

Spanda® Yoga for Resilient Aging™: Better Sleep

Over half of Americans over 60 report difficulty sleeping (NIH). There are multiple factors: reflux, apnea, pain, bladder control, alcohol, caffeine, eating too late, TV on in bedroom, no time to unwind.

There are two kinds of sleeplessness

- Onset: trouble falling asleep
- Maintenance: waking and not being able to fall back to sleep

Ayurveda (life-science), points to times zones as being ruled by differing elements in nature.

6am-10am: Kapha Time/ Ruled by earth element

10am-2pm: Pitta Time/Ruled by fire element

2pm-6pm: Vata Time/ Ruled by wind element

6pm-10pm: Kapha Time/ Ruled by earth element

10pm-2am: Pitta Time/Ruled by fire element

2am-6am: Vata Time/ Ruled by wind element

One Way to Help Yourself is Develop Some Sleep Hygiene Practices

Dr. Demers of the Pure Rejuv Clinic recommends getting to bed before 10pm. If you do so, you will fall asleep more quickly. See for yourself. She recommends charting what happens for a month.

Day	Bedtime	Sleep Quality (1-5)	Next Day's Energy (1-5)
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Also these things may help: a dark and quiet atmosphere (melatonin is secreted in response to DIM LIGHTING), cool temperature, going to bed at consistent time, diaphragmatic breathing, relaxation, no TV, computer, mental stimulation near bedtime, allowing time to unwind.

Other Things that Support a Good Night's Sleep: regular exercise (not before bed), classical yoga practice, nourishing warm food, hydration, massage, oiling skin, oiling feet, avoidance of stimulants.

Be careful with sleep aids: There is evidence to suggest that some sleep drugs cause dementia.

Natural sleep aids: Rescue remedy flower essence, homeopathic coffea cruda, homeopathic nux vomica. Also herbs to nourish nervous system: skullcap, hops, valerian, passion flower, milky oak, chamomile; these are called "nervines".

"Varm milk?"



Turmeric Milk (*Haldi Doodh*) to Sip Before Bedtime:

1 C. cow's milk or almond milk or coconut milk

¼ t. ginger

½ t. turmeric

Dash of black pepper

½ t. cinnamon

½ - 1 t. honey

Bring milk to a boil with all ingredients except honey. Add honey to taste.

2-to-1 Breathing

7 times on back, 7 times on right side, 7 times on left side, repeat if needed...zzzz...