make it so they fall asleep quickly and stay asleep. A typical baby bedtime is between 7:30 and 8:30 at night.

One of the key things in getting a baby to have good sleep habits is a bedtime routine.

You want that bedtime routine to be 20 to 30 minutes long and include about two to three activities, which are exactly the same every single night.

A typical bedtime routine may include taking a bath, massaging the baby, reading, singing lullabies.

You want activities that are soft and soothing. Now, if your baby hates taking a bath or can't sit still for books, you want to do that at a different part of the day.

One of the most important things that you want to do as a parent is figure out the sign your baby gives when he or she is sleepy.

Does she rub her eyes? Does she pull her ears? Does she twirl her hair? One baby I knew used to stare off into space.

The mom thought the baby was bored so she would sort of do antics, but, really, that was a sign for the baby that he wanted to go to sleep.

The moment your baby gives you that sign, that's your window of opportunity.

You want to go right away and put them down for their nap or for bedtime.

All babies naturally awaken between three and six times throughout the night.

As they change from one sleep stage to another, they're going to have a normal arousal. The question is whether or not a baby can fall back to sleep on their own.

A baby who can fall asleep on their own at bedtime is a baby who's going to fall right back to sleep when they waken during the night.

The National Sleep Foundation data from the Sleep in America poll found that 46 percent of children are being put down awake in their cribs rather than asleep.

So the majority of children are being put down asleep. But children who are put down awake fall asleep faster and sleep, on average, one hour more at night.

A baby who's rocked to sleep, nursed to sleep, driven in the car to sleep, pushed in a stroller to fall asleep at bedtime is going to need that exact same thing to fall back asleep at 1:00, 3:00 and 5:00 every time they naturally awaken.

If a parent has a baby who's having a difficult time falling asleep or staying asleep, they may choose to do what we often refer to as sleep training. So you do your bedtime routine, you put your baby down awake in their crib and then leave the room.

At that point, you want to check on your child. How often you check is going to depend upon your tolerance as a parent and your baby's temperament.

For some babies, it makes them more upset to check on them than not to check on them.

Every time you go in to check on your child, you want to go in for just a minute or two, be really calm, let them know everything is OK and leave.

It's best not to pick them up, but, if you need to, that's OK, as long as you put them back down.

The first night, they will often fuss (that's our nice way of saying they may be upset) for 30 to 45 minutes. The second night is going to get worse, because it's sort of "last night was a fluke, tonight I really mean it."

By third night, you're going to see dramatic improvement and, if you stick with it for a week, what you're going to find is a baby who falls asleep very quickly at bedtime and will start sleeping through the night.

The most important thing parents should do when they start sleep training is consistency. If they're consistent, they are going to see a major improvement.

When there are two parents in the household, sleep training always takes some negotiation. You both need to come up with a plan that you're going to stick to.

If there is one parent who can't tolerate any crying by their child, you may want to send them out to the store or to a friend's house, so you can help the baby get over the hump.

The other thing that's important for parents to realize is that they're doing this for the benefit of their baby.

Some parents feel as if they're being selfish. You have to realize that a baby waking three times a night is going to feel as awful the next day as a parent waking three times per night. Also, having a parent who's well rested is going to have huge benefits for babies.

Create a bedtime routine that works for both you and your infant.

From 6 weeks to 3 months, start creating a familiar sequence of calming events that unfolds night after night and clearly says, "It's time to settle down and go to sleep."

Now that your baby's sleep patterns are becoming more organized, it's time for a bedtime routine that will fit in with your family's needs as well as your baby's needs.

Keep the sequence of events basically consistent even with caregivers or when away from home. It can also be helpful to have parents take turns putting their baby to bed.

Learn your infant's signs of being sleepy. Many babies become fussy or cry when they get tired, but others will rub their eyes, pull on their ears, or even stare off into space. Put your baby down for bedtime or a nap when your baby first lets you know he or she is tired.

Start developing a bedtime routine. Make sure your routine is not too long or too impractical to stick to. Rock your baby to sleep at 6 months, and you may end up doing the same when the baby wakes in the night—as all babies do for short periods—or even when your little one turns two.

Set a regular sleep schedule for your baby. Settle on regular naptimes and a bedtime that allow your baby to get all the sleep he or she needs. Contrary to what you may think, cutting down on naps won't help at night. It can be a recipe for overtiredness and a worse night's sleep. But you'll also want to avoid naps too close to bedtime.

Give your infant soothing surroundings. Keep the bedroom dark, cool and quiet. And make sure lights and environment are the same at bedtime as they will be throughout the night.

Wind down your routine where you want your baby to sleep. The last part of the routine should happen in the room where your baby sleeps.

Put your infant to bed drowsy but awake. This may teach your baby to soothe himself or herself to sleep, as well as to go back to sleep in the night on his or her own, with little if any intervention from you.

Make sleep a family priority. Remember, you need sleep, too. If friends and family have offered help, take them up on the offer. Resist as much as you can treating your baby's naptime as your chore time. Take a nap when your baby does.

Avoid making bedtime feedings a permanent fixture. They rarely help either how long or how well your baby sleeps. And after 6 months nighttime feedings are rarely necessary. Move a bottle or nursing time earlier in the evening, to avoid the association between eating and sleeping.

Create a consistent bedtime routine you and your infant enjoy, this could include:

- Develop regular daytime and bedtime schedules
- Create a consistent and enjoyable bedtime routine.
- Establish a regular "sleep friendly" environment.
- Encourage baby to fall asleep independently and to become a "self-soother."
- Develop Taking a bath routine
- Getting a massage routine
- Changing into pajamas routine
- Hearing a story routine
- Sharing a song routine

Or whatever works best for you and your infant

Toddler - Children's daily sleep requirements:



1-3 Years Toddlers – kids sleep

12-18 months: 13-15 hours

18 months-3 years: 12-14 hours

3-5 years: 11-13 hours

5-12 years: 9-11 hours

Toddlers need about 12-14 hours of sleep in a 24-hour period. When they reach about 18 months of age their naptimes will decrease to once a day lasting about one to three hours. Naps should not occur too close to bedtime as they may delay sleep at night.

Many toddlers experience sleep problems including resisting going to bed and nighttime awakenings. Nighttime fears and nightmares are also common.

Many factors can lead to sleep problems. Toddlers' drive for independence and an increase in their motor, cognitive and social abilities can interfere with sleep.

In addition, their ability to get out of bed, separation anxiety, the need for autonomy and the development of the child's imagination can lead to sleep problems. Daytime sleepiness and behavior problems may signal poor sleep or a sleep problem.

Your toddler may be finished with morning naptimes by around 18 months, and naps will disappear altogether between 2 1/2 and 5 years.

At the same time, most toddlers will have learned to sleep through the night, although stressful events and other interruptions (an illness, a trip) can temporarily upset this welcome pattern.

Switching to a bed is another change that can be disruptive for a toddler, especially if it happens too early. Most toddlers switch to a bed between 2 and 4 years.

If you regularly have to wake your child in the morning, it could be a sign that he or she isn't getting enough sleep. The number of hours a toddler sleeps will be different for each child. However, most toddlers are consistent in how much they sleep from one day to the next.

Build a regular bedtime routine everyone enjoys.

For a toddler, this could include:

Taking a bath

Changing into pajamas

Reading books together

Sharing a song

Or whatever works best for you and your toddler

Your toddler's sleep patterns will continue to change. Toddlers can generally sleep through the night, although change and stressful events (a trip or illness, for example) can cause temporary setbacks.

All children wake briefly at regular intervals throughout the night. A toddler who's learned to fall asleep on his or her own will be able to return to sleep in the middle of the night without help from you—although normal bedtime fears and nightmares may need your reassurance.

Set a regular sleep schedule. Establish regular naptimes and a bedtime that allow your toddler to get all the sleep he or she needs. Restricting naps won't help a toddler sleep better at night. Quite the opposite—it can lead to overtiredness and more sleep problems. But avoid naps late in the afternoon. Many babies become fussy or cry when they get tired, but others will rub their eyes, pull on their ears, or even stare off into space. Put your baby down for bedtime or a nap when your baby first lets you know he or she is tired.

Wind down your routine where your child sleeps. Make sure the last few soothing minutes of the bedtime routine happen right in your toddler's room.

Give your toddler soothing surroundings. Keep the bedroom dark, cool and quiet. A night-light is fine. A television isn't. And make sure the environment is the same at bedtime—lighting, for example—as it will be throughout the night.

Put your child to bed drowsy but awake. This may teach your toddler to fall asleep, as well as to go back to sleep in the night on his or her own, with little if any help from you. Whatever routine you have established at bedtime will need

to occur again if your child wakes in the middle of the night. So create a routine that helps your child fall asleep on his or her own.

Set limits. If your child stalls at bedtime, set clear limits, such as how many books you will read or how many drinks of water you will allow.

Make sleep a family priority. Remember, looking after a toddler takes plenty of energy. You need your sleep, too.

Sleep Tips for Toddlers:

- Maintain a daily sleep schedule and consistent bedtime routine.
- Make the bedroom environment the same every night and throughout the night.
- Set limits that are consistent, communicated and enforced.
- Encourage use of a security object such as a blanket or stuffed animal.



Preschoolers daily sleep requirements:

(3-5 years) Preschoolers typically sleep 11-13 hours each night and most do not nap after five years of age.

As with toddlers, difficulty falling asleep and waking up during the night are common.

With further development of imagination, preschoolers commonly experience nighttime fears and nightmares. In addition, sleepwalking and sleep terrors peak during preschool years.

Sleep Tips for Preschoolers:

- Maintain a regular and consistent sleep schedule.
- Have a relaxing bedtime routine that ends in the room where the child sleeps.
- Child should sleep in the same sleeping environment every night, in a room that is cool, quiet and dark – and without a TV.



School-aged Children daily sleep requirements:

Children aged five to 12 need 10-11 hours of sleep.

At the same time, there is an increasing demand on their time from school (e.g., homework), sports and other extracurricular and social activities.

In addition, school aged children become more interested in TV, computers, the media and Internet as well as caffeine products – all of which can lead to difficulty falling asleep, nightmares and disruptions to their sleep.

In particular, watching TV close to bedtime has been associated with bedtime resistance, difficulty falling asleep, anxiety around sleep and sleeping fewer hours.

Sleep problems and disorders are prevalent at this age. Poor or inadequate sleep can lead to mood swings, behavioral problems such as hyperactivity and cognitive problems that impact on their ability to learn in school.

Sleep Tips for School-aged Children

- Teach school-aged children about healthy sleep habits.
- Continue to emphasize need for regular and consistent sleep schedule and bedtime routine.
- Make child's bedroom conducive to sleep – dark, cool and quiet. Keep TV and computers out of the bedroom.
- Avoid caffeine.

Kid's Sleep Disorders:

Problems with sleep behaviors are commonly seen in children. Sleep is of primary importance at all stages of human development, and in the newborn, is the primary activity other than eating.

Childhood sleep disturbances affect not only the child but also the whole family. There is an abundance of different beliefs and lore on this topic. Sifting through the enormous amount of material, approaches, and opinions about kids' sleep can be daunting for parents.

There is not one correct way to deal with your child in regard to sleep. Each child is unique and has his own special set of circumstances and needs. What's important is for parents to identify what they feel comfortable with and what they feel is best for their child.

Just as parents pay attention to their children's general hygiene, they can also address their sleep hygiene. This can be made a pleasurable event.

This can help to establish life-long patterns of good sleep. It's much easier to prevent a sleep problem than to treat one.

The important keyword in sleep hygiene is consistency. Bedtime should occur at the same time each night.

A regular habit of storytelling, reading a book, or talking about the day's events are often nightly rituals that parents can implement.

This can be a meaningful period of engagement for both the parent and the child.

Typical bedtime sequences take around 30 minutes. Often children engage in what has been referred to as "curtain call" behaviors.

These are behaviors by the child that delay separation from the parents before bedtime. Kids will often get up and say they need to go to the bathroom, or that they need to get a glass of water.

Sometimes these behaviors become problematic. I recommend children be asked to do these things for themselves. This avoids reinforcing these behaviors by granting more contact with the parents.

Different sleep difficulties tend to cluster around different ages. Before the age of three it is common for infants to have problems going to sleep and nighttime awakening.

Nightmares, fear of the dark, and night terrors usually begin to occur between ages 3-6, and sleepwalking usually has its onset after age 6.

Sleep problems appearing later and in adolescence are more frequently associated with underlying psychiatric disorders, drug abuse, or medical conditions like narcolepsy.

At what stage should kids sleep in their own beds?

There are different philosophies about children sleeping in the same bed as their parents. Western culture expects children to sleep alone from a very early age.

In non-Western cultures, families tend to sleep together for a much longer period of time. Parents generally have to decide what works for them and their lifestyle. This issue can sometimes be a source of conflict between parents.

The older a baby is when he is sleeping with his parents, the more difficulty they are likely to experience when making the transition from their bed to the child's own bed.

Kids generally love to sleep with their parents. Once used to this they can be quite resistant to changing. It's important for parents to be aware of the impact that this has on their own time for both sexual and emotional intimacy.

Night Wakings

Infants sleeping alone often wake at night and fall back asleep without the parents being aware of the arousal. Some infants, as most parents know, cry upon awakening and this can become a regular and frequent habit.

The concerned parent may rush in to see that the child is okay and to provide comfort. If a healthy baby continuously awakens this can be a source of distress for the parents. One popular intervention is "Ferberizing."

This is a method popularized by Dr. Richard Ferber. Basically it involves letting the child continue to cry for increasingly longer periods of time without intervening.

The goal is to foster the child's ability to "self-sooth" or put themselves back to sleep. This is effective after a few days for many children.

However, some parents don't feel comfortable with what they perceive as a "cold turkey" approach. Parents need to do what they feel comfortable with and often do well with modified approaches.

I advise parents to try and not respond instantaneously to the child's awakening and crying. An instant response is likely to be gratifying to the child and increase the likelihood that this behavior will recur.

Frequently a baby will cry for 20-30 minutes and then fall back asleep. A timer is often useful to keep track of how long your child has been crying (20 minutes at 2 am can seem like 2 hours).

Children often respond rather quickly to methods like "Ferberizing." However, transitions, changes in environment, travel, and illnesses can cause these difficulties to recur.

Night Terrors versus Nightmares

Night terrors start to occur in the 3-5 age range, as well. Night terrors are distinct from nightmares. With night terrors, children will begin to scream and cry in the middle of the night but still be asleep.

These episodes are self-limited and it is best to hold the child, not attempt to awaken them, but comfort them until they have settled down again. Night terrors tend to run in families and usually resolve spontaneously.

At times the problem will be frequent and severe enough that medication is used.

Nightmares are frightening dreams that occur during REM sleep and awaken a child. They usually occur in the later part of the night. Most children have at least one nightmare during childhood; three percent of preschool and school aged children experience frequent nightmares, according to NSF's 2004 *Sleep in America* poll.

They can be upsetting and a child will need reassurance when they occur. Nightmares can result from a scary event, stress, a difficult time or change in a child's routine. Use of a nightlight or security object is often helpful.

Sleep terrors occur early in the night. A child may scream out and be distressed, although s/he is not awake or aware during a sleep terror. Sleep terrors may be caused by not getting enough sleep, an irregular sleep schedule, stress, or sleeping in a new environment. Increasing sleep time will help reduce the likelihood of a sleep terror.

Insomnia is a sleep problem that occurs when a child complains of difficulty falling asleep, remaining asleep, and/or early morning awakenings. Insomnia can be short-term due to stress, pain, or a medical or psychiatric condition.

It can become long-term if the underlying cause is not addressed or healthy sleep practices are not employed. Treating underlying conditions, developing good sleep practices and maintaining a consistent sleep schedule can improve the ability to fall asleep and stay asleep.

Restless Legs Syndrome (RLS) is a movement disorder that includes uncomfortable and unpleasant feelings (e.g. crawly tingly or itchy) in the legs causing an overwhelming urge to move.

These feelings make it difficult to fall asleep. RLS can be treated with changes in bedtime routines, increased iron, and possibly medications.

Snoring occurs when there is a partial blockage in the airway that causes a noise due to the vibration of the back of the throat. About 10-12 percent of normal children habitually snore. Snoring can be caused by nasal congestion or enlarged adenoids or tonsils that block the airway. Some children who snore may have sleep apnea.

Sleep apnea— when snoring is loud and the child is having difficulty breathing, it may be a sign of a more serious disorder, obstructive sleep apnea. Sleep apnea is characterized by pauses in breathing during sleep caused by blocked airway passages, resulting in repeated arousals from sleep. Sleep apnea has been associated with daytime sleepiness, academic problems, and hyperactivity. Treatment for sleep apnea is available.

Sleeptalking occurs when the child talks, laughs or cries out in his/her sleep. As with sleep terrors, the child is unaware and has no memory of the incident the next day. There is usually no need to treat sleeptalking.

Sleepwalking is experienced by as many as 40 percent of children, usually between ages three and seven. Sleepwalking usually occur an hour or two after sleep onset and may last five to 20 minutes. As sleep deprivation often contributes to sleepwalking, moving bedtime earlier can be helpful.

Sleepwalking, like night terrors, tends to run in families. This problem emerges more frequently sometime after age 6.

A child can get up and walk around while still in a sleep state.

At times, the child can open doors and go outside. When the problem is this severe and can possibly endanger the child, medication is used.

Generally the child should be led back to bed without attempting to awaken him.

Sleepwalking tends to spontaneously resolve.

Pointers for parents: Talk to your child's doctor if any of the following symptoms are observed:

- A child is having problems breathing or breathing is noisy.
- A child snores, especially if snoring is loud.
- Unusual nighttime awakenings.
- Difficulty falling asleep and maintaining sleep, especially if you see daytime sleepiness and/or behavioral problems.



Teen sleep

Adolescents – Teens Sleep daily requirements

8.5-9.5 hours

Getting enough continuous quality sleep contributes to how we feel and perform the next day, but also has a huge impact on the overall quality of our lives.

Getting enough sleep refers to the amount of sleep you need to not feel sleepy the next day.

If sleepiness interferes with or makes it difficult to do your daily activities, you probably need more sleep.

Although sleep experts generally recommend an average of 7-9 hours per night, some people can get along with less while others need as much as ten hours to feel alert the next day.

Sleep requirements vary over the life cycle. Newborns and infants need a lot of sleep and have several periods of sleep throughout a 24-hour time period.

Naps are important to them as well as to toddlers who may nap up to the age of 5. As children enter adolescence, their sleep patterns shift to a later sleep-wake cycle, but they still need around 9 hours of sleep.

Throughout adulthood, even as we get older, we need 7-9 hours of sleep. Sleep patterns may change, but the need for sleep remains the same.

Quantity of Sleep – Sleep Deprivation has Consequences

Planning your day so that you allow enough time to sleep is essential to your overall well-being and quality of life.

Such planning includes allowing enough time to awaken naturally – without an alarm clock – so you get as much sleep as you need!

According to the 2002 poll, over 80% of American adults believe that not getting enough sleep leads to poor performance at work, risk for injury and poor health, and difficulty getting along with others.

Often, people become irritable due to lack of sleep, resulting in serious consequences. Studies show that lack of sleep leads to problems completing a task, concentrating, making decisions and unsafe actions.

Recent research suggests that sleep deprivation impacts on aging and diabetes.

Insufficient sleep may also make it difficult to exercise and can reduce the benefit of hormones released during sleep.

Just as compelling are the serious consequences of sleep deprivation that lead to approximately 100,000 sleep-related vehicle crashes each year and result in 1,500 deaths.

Why Nighttime Sleep is Important

Sleep is regulated by two brain processes. One is the restorative process when sleep occurs naturally in response to how long we are awake; the longer we are awake, the stronger is the drive to sleep.

The second process controls the timing of sleep and wakefulness during the day-night cycle. Timing is regulated by the circadian biological clock that is located in our brain.

This part of the brain, the SCN or suprachiasmatic nucleus, is influenced by light so that we naturally tend to get sleepy at night when it is dark and are active during the day when it is light.

In addition to timing the sleep-wake cycle, the circadian clock regulates day-night cycles of most body functions, ensuring that the appropriate levels occur at night when you are sleeping.

For example, important hormones are secreted, blood pressure is lowered and kidney functions change. Research even indicates that memory is consolidated during sleep.

This “clock” in the brain runs on a 24-hour cycle with the result that we feel most sleepy around 2:00-4:00 am and in the afternoon between 1:00-3:00 pm.

We need to have continuous sleep that becomes restorative and results in feeling refreshed and alert for the day ahead.

Quality of Sleep – Poor Sleep has Consequences

Quality sleep also means that it is continuous and uninterrupted. As we get older, sleep can be disrupted due to pain or discomfort, the need to go to the bathroom, medical problems, medications, and sleep disorders as well as poor or irregular sleep schedules.

Establishing a regular bed and wake schedule and achieving continuous sleep helps you sleep in accordance with your internal biological circadian clock and experience all of the sleep stages necessary to reap the restorative, energizing and revitalizing benefits of sleep.

Teen Sleep Tips

Sleep is food for the brain: Get enough of it, and get it when you need it.

Even mild sleepiness can hurt your performance -- from taking school exams to playing sports or video games.

Lack of sleep can make you look tired and feel depressed, irritable, and angry.

Keep consistency in mind: Establish a regular bedtime and waketime schedule, and maintain it during weekends and school (or work) vacations.

Don't stray from your schedule frequently, and never do so for two or more consecutive nights.

If you must go off schedule, avoid delaying your bedtime by more than one hour, awaken the next day within two hours of your regular schedule, and, if you are sleepy during the day, take an early afternoon nap.

Learn how much sleep you need to function at your best. You should awaken refreshed, not tired. Most adolescents need between 8.5 and 9.25 hours of sleep each night.

Know when you need to get up in the morning, then calculate when you need to go to sleep to get at least 8.5 hours of sleep a night.

Get into bright light as soon as possible in the morning, but avoid it in the evening.

The light helps to signal to the brain when it should wakeup and when it should prepare to sleep.

Understand your circadian rhythm. Then, you can try to maximize your schedule throughout the day according to your internal clock.

For example, to compensate for your "slump (sleepy) times," participate in stimulating activities or classes that are interactive, and avoid lecture classes or potentially unsafe activities, including driving.

After lunch (or after noon), stay away from coffee, colas with caffeine, and nicotine, which are all stimulants. Also avoid alcohol, which disrupts sleep.

Relax before going to bed. Avoid heavy reading, studying, and computer games within one hour of going to bed.

Don't fall asleep with the television on -- flickering light and stimulating content can inhibit restful sleep.

If you work during the week, try to avoid working night hours. If you work until 9:30 pm, for example, you will need to plan time to "chill out" before going to sleep.

Become a Teen sleep-smart trendsetter!

Be a bed head, not a dead head. Understand the dangers of insufficient sleep -- and avoid them! Encourage your friends to do the same.

Ask others how much sleep they've had lately before you let them drive you somewhere. Remember: Friends don't let friends drive drowsy.

Brag about your bedtime. Tell your friends how good you feel after getting more than 8 hours of sleep!

Do you study with a buddy? If you're getting together after school, tell your pal you need to catch a nap first, or take a nap break if needed. (Taking a nap in the evening may make it harder for you to sleep at night, however.)

Say no to all-nighters. Staying up late can cause chaos to your sleep patterns and your ability to be alert the next day ... and beyond.

Remember, the best thing you can do to prepare for a test is to get plenty of sleep.

All nighters or late-night study sessions might seem to give you more time to cram for your exam, but they are also likely to drain your brainpower.

POINTERS FOR PARENTS

If your kids have teen sleep problems or insomnia, educate yourself about adolescent development, including physical and behavioral changes you can expect, including those that relate to their sleep needs and patterns.

Look for signs of sleep deprivation (insufficient sleep) and sleepiness in your teen -- keep in mind that they are not always obvious.

Signs include difficulty waking in the morning, irritability late in the day, falling asleep spontaneously during quiet times of the day, and sleeping for extra long periods on the weekends.

In addition, sleepiness can also look similar to attention deficit hyperactivity disorder. Above all, don't allow any family member to drive when sleep deprived or drowsy.

Enforce regular sleep schedules for all children and maintain appropriate schedules as they grow older.

To help induce sleepiness in adolescents, establish a quiet time in the evening when the lights are dimmed and loud music is not permitted.

Talk with your children about their individual sleep/wake schedules and level of sleepiness. Assess the time spent in extracurricular and employment activities with regard to their sleep patterns and needs, and make adjustments if necessary.

Encourage your children to complete a sleep diary for 7 to 14 consecutive (and typical) days. The diary can provide immediate information on poor sleep hygiene, and it can be used to measure the effectiveness of efforts to change.

Be sure to share the sleep logs or diaries with any sleep experts or other health professional who later assesses your child's sleep or sleepiness. (Why not keep your own sleep diary as well?)

If your child's sleep schedule during vacation is not in sync with the upcoming school schedule, help him or her adjust it for a smooth transition. This process can take from several days to several weeks, so plan ahead!

If conservative measures to shift your child's circadian rhythm are ineffective, or if your child practices good sleep hygiene and still has difficulty staying awake at times throughout the day:

Consult a sleep expert. Excessive daytime sleepiness can be a sign of narcolepsy, apnea, periodic limb movement disorder and other serious but treatable sleep disorders.

Discuss with teachers and school officials ways to accommodate your child's needs, if necessary. Excessive daytime sleepiness due to sleep disorders or other medical conditions are covered under the Americans with Disabilities Act and the Disabilities Education Act of 1997.

Be a good role model: Make sleep a high priority for yourself and your family and practice good sleep hygiene. Listen to your body. If you are often sleepy, get more sleep at night, take naps, or sleep longer when possible. Consult a sleep expert if needed.

Actively seek positive changes in your community by increasing public awareness about sleep and the harmful effects of sleep deprivation, and by supporting sleep-smart policies.

Request sleep education in school curricula at all levels and encourage your school district to provide optimal environments for learning, including adopting healthy and appropriate school start times for all students.

NSF poll shows that most parents heard their children complain of being tired during the day.



Mature / Elderly daily sleep requirement:

On average: 7-9 hours

Never before in the young history of America have so many people lived to be so old.

The elderly are, in fact, the fastest growing segment of the American population today.

Though the older among us are living longer, healthier, and more productive lives than ever before, there are many changes that often accompany aging.

Chronic illness becomes more common, the body itself grows frailer, and worries or concerns about the future often grow more acute with age as well.

As adolescents continue to grow into adulthood, the pattern shifts back, so that most adults get sleepy around 11 pm. They'll sleep about 8 hours because now we need less sleep as we get into adulthood, which means that they're waking up around 6 or 7 in the morning.

There are individual differences in how much sleep adults need, and people need to figure that out for themselves. The way you do that is by finding out how much sleep it takes for you to feel fully alert during the day. And what fully alert means is that you're able to stay awake until it's time to go to bed at night.

There is this myth that as we get older, we need less sleep. The truth is that our ability to sleep changes as we get older, but the need for sleep probably doesn't. As we get older, the amount of deep sleep that we have decreases. It actually starts decreasing at around age 20.

As we get older, our sleep architecture changes. We begin losing some of our deep sleep and the less deep sleep you have, the more time you'll spend in lighter stages of sleep. If you're spending more time in lighter stages that means that you're more likely to react to noises or things in the environment that will wake you up.

It's not entirely clear if we actually need less sleep as we age. We do know that there are a lot of changes in the sleep-wake cycle as we age.

As we age, we tend to lose the ability to sleep as deeply at nighttime, so there's a natural degradation of the sleep-wake process as we get older.

Just as the body changes with age, so too does the brain. Unfortunately, we tend to lose certain aspects of brain function with age.

The parts of brain function that we lose are areas of the cortex, and the cortex is responsible for generating sleep at nighttime.

When we lose some of that cortical function, we're just not able to generate the same degree of sleep as we were when we were younger. And these changes start earlier than you may think, when we're in our early 30s and 40s.

One of the biggest problems we see in sleep disorders medicine is sleep issues in older people. In part it's the result of the changes in brain function, but it's also a result of the stresses and difficulties inherent in later life.

Generally, older people complain of waking up in the middle of the night and having only fragmented sleep after that.

They tend not to have too much difficulty falling asleep, but after a few hours of sleep, their brains say, "I'm done," then they start waking up and having fragmented sleep throughout the nighttime.

They tend to wake up very early in the morning, four or five o'clock or so, not being able to return to sleep.

And without that restorative sleep at nighttime, they tend to take catnaps throughout the daytime, falling asleep periodically. They feel a little more sleepy at certain times during the daytime.

All these factors associated with growing older can result in ever-elusive nights of good sleep.

Other factors include - Changing Sleep Patterns as we age

Sleep changes as we age – as any one over the age of 50 knows. Not only do changes in sleep patterns occur, but there is also an increased incidence of many sleep disorders.

Frequent awakenings

One of the most common changes in the elderly is the occurrence of frequent awakenings during the night. While these awakenings are sometimes caused by physical conditions (pain, the need to urinate) it has been shown that the aging process itself causes sleep to become more fragmented.

Changes in the biological clock

Another change that can occur with aging is a shifting of the biological clock. Many elderly people are surprised that they fall asleep earlier in the evening and may awaken before sunrise.

The biological clock – the part of the brain that regulates sleep, temperature, and certain hormones – shifts sleep and wake times, so that it becomes more difficult to stay awake in the evening and easier to wake up early in the morning.

Changes in the level of sleep

In addition to the timing of sleep, the levels of sleep change as you age. There is less of the very deep sleep known as delta or slow wave sleep and more light sleep. While the level of sleep may change, the total number of hours of sleep may not change much from when you were younger.

Hormonal changes

The hormones involved with sleep also change in the elderly. You have probably heard of melatonin, which is sometimes referred to as the "hormone of darkness" because it is produced in the absence of light.

The role of melatonin in sleep is controversial. We know that melatonin levels decrease with age but we do not know the significance of this reduction, or if melatonin pills help elderly people (or others, for that matter) who have trouble falling or staying asleep.

Also, many people who try melatonin take it an incorrect times, and may not reap its benefits.

Sleep Tips during Menopause

Eat healthy. Avoid large meals, especially before bedtime. Maintain a regular, normal weight. Some foods that are spicy or acidic may trigger hot flashes. Try foods rich in soy as they might minimize hot flashes.

Avoid nicotine, caffeine and alcohol, especially before bedtime.

Dress in lightweight clothes to improve sleep efficiency. Avoid heavy, insulating blankets and consider using a fan or air conditioning to cool the air and increase circulation.

Reduce stress and worry as much as possible. Try relaxation techniques, massage and exercise. Talk to a behavioral health professional if you are depressed, anxious or having problems.

Sleep Hygiene

Ironically, many of the above symptoms are made worse by the things that people do to try to compensate for their changing sleep patterns. At any age, it is important to have proper sleep habits – what we refer to as "good sleep hygiene".

But as we grow older, it becomes increasingly vital to maintain healthy sleep hygiene, since many older people unknowingly violate it trying to correct their altered sleeping habits.

The following are five important points to remember about sleep hygiene:

Do not spend too much time in bed and avoid naps when you can: It is important to spend only the time in bed you truly need. When you have had a poor night's sleep and feel awful the next morning, you might believe that if you spend more time in bed you will get more sleep.

Unfortunately, what generally happens when you spend extra time in bed is that your sleep becomes fragmented.

Periods of sleep alternate with frequent awakening. In other words, if you only need 5 hours of sleep but spend 7 hours in bed, you will lie awake for at least 2 out of the 7 hours.

These alternating periods of sleep and awakening will cause the 'unrefreshed feeling' you were trying to avoid by staying in bed longer.

The solution is to figure out how much sleep time you need, which might be different from how much sleep you *want*. You can do this by keeping track of the total number of hours spent sleeping in a 24 hour period (remember to include any daytime naps) for two weeks and then calculate the average sleep you get in 24 hours.

You should stay in bed only for the time you need to sleep plus 30 minutes (to allow for some time to fall asleep) each night. For example, if you need 6 hours of sleep, spend only 6.5 hours in bed.

The corollary is to avoid naps (if you like to nap, just decrease your time in bed at night) since napping will take away from the time you will sleep at night.

Use the bed only for sleeping: It sounds silly but our bodies pick up on a lot of subconscious clues.

If you have trouble falling asleep, try avoiding non-sleep-related activities in bed. Therefore, do not pay bills, watch television or read in bed. Use the bed only for sleeping

Avoid alcohol, tobacco, and coffee in the evening:

Alcohol relaxes you and can help you fall asleep. However, when the alcohol wears off it has the opposite effect, causing awakening and fragmented sleep during the remainder of the night.

Therefore, avoid the "nightcap" and do not drink alcohol within six hours of bedtime.

Cigarettes are relaxing but make you more alert – and therefore make it more difficult for you to fall asleep. If you must smoke, have your last cigarette at least three hours before going to bed.

Caffeine, as we all know, helps us wake *up*, so you should avoid it after 3:00 p.m.

Exercise: Exercise is great at any age and when you exercise in the late afternoon, it increases the amount of deep sleep that you will experience. However, exercise in the *evening* can get your adrenaline pumping and keep you awake.

Wind down: Don't expect yourself to fall asleep immediately. Wind down in the evenings. Develop a relaxing routine such as reading (in a chair) before getting into bed.

If maintaining healthy sleep hygiene doesn't help, it is possible that you might have a more serious problem.

Any type of major brain change—structural problems or dementia—can severely fragment sleep at night. Parkinson's disease, for instance, causes a very specific change in how our brains work at nighttime, and people with Parkinson's disease sometimes experience a 50% reduction in their ability to sleep.

It's not uncommon for people with Parkinson's to get only two or three hours of sleep at night.

Also, most of the mental disorders that can affect younger people also affect late-life individuals, but older people may be more vulnerable to them. Depression is a major problem that we see.

Grief and bereavement, major stressors of late life, going into retirement and suddenly having a lot of time on your hands, not being as active during the daytime—all these factors can lead to difficulties and anxiety disorders, which can lead to sleep problems.

It is important to establish a regular pattern of getting ready to go to bed, and learn to avoid anything that will activate or arouse a person right before bed.

Thinking about complex problems or emotional problems, or trying to deal with legal issues right before going to bed—all of these types of thoughts are best avoided before bedtime because they can be activating or arousing and make it very difficult to sleep soundly.

It's best to try and relax in the evening for an hour or two before bed, without heavy thoughts, without alcohol or stimulating activities. Eating a light snack roughly an hour before bedtime might actually promote good sleep.

Additionally, it's sometimes wise to delay bedtime in order to consolidate the sleep hours at night. Instead of going to bed at seven or eight o'clock, delay that time by a half hour or hour. And try not to stay in bed during the times you are not sleeping.

Sleeping medications are effective but some have a number of side effects. They can cause problems with concentration, memory or sedation that may carry over into the daytime.

This can happen because the medication remains in the body for long periods of time or they have active byproducts (which are produced during the normal drug breakdown in the body) that can lead to these types of problems.

The other problem in the elderly is sometimes they experience rebounding insomnia or withdrawal problems.

Over the past ten years or so there have been some newer prescription sleeping medications that tend to have fewer side effects and fewer addictive or dependence problems.

And I think since the elderly are vulnerable to so many problems, we have to try to treat them with medications that may be milder, that may have fewer side effects, that are shorter acting, and that are a little bit easier to control.



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Positive Affirmations

Positive Affirmations

Positive Affirmations



for Better Sleep

Using Positive Affirmations is one of the most basic ways to reprogram your subconscious mind. It is simply a process of repeating your goals or new beliefs that you want to instill on your subconscious.

Positive affirmations are positive sentences repeated many times in order to impress the subconscious mind and trigger it into action. These sentences

describe a situation that we desire to happen, and are repeated many times during the day, with conviction, attention and feelings.

People often repeat sentences about things they do not want to happen, and consequently bring upon themselves undesirable situations.

Affirmations work both ways, to build and to destroy. They are a kind of a neutral power. It is the way we use them that determines whether they are going to bring good or evil results.

Repeating positive affirmations a few minutes, and then thinking negatively, neutralizes the effects of the positive affirmations. Refuse to think negatively; otherwise your positive affirmations will be useless.

Affirmations are similar to creative visualization. The repeated words build mental images and scenes in the mind. The words help to focus on the aim, object or situation one wants to achieve or create.

Frequent repetitions make the subconscious mind accept them, and then it influences the way one thinks, acts and behaves. Affirmations possess the power to change the attitude and behavior after they take root in the subconscious mind.

It is the conscious mind, the mind we think with, which starts the process. This means that the thoughts that frequently pass through your mind affect your destiny.

Affirmations work like commands that are given to a computer. They influence us, other people, events and circumstances. It might seem strange to you, but they do also influence the people we meet, our circumstances and the events we encounter.

We use them all the time without being aware of the process. We use them when we tell ourselves that we can't do something, that we are too lazy or that we are going to fail. The subconscious mind tries to find the way to materialize the failure expected.

It is the same principle at work when we tell ourselves that we can do it, that we are going to succeed. It is the same power working both ways. Why not choose the better way?

How to Repeat Affirmations

It is better to repeat affirmations that are not too long; a short sentence is quite enough. They can be repeated often when your mind is not engaged in something in particular, such as when traveling in a bus or a train, waiting in line, walking etc.

Do not affirm while driving or crossing a street. You may also devote for their repetitions one, two or three special sessions of about ten minutes each, every day.

There should be no tension during the affirmations; no physical, emotional or mental tension. The stronger the concentration, the more faith you have in what you are doing, the more feelings you put into the act, the stronger and faster will be the results.

It is very important to choose only positive affirmations. If for example you want to lose weight, do not say: "I am not fat, I am losing weight." By saying this sentence you see yourself in your mind as fat. The word "losing" also evokes negative images.

On the other hand, a sentence such as, "My body has an athletic form and weighs the right and healthy weight", evokes only positive images, and also gives you incentive to go on with the affirmation.

Affirmations should be affirmed in the present tense, not the future tense. Saying: "I will be rich", means that you intend to be rich one day, in the indefinite future. You are actually telling yourself that some day you will be rich, never now.

It is better to say and feel: "I am rich now", and the subconscious mind will work overtime to make this happen now, in the present.

Remember, results may come fast or may take time to manifest. This depends on how much time, energy, faith and feelings you invest in your affirmations, on how big or small is what you want to achieve, and on how strong is your desire.

If you repeat an affirmation that you find difficult to accept, choose another, otherwise it is useless. When you love and believe the words of the affirmation it gains power.

By repeating affirmations you affirm what you want to be true. While affirming forget your current circumstances and your doubts and concentrate on a different reality.



Speak or read these Sleep Aid Affirmations each night when you go to bed to remind yourself of your inner strengths before going to sleep.

- I enjoyed solving the problems I dealt with today, having done the best I could do.
- I enjoyed being calm and patient today, even when others were not.
- I will sleep deeply and peacefully, to awake in the morning fresh and full of energy.

Affirmations for your Health and Inner wisdom:

"The infinite intelligence of my subconscious mind constantly reveals to me everything I need to know."

"Infinite intelligence within me knows all things. The right decision is revealed to me in Divine order. I will recognize the answer when it comes."

“My body and all its organs were created by the infinite intelligence in my subconscious mind. It knows how to heal me. Its wisdom fashioned all my organs, tissues, muscles and bones. This infinite healing presence is within me now transforming every cell of my being, making me whole and perfect. I give thanks for the healing I know is taking place at this time. Wonderful are the works of the creative intelligence within me.”

Here are some more affirmations you can do. Select the one or two that most “harmonize” with what you feel needs most improvement in your life right now:

- Every day in every way I’m getting better and better.
- Everything is coming to me easily and effortlessly.
- I am a radiant being, filled with light and love.
- I am naturally enlightened.
- My life is blossoming in total perfection.
- I have everything I need to enjoy my here and now.
- I am the master of my life.
- Everything I need is already with me.
- It’s okay for my to have everything I want!
- This is a rich universe and there’s plenty for all of us.
- Abundance is my natural state of being. I accept it now!
- Infinite riches are now freely flowing into my life.
- Every day I am growing more financially prosperous.
- The more I give, the more I receive and the happier I feel.
- I am healthy and happy.
- Wealth is pouring into my life.
- I am flowing on the river of wealth.
- I am getting wealthier each day.
- My body is healthy and functioning in a very good way.
- I have a lot of energy.
- I study and comprehend fast.
- I am getting A's in my exams.
- My mind is calm.
- I am calm and relaxed in every situation.
- My thoughts are under my control.
- I radiate love and happiness.
- I am surrounded by love.
- I have the perfect job for me.
- I am living in the house of my dreams.
- I have good and loving relations with my wife/husband.
- I have a wonderful satisfying job.
- I have the means to travel abroad whenever I want to.
- I am successful in whatever I do.
- Everything is getting better every day.

You can either write or read these affirmations before you sleep and after you wake up, or record them and listen to the recording over and over again before you sleep.

The key to success in affirmation is repetition.

Your subconscious mind is like your muscle. You have to keep affirming it with things that you want.

It allows you to start your day with a positive mental attitude.

It cleans up your subconscious mind with positive beliefs so that your subconscious is not polluted by all the negative opinions that you hear during the day.

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<http://www.buymybook.com/buy/authorinfo.asp?id=1488X1718Y3>

Sleep Quotes

Sleep Quotes

Sleep Quotes



to inspire you tonight:

Take this kiss upon the brow!
And, in parting from you now,
Thus much let me avow--
You are not wrong who deem
That my days have been a dream;
Yet if hope has flown away In a night, or in a day,
In a vision, or in none,
Is it therefore the less gone?
All that we see or seem
Is but a dream within a dream.
- *Edgar Allan Poe*

The cool kindness of sheets, that soon
Smooth away trouble; and the rough male kiss
Of blankets.
- *Rupert Brooke*

**Care-charmer sleep, son of the sable Night,
Brother to Death, in silent darkness born.
- *Samuel Daniel***

Sleep is when all the unsorted stuff comes flying out
as from a dustbin upset in a high wind.

– *William Golding*

I love sleep because it is both pleasant and safe to use.
– *Fran Lebowitz*

What hath night to do with sleep?

– *John Milton*

And so to bed.
– *Samuel Pepys*

Not to be a-bed after midnight is to be up betimes.
– *William Shakespeare*

**Methought I heard a voice cry, 'Sleep no more!
Macbeth does murder sleep,' the innocent sleep,
Sleep that knits up the raveled sleeve of care.
– *William Shakespeare.***

In winter I get up at night
And dress by yellow candle-light.
In summer, quite the other way,
I have to go to bed by day.
– *Robert Louis Stevenson*

Must we to bed indeed? Well then,
Let us arise and go like men,
And face with an undaunted tread
The long black passage up to bed.
– *Robert Louis Stevenson*

**Early to rise and early to bed makes a male healthy and wealthy and dead.
– *James Thurber***

'Tis the voice of the sluggard; I heard him complain,
'You have waked me too soon, I must slumber again.'
**As the door on its hinges, so he on his bed,
Turns his sides and his shoulders and his heavy heard.
– *Isaac Watts***

Tired Nature's sweet restorer, balmy sleep!
– *Edward Young*



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"Ten Ways You Can **Be Happier..... Right Now**" free e-book by Dr. Cliff Kuhn,
<http://personal-enterprise-self-help-resources.com/support-files/be-happy.pdf>

To find out how **ANYONE**, even a computer "Dummy" like me, can make your own web site check out:
<http://www.sitesell.com/strategic4.html>



Additional Sleep Aid Site Links on www.sleep-aid-tips.com

- | | | |
|---------------------------|--------------------|----------------------|
| sleep aid | pregnancy insomnia | sleep cycles |
| sleep disorder | teen sleep | sleep hygiene |
| sleep disorder symptoms | insomnia cures | sleep routines |
| sleep disorder treatments | insomnia symptoms | sleep studies |
| sleep quotes | talking in sleep | herbal sleep aid |
| sleep innovation | herbal pillow | sleep aging symptoms |
| sleep apnea symptom | sleep remedy | select comfort bed |
| sleep apnea treatment | interpret dreams | memory foam pillow |
| sleep apnea diagnosis | insomnia cure | sleeping problem |
| adult bed wetting | bed wetting | sleep expert |
| kid sleep | sleep talking | sleep tips |
| insomnia treatments | sleep walking | sleep wear |
| cause of snoring | bath salts recipe | sleep deprivation |
| snoring cure | baby sleep | sleep better |

Disclaimer:

The reader should not regard the recommendations, ideas and techniques expressed and described in this book as substitutes for the advice of a qualified medical practitioner or other qualified professional. Any use to which the recommendations, ideas and techniques are put is at the reader's sole discretion and risk.

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<http://www.strategic-services-aust.com> for free small business resources to help business entrepreneurs and consultants to grow their business and also to make their own website for recreation or profitable business. If you have a business that needs more customers, use the internet to drive them to your door.

Also samples of some of our client's new websites – some still under construction, but very worthwhile visiting already in the top 1% of 56.1 million websites worldwide!

<http://www.elvis-presley-forever.com>

<http://www.beautiful-body-ideal-weight.com>

<http://www.natural-humor-medicine.com>

<http://www.cafehobson.com>



And if you would like to know how to make your own web sites like these even if all you know is how to type a letter and click a mouse

Site Build It has everything needed in a website, research tools, newsletters, auto-responder mail, web email, brainstorming tools, web hosting, site ranking optimization, total tutorial for simple how-to make your own web site AND most importantly of all, you just copy and paste your documents into the page boxes to build your own profitable website!

NO WEBMASTER SKILLS NEEDED – EVER!

To find out how ANYONE, even a computer “Dummy” like me, can make your own web site check out: <http://www.sitesell.com/strategic4.html>



Or visit these specific pages for your subject of interest:

- o **The SBI! Small Business Locator**
"Find YOUR Small Business (Or Idea)"
Do you reach a rather broad-based audience? Or what if you want a wife to read your article and perhaps point her husband or friend in another direction? This site gives you multiple chances to make a sale...
<http://find.sitesell.com/strategic4.html>
- o For The Aspiring **Infopreneur... InfoPublishing**
Build an online business based upon what you know (from work experience, hobbies, passions, or past-times). If you know your subject matter, and if you're motivated to build a REAL business with growing, diversified revenues...
<http://infopublishing.sitesell.com/strategic4.html>



- o Funnel **RELEVANT Traffic** to Primary E-commerce/Corporate Site
Already have an online store? A sales site?
Most SSBs who do are in supreme pain... no traffic.
Remind them of their "no traffic" pain. The best way is to suggest that your prospective customer visit...

<http://traffic.sitesell.com/strategic4.html>

... and take the "Get to the Point Test" -- it's a powerful demo of just how badly off their business is, traffic-wise, and how much better they could be doing.

Some SBI! clients have spent \$30,000+ on their main e-com sites. But their major source of traffic comes from their \$300 SBI!.

<http://traffic.sitesell.com/strategic4.html>

- o Master the Word to **Professional Webmasters**
Small business people who "do it themselves" are the tip of the iceberg. Webmasters reach the iceberg... those who want others to do it for them.
Use this RR URL to reach the folks who reach the iceberg...

<http://webmaster.sitesell.com/strategic4.html>

- o **Affiliates**
Finally, the promise of affiliate marketing is realized.
Publish a theme-based information-jammed content site.
Monetize with the cream of affiliate programs, blend in additional AdSense and other revenues. Finally...
Build an affiliate site that WORKS. Diversify as you grow.

<http://affiliatemarketing.sitesell.com/strategic4.html>

- o **Network Marketers**
Network Marketing starts with recruiting/lead generation. Generating leads is "made for the Net." But that's not the way matters have unfolded. Why? Because everyone in the industry has tried to force offline methods, online.
There's no need to push (i.e., chase cold calls/prospects) when you can motivate them to pull (i.e., they call you).

<http://networkmarketing.sitesell.com/strategic4.html>

- o **Online Auction Sellers**
Encourage auction sellers to free themselves of eBay dependency. The "Big 3" will do it --> #1) Own #2) Diversify #3) Build equity.

Now auction sellers can build REAL businesses that THEY own.

<http://auctions.sitesell.com/strategic4.html>

o **For LOCAL Businesses with LOCAL Clients**

There are tens of millions of small local businesses not yet online.
Those who ARE online? They die deaths of quiet, no-traffic desperation.
Show them how to build a Web site that WORKS...
One that delivers 100 times the benefits of a Yellow Pages ad,
At one tenth of the cost.

<http://localbiz.sitesell.com/strategic4.html>

o For Those **Selling a Service...** or Could Be!

It's *THE* Most Overlooked Opportunity on the Net.
Build an evergrowing client base until you can say...
"I'm sorry... I'm not taking new clients."

An SBI!-built Theme-Based Content Site is perfect
because every service revolves around a theme.

<http://service-selling.sitesell.com/strategic4.html>



o **Referrers/Finders**

Get paid a referrer or finder's fee by an offline business
for finding a customer (or a "lead") for it. This
monetization model is as classic as business itself.
The Net, though, makes it far more cost-effective.

<http://findersfee.sitesell.com/strategic4.html>

o **Selling Hard Goods**

Thinking about selling products online?
Maybe you already are,
but want to do better... much better?
If so...

Year by year, both retailers and shoppers are moving ever
more online.

It's the low risk, easy, efficient way to sell.
And, for shoppers, it's the ideal way to buy

(fast, convenient, reliable, endless variety, cheap).

So why do 98% of small business online retailers fail?
And why is this little-known, disastrous "98%-fail"
statistic good news for YOUR audience?

<http://hardgoods.sitesell.com/strategic4.html>

o **Selling E-goods**

E-books (especially non-fiction "how to"), e-photos
(booming!) scans, niche software, etc. The whole "digital
goods for sale" space is soaring.

--> Anything can be digitized -- sell it.

<http://egoods.sitesell.com/strategic4.html>

o **Sales/Rentals**

Whether you represent villa rentals in Tuscany, medical
imaging manufacturers, or the services of computer
programmers, you CAN sell or rent effectively online.

<http://sales-rentals.sitesell.com/strategic4.html>

o Do you reach **small business people who already have Web sites?**

Challenge them to put their sites (or sites of friends or
colleagues) to the traffic test that we call the...

"Get to the Alexa Point Test"

<http://traffic-test.sitesell.com/strategic4.html>

o Invite your visitors/readers/friends/colleagues to **compare**

SBI's' feature set with Yahoo! Web Hosting Pro, Verisign
Web Business Expert and Microsoft bCentral Professional.
The difference is striking...

<http://compare.sitesell.com/strategic4.html>

o "I love it, but **I just don't have the time.**"

Overcome this tragic-but-common, all-too-true objection by
referring this "too-busy" small business person to the
sales-generating Certified Webmaster Directory...

<http://directory.sitesell.com/strategic4.html>

o **Make Your Site SELL!**

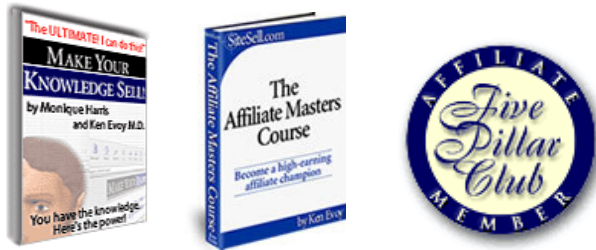
"The definitive work on making ANY Web site SELL!"

<http://myss.sitesell.com/strategic4.html>

o **Make Your Knowledge Sell!**

"Turn knowledge into revenue -- sell your brain on the Net."

<http://myks.sitesell.com/strategic4.html>



o **Make Your Price Sell!**

"How much money are YOU leaving on the table?"

Price with complete confidence & double your Net profits.

<http://myps.sitesell.com/strategic4.html>

o **Make Your Words Sell!**

"Want to sell MORE? Become an e-persuader."

<http://myws.sitesell.com/strategic4.html>

o **Make Your Net Auction Sell!**

"An e-biz in every closet... Get into Auction Action!"

Now Updated and FREE!

<http://mynas.sitesell.com/strategic4.html>



free book

o **SpamCheck** Report

Now your readers can stay out of the "Junk Mail Folder."

Use SpamCheck Build It! (you'll find that in the QUICK JUMP Drop-Down Menu in the 5P Club) -- it will create some great copy for you, as well as your HTML with your RR URL.

<http://spamcheck.sitesell.com/strategic4.html>

o **The 30-Second Nutshell Version of CTPM**
Folks are in a hurry. So send them here...

<http://ctpm.sitesell.com/strategic4.html>

Refer SOHOs, startups, and newbies to...

<http://passion.sitesell.com/strategic4.html>

This is ideal for the small business person just starting out (and there are zillions of folks in this boat, looking desperately for the perfect solution -- SBI! is it).

o Master the Word to **Webmasters**

Small business people who "do it themselves" are the tip of the iceberg. Webmasters reach the iceberg... those who want others to do it for them.

Use this RR URL to reach the folks who reach the iceberg...

<http://webmaster.sitesell.com/strategic4.html>

o A Revolution in Web Site Monetization -- **Google's AdSense**

A Tailor-Made Way to Monetize Your SBI! Site!...

Rarely will a custom-made solution be dropped into your lap (let alone from the Net's smartest company), just begging you to capitalize. Ride Google AdSense for all its worth. Send visitors to THE word on how to get the most from AdSense...

<http://adsense.sitesell.com/strategic4.html>



Wishing you all the very best life has to offer,

- Helene Malmsio

Self help books and personal development tools:

<http://www.personal-enterprise-self-help-resources.com>

Make your own website:

<http://www.strategic-services-aust.com>

Get sleep aid tips for better sleep tonight:

<http://www.sleep-aid-tips.com>