

# Getting a Restful Night's Sleep

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## Main Reasons for Poor Sleep

- Lifestyle Issues
- Mental Health Issues
- Physical Health Issues
- Prescription Medications
- OTC Medications



## Main Reasons for Poor Sleep

### Lifestyle Issues

- Stress
- Poor Sleep Habits
- Disruptive Work Schedule
- Caffeine, Nicotine, Alcohol
- Eating too much late in the evening
- Too much sugar and too little protein at night

### Mental Health Issues

- Anxiety
- Depression
- Bipolar
- ADHD
- Autism

## Main Reasons for Poor Sleep

### Health Problems

- Urinary Issues
- Digestive Issues
- Sleep Apnea
- Nasal/Sinus Allergies
- Chronic Pain
- Heart Failure

### Health Problems

- Lung Issues (COPD, Asthma)
- Overactive Thyroid
- Cancer
- Parkinson's
- Alzheimer's

## Main Reasons for Poor Sleep

### Rx Medications

- Antidepressants
- Heart & Blood Pressure Meds
- Allergy Medications
- Stimulants (such as Ritalin)
- Corticosteroids

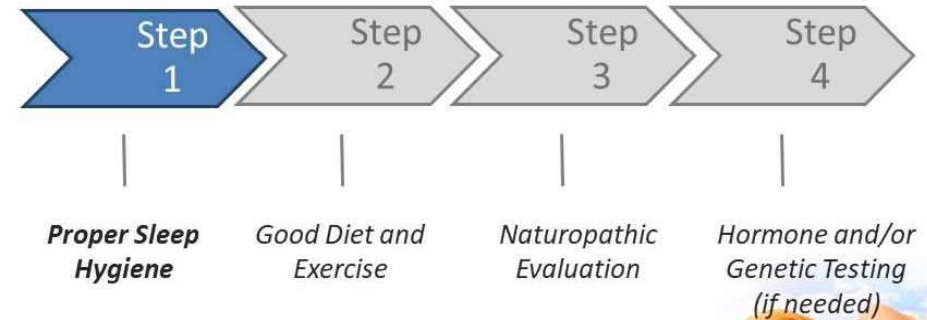
### OTC Medications

- Certain Pain Relieving Combos
- Decongestants
- Weight Loss Products (may contain caffeine or stimulants)



## Steps to a Great Night's Sleep

Here are the 4 Key Steps for a Great Night's Sleep



## Proper Sleep Hygiene

- **Set a Sleep Schedule**
  - Establish a regular sleep schedule every day of the week. Go to bed at same time every night and don't sleep in more than an hour, even on your days off.
- **No Napping**
  - Don't nap during the day to ensure you are tired at bedtime. Naps over an hour long or later in the day are especially problematic.
- **Bed for Sleep & Sex Only**
  - Using your bed for reading, watching TV, or other activities will lead your body to associate your bed with these activities. If you reserve your time in bed for sleeping, your body will begin to associate your bed with sleep.



## Proper Sleep Hygiene

- **Don't Force Yourself to Sleep**
  - If you haven't fallen asleep after 20 minutes in bed, get up and do something calm. Read a boring book, draw, or write in a journal. Avoid bright lights, bright screens, or anything else that might activate your body and wake you up more.
- **Create Relaxing Bedtime Rituals**
  - Developing rituals you do every night before bed will help your body wind down naturally and allow for a better sleep schedule. Good rituals include relaxing stretches, breathing exercises, meditation, hot bath, sit calmly with a cup of caffeine-free tea.
- **Limit Evening Light Exposure**
  - Limited evening light can help to set your circadian rhythm.



## Proper Sleep Hygiene

### ○ Create Comfortable Environment

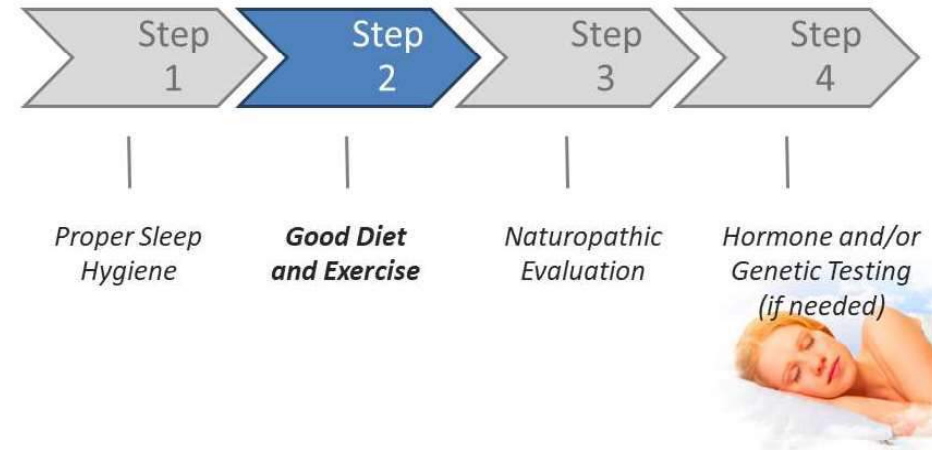
Experts from the American Academy of Sleep Medicine, for instance, advise thinking of a bedroom as a cave: It should be cool, quiet, and dark.

- Cool temperature (65-72 degrees)
- Limit light exposure, including blackout window covering
- Make sure room is quiet
- White noise: fan, air purifier, or other white noise generator
- Keep electronic devices in another room and consider turning off WI-FI



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## Good Diet and Exercise

### ○ Good Dietary Habits for Optimal Sleep

- Eliminate foods that may be causing allergies or sensitivities.
- Eat a well balanced diet with adequate protein and low in simple carbohydrates.
- Have a nighttime snack containing a good mix of proteins, fats, and carbohydrates to keep nighttime blood sugars from bottoming out. Nuts and hard boiled eggs are good options.
- Don't eat a large meal too close to bedtime.
- Drink plenty of water early in the day and limit water after 6:00pm.
- Avoid caffeine after 3:00pm.
- Avoid alcohol or smoking before bed.



## Good Diet and Exercise

### ○ Exercise for Optimal Sleep

- Exercising at least 30 minutes per day can be helpful in optimal sleep.
- It doesn't matter exactly what type of exercise you do, only that you exercise consistently.
- There have been many recent studies proving that exercising before bed doesn't interfere with sleep.



# Steps to a Great Night's Sleep

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Proper Sleep Hygiene

Good Diet and Exercise

**Naturopathic Evaluation**

Hormone and/or Genetic Testing (if needed)

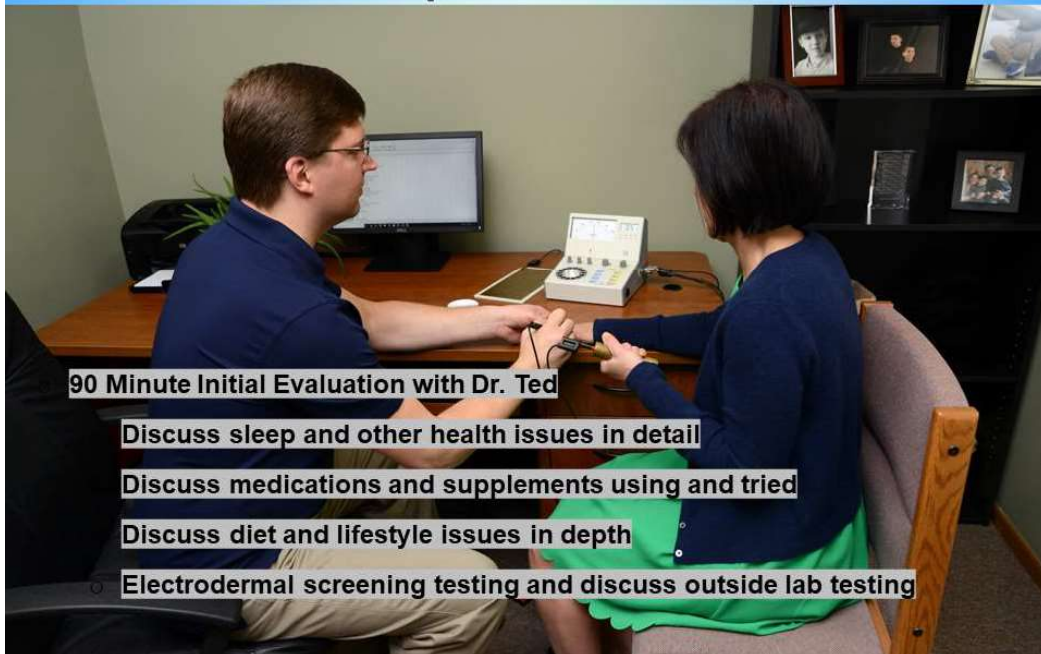


# Naturopathic Evaluation



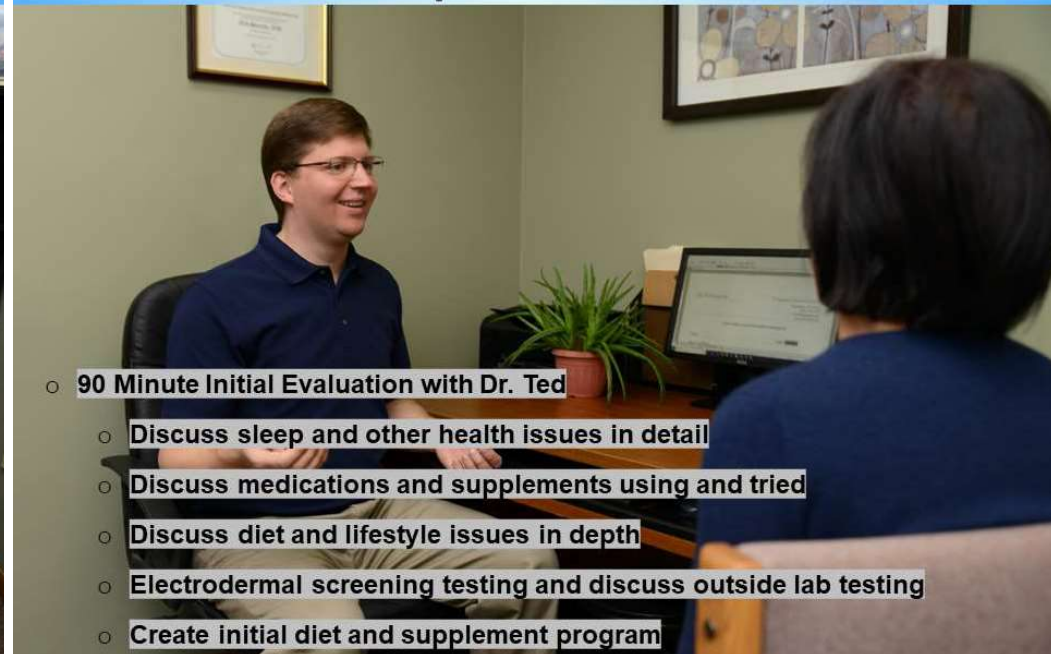
- 90 Minute Initial Evaluation with Dr. Ted
- Discuss sleep and other health issues in detail
- Discuss medications and supplements using and tried
- Discuss diet and lifestyle issues in depth

# Naturopathic Evaluation



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- Discuss sleep and other health issues in detail
- Discuss medications and supplements using and tried
- Discuss diet and lifestyle issues in depth
- Electrodermal screening testing and discuss outside lab testing

# Naturopathic Evaluation



- 90 Minute Initial Evaluation with Dr. Ted
- Discuss sleep and other health issues in detail
- Discuss medications and supplements using and tried
- Discuss diet and lifestyle issues in depth
- Electrodermal screening testing and discuss outside lab testing
- Create initial diet and supplement program

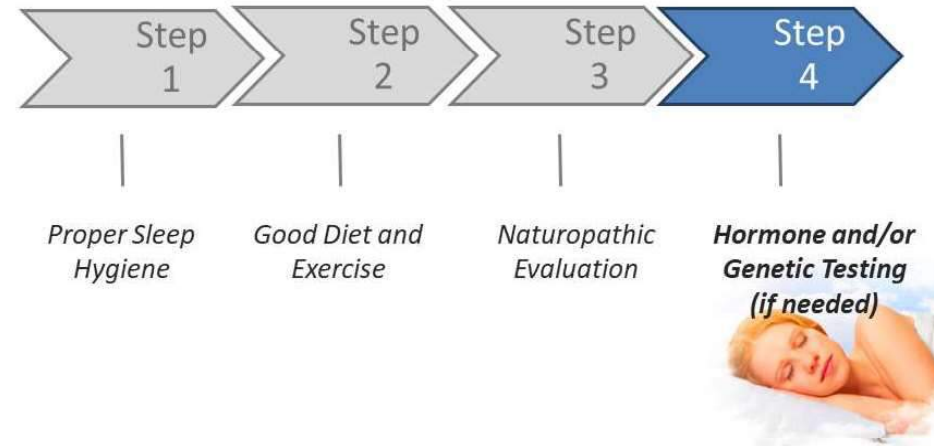
## Patterns of Neurotransmitter & Hormone Imbalance

- 1 Elevated Excitatory Neurotransmitters
- 2 Low Inhibitory Neurotransmitters
- 3 Elevated Immune Neurotransmitters
- 4 Elevated Nighttime Cortisol
- 5 Low Nighttime Melatonin
- 6 Imbalances in Sex Hormones



## Steps to a Great Night's Sleep

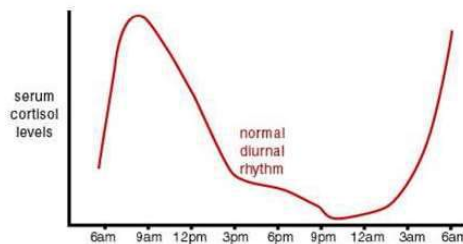
Here are the 4 Key Steps for a Great Night's Sleep



## Patterns of Circadian Rhythm Hormonal Imbalance

### o Elevated Nighttime Cortisol

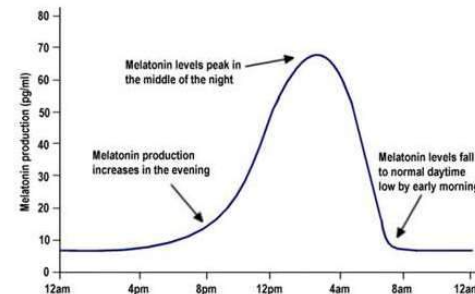
- Cortisol is a stress hormone that has many functions in the body. Levels peak to their highest level on waking in the morning and drop to their lowest level before bed. Elevated nighttime cortisol can cause problems with falling asleep, waking frequently through the night and/or waking early.



## Patterns of Circadian Rhythm Hormonal Imbalance

### o Low Nighttime Melatonin

- Melatonin is our main sleep hormone. Melatonin levels rise in the evening, peak in the middle of the night, and falls in the early morning. Low nighttime levels of melatonin can make it difficult to fall asleep.



# Genetic Testing & Supplement Recommendations

## Testing Genetic Sleep Imbalances

Simple genetic testing can be used to identify weaknesses in ones genetic makeup that can predispose them to sleep problems. These genetic weaknesses include problems with:

- B12 and Folate metabolism
- Neurotransmitter creation and breakdown
- Histamine metabolism
- Liver detoxification

Specific vitamins and minerals may be needed in large amounts to overcome these genetic weaknesses in order to attain optimal sleep.

Specific vitamins may also need to be limited in some people with specific genetic weaknesses.



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*Proper Sleep Hygiene*

*Good Diet and Exercise*

*Naturopathic Evaluation*

*Hormone and/or Genetic Testing (if needed)*



# Do you have any questions?

Feel free to call our office for a Free 15 min. phone consultation to discuss any questions or concerns.

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