

# THE SECRET SLEEP REPORT

*12 Tips To Great Shut Eye*



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# **The Secret Sleep Report – 12 Tips To Great Shut Eye**

Do you struggle to get enough shuteye? You are not alone.

The incidence of sleeping disorders is significant. It's estimated that 13-20% of Australian suffer from sleep disorders.<sup>1</sup> With the astounding economic cost at \$7494 million.<sup>2</sup> Leger et al state that "concerning indirect costs, poor sleep and insomnia can result in fatigue, impaired alertness, impaired cognitive ability, reduced productivity on the job and increased opportunity for human error and fatigue-related accidents. Some studies have considered chronic insomnia to be a major factor in the development of depression and alcoholism, or a powerful predictor of death, even after controlling for other factors, such as physical health. Stoller (1994) estimated the cost of insomnia in the United States as being between \$92.5 and \$107 billion for 1988."<sup>3</sup>

Sleep plays a critical role in a healthy life. And a good sleep is essential for the physical as well as mental well being of an individual. Studies conducted on sleep and its importance has repeatedly confirmed the essential nature of a healthy sleep routine.

Sleeplessness and insomnia are not uncommon, and it is well known that sleep deprivation – particularly for a prolonged period of time - can cause severe health challenges. Sleep loss even for one night has been shown to affect the balance of our hormone insulin, and so also the other hormones affected by it.

## **What can you do to boost the amount of sleep you get?**

### *Follow A Sleep Routine*

It is important to follow a good routine on daily basis. Keep things organized. Develop a sleep routine. Go to bed at the same

time at night, and get up at the same time in the morning.

### *Reduce Stress and Anxiety*

Stress and anxiety can rob you of enough sleep. They can stop you going to sleep, and wake you from your slumber. If you are suffering from ongoing stress, you are more likely to suffer from depression, and depression is known to change healthy sleep patterns. Meditate, do yoga, see your Chiropractor regularly, get counseling, take fish oil, B6 and Zinc, exercise, and get outdoors in the sun.

### *Sleep comfortably*

In order to enjoy a restful sleep, you need a comfy bed! Your mattress should be supportive, and comfortable – not too soft and not too firm. Different people prefer different mattresses, but make sure yours is right for you. A supported spine improves optimal spinal motion, and spinal motion is the major brain nutrient. So, sleeping in a supportive bed may actually improve your brain function and serotonin (one of our happy hormones) levels. This helps reduce stress, which can aid sleep. Also, make sure your linen and other bedding is clean and of high quality. Natural fibres are great.

### *Reduce Light*

For an hour before bed, reduce or eliminate bright light. No television, computer screens, smart phones and the like. This light tells our brain it's time to wake up, not time for sleep. Ensure your bedroom is dark, so the early morning sun doesn't creep and kick you into action.

### *Bed Time Relaxation*

Relax! Take a warm bath; say some calming affirmations, breath. Tell yourself you are safe. Remember also, your bed is

for sex and sleep. Keep it this way.

### *Could You Have Sleep Apnoea?*

Sleep apnoea interferes with the quality of sleep, as well as increasing your risk of health challenges like heart dis-ease. If you or your partner notice you stop breathing at night, if you wake with a sore throat, snore, are low on energy, and/or fall asleep on the couch in the afternoon, it is worth a check up with your doctor to have this possibility investigated.

If you are overweight, this can significantly contribute to sleep apnoea.

### *Do You Suffer From Restless Legs?*

For some people, endlessly moving limbs can really impact on a good quality sleep. See your doctor to rule out underlying causes. Taking magnesium and visiting your Chiropractor can ease this problem, if not resolve it.

### *Is Your Cortisol & Melatonin Imbalanced?*

Do you find yourself energised and vacuuming the floor at midnight, then exhausted in the morning? You may need your cortisol and melatonin tested. If these hormones are not in sync, you may find your morning energy is used up when you should be sleeping, and you have nothing left for the daytime.

Cortisol should increase in the morning, as the levels raise you wake and feel ready for your day. Melatonin should increase toward the night, and calm you down ready for a restful slumber. If there is an imbalance, this can wreak havoc on your sleep cycle.

### *Avoid Caffeine And Alcohol*

As you may well know, these can act as sleep deterrents.

### *Sleep only during the nights*

An occasional nana nap is fine, and can do wonders for your body. But, if you are sleeping often in the day, this habit may be affecting the quality and quantity of your sleep at night. You may need to work on this habit to regain a restful nights sleep. You may also need to have the reasons why you need to nap investigated.

### *Natural Remedies*

Remedies like valerian can be purchased over the counter, and can help with sleep. Or try some lavender on your pillow. This has been used for eons. As always, I would prefer you try to discover the cause and resolve this. However, to help you get some shuteye, these can work well.

### *Meditation*

Meditation just before sleep can be very helpful. You can download my daily meditation audio for free, as a gift with this report, at <http://www.conqueryourpcosnaturally.com/daily-audio-meditation>

Also...

*Ensure A Nutritious Food Plan And Engage In Regular Exercise* as this not only keeps you healthy and fit, it can also help you to sleep well.

If you don't sleep well, there is hope. For many people, some small changes will bring about big results. For others, there may be a need to see a health care professional. What ever you do, it is important to ensure a healthy sleep. This will boost your mood and do wonders for your body, brain and soul.

From PCOS to perfect health, with love,

*Dr. Rebecca Harwin*

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**P.S.** You can get more great tips and advice on PCOS at [www.facebook.com/ConquerYourPCOS](http://www.facebook.com/ConquerYourPCOS) & on Twitter at <http://Twitter.com/ConquerPCOS>

**P.P.S.** If you’re ready to take the next step, book an appointment at [www.ThePCOSClinic.com](http://www.ThePCOSClinic.com)

1. A survey of sleeping difficulties in an Australian population. Leon Lack, Wendy Miller, Debbie Turner. Community Health Studies. Volume 12, Issue 2, pages 200–207, June 1988
2. The Economic Cost of Sleep Disorders David R Hillman, Anita Scott Murphy, Ral Antic, et al. SLEEP 2006; 29(3): 299-305.
3. Prevalence of insomnia in a survey of 12 778 adults in France. Damien Leger, Christian Guilleminault, Jean Pierre Dreyfus, Chantal Delahaye, Michel Paillard. J Sleep Research. Volume 9, Issue 1, pages 35–42, March 2000.