

THE ULTIMATE GUIDE TO BETTER SLEEP

For Midlife Health & Wellness



- Sleep is a vital aspect of our lives that is often overlooked or neglected. It is essential for our health and well-being, as it provides our bodies with the necessary time to rest, recover, and rejuvenate. Unfortunately, many people do not get the recommended amount of sleep, and this can have severe consequences on both their physical and mental health.
- Lack of sleep can lead to a range of health problems, including an increased risk of heart disease, high blood pressure, diabetes, and obesity. It can also have a detrimental effect on mental health, contributing to depression, anxiety, and other mood disorders. Additionally, sleep deprivation can affect cognitive function, impairing memory, concentration, and decision-making abilities. Sound familiar?
- To understand why sleep is so crucial, it is important to know about the different stages of sleep so let's look at them here. There are four stages of sleep that the body goes through in a continuous cycle throughout the night. The first three stages are categorized as non-rapid eye movement (NREM) sleep, while the final stage is known as rapid eye movement (REM) sleep.
- NREM sleep is essential for physical restoration and repair. It is during this stage that the body releases growth hormone, which is necessary for tissue repair and muscle growth. NREM sleep is also responsible for regulating the immune system, which helps the body fight off infections and diseases.
- REM sleep, on the other hand, is vital for cognitive function and emotional well-being. During this stage, the brain processes and consolidates information, helping to improve memory and learning. REM sleep is also responsible for regulating mood and emotion, which is why lack of sleep can have such a profound effect on mental health.

Our sleep is an essential component of overall health and well-being. It is vital for physical restoration and repair, cognitive function, and emotional well-being. As a lack of sleep can have severe consequences on our physical and mental health, it is crucial to prioritise and optimise sleep habits. As we age we also have to deal with the effects of menopause and these can severely affect our sleeping habits – as you may have noticed!

Sexagenarian



SLEEP DISORDERS

What are the facts?

Identifying Common Sleep Disorders

As we age, it's common to experience changes in our sleep patterns. For some people, these changes can lead to difficulty falling asleep, staying asleep, or getting restful sleep.

- **Insomnia**
- **Sleep apnea**
- **Restless leg syndrome**

These are three common sleep disorders that can affect older adults. Here's what you need to know about each of these conditions, and some tips for identifying sleep disorders and seeking help.

Insomnia is a sleep disorder characterised by difficulty falling asleep, staying asleep, or both. Insomnia can be caused by a variety of factors, including stress, anxiety, depression, medication side effects, and chronic pain. Older adults are more likely to experience insomnia, and women are more likely than men to have the condition. That's so not fair!

Sleep apnea is a condition that causes your breathing to stop and start repeatedly during sleep. It's more common in older adults, particularly those who are overweight or have other health conditions such as high blood pressure or diabetes. Sleep apnea can lead to daytime sleepiness, fatigue, and other health problems.

Restless leg syndrome (RLS) is a condition that causes an uncomfortable sensation in the legs, often described as a crawling or creeping feeling. RLS can be worse at night and can lead to difficulty sleeping. While the cause of RLS is not fully understood, it may be related to an imbalance of dopamine in the brain. Treatment options for RLS may include medication and lifestyle changes such as exercise and avoiding caffeine.

If you're experiencing sleep problems, it's important to seek help from a healthcare professional. A sleep specialist can help diagnose sleep disorders and recommend treatment options. In addition, there are some steps you can take to improve your sleep, including establishing a regular sleep schedule, creating a relaxing sleep environment, and avoiding caffeine and alcohol before bedtime.

While sleep disorders like these are common in older adults and can have a significant impact on physical and mental health, getting the right treatment and making lifestyle changes can improve the quality of your sleep and overall well-being.

SLEEPING HABITS

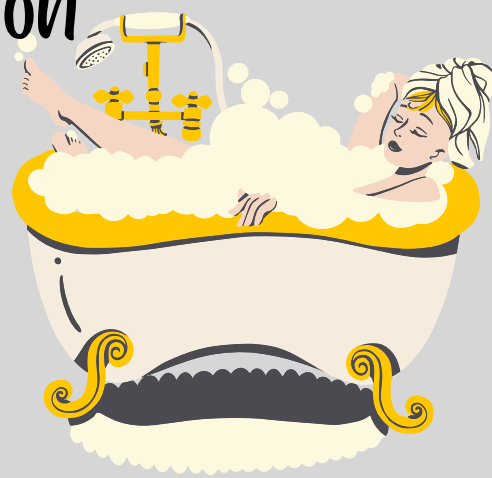
Tips to help establish healthy sleeping habits

Creating a Sleep-Conducive Environment

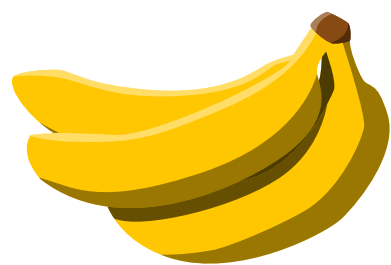
As we age, getting a good night's sleep becomes increasingly important for our physical and mental health. Yet, many older women struggle with getting the quality and quantity of sleep they need. Fortunately, there are steps you can take to improve your sleep environment, bedtime routine, and sleeping positions.

Let's take a look at them...

Create a bedtime routine that promotes relaxation



One of the most effective ways to improve your sleep is to establish a relaxing bedtime routine. This can include activities like taking a warm bath, reading a book, or doing some gentle yoga or stretching exercises. Avoid stimulating activities like watching TV or using electronic devices in the hour leading up to bedtime, as the blue light emitted by these devices can interfere with your body's natural sleep cycle.

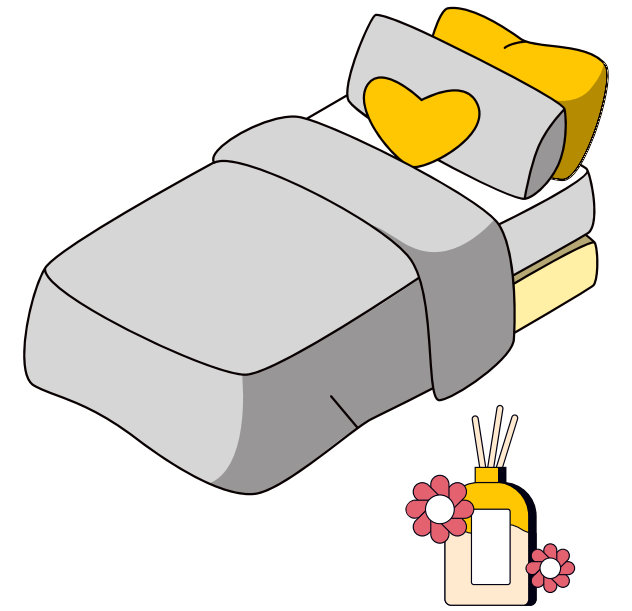


Banana before bed?

Bananas are a good source of tryptophan, which is an amino acid that the body uses to produce serotonin, a neurotransmitter that regulates mood and sleep. Serotonin is then converted into melatonin, which is the hormone that helps regulate sleep-wake cycles.

Make it the last thing you eat - not past 7pm though - you'll see why on page 7.

Set up your bedroom for optimal sleep



Has your mattress seen better days?

The first step to getting a good rest is to make sure your sleeping environment is comfortable and conducive to sleep. This means making sure your room is cool, dark, and quiet. Invest in some blackout curtains or an eye mask to block out any outside light. Use earplugs or a white noise machine to block out any outside noise.

A question here - how old is your mattress? If it's older than 6 years, then maybe it's time to invest in a new one. You just can't put a price on a good night's sleep.

Get some new pillows too and make sure your bedding is soft and breathable.

Experiment with sleeping positions



The position you sleep in can have a big impact on the quality of your sleep.



- Sleeping on your back can help prevent wrinkles and acid reflux
- Sleeping on your side can help prevent snoring and sleep apnea
- If you have joint pain or arthritis, use a pillow between your knees to help reduce pressure on your hips & lower back

THINGS TO TRY

You've nothing to lose, so try them all

Allergic?

Some of us have allergies and intolerances that we don't even know about. You could be sensitive to dust for instance!

- Burn thyme oil in your bedroom for 30 minutes before going to bed as this will help clean the air and keep your respiratory tract clear.
- Regularly Hoover your mattress to get rid of dust, skin and mites.

Take 30 minutes to yourself before bed



Exercise is also important for getting a good night's sleep and I would recommend yoga or gentle stretching. Regular exercise can help reduce stress, anxiety, and depression, all of which can affect sleep.

Do avoid vigorous exercise too close to bedtime as it can actually interfere with sleep.



Herbal teas known to help

Using natural remedies and supplements can also be helpful in promoting sleep. Valerian root, chamomile, magnolia bark and passionflower teas can help you fall asleep faster and improve the quality of your sleep.

Love a spider



It may look like a humble spider plant but it's actually an air purifier that can remove toxic substances from the air. In particular, formaldehyde which is a cancer-causing chemical found in many household products.

Even NASA tested this one!

Easy

meditation tip



Mindfulness and relaxation techniques such as deep breathing and meditation can help reduce stress and promote sleep. Initially, you may find it a struggle to meditate. -many people do but light a candle and stare at the flame for 10 minutes - that's meditation too!

Practising these techniques before bed can help calm your mind and prepare your body for sleep.

Let's talk about sex

Sex has long been known to have numerous physical and mental health benefits, but did you know that it can also improve the quality of your sleep? Research has shown that engaging in sexual activity before bed can help you fall asleep faster, stay asleep longer, and wake up feeling more refreshed



- During sex, the body releases a variety of hormones, including oxytocin, dopamine, and endorphins, which can all contribute to feelings of relaxation and pleasure. These hormones can help reduce stress and anxiety, which are two common culprits of sleep disturbances.

SLEEPING SUPPORT

Drift off with the help of essential oils

Essential oils can help to promote sleep

When using essential oils for sleep, it is important to dilute them with a carrier oil, such as coconut or jojoba. Use, them in a diffuser.

Some essential oils may interact with certain medications or medical conditions, so always check with your doctor first before trying.



Recommended essential oils

Lavender oil: Lavender oil is perhaps the most well-known essential oil for promoting relaxation and improving sleep. It has been shown to reduce anxiety and promote feelings of calmness, making it an excellent choice for those who struggle with sleep disturbances.

Chamomile oil: Chamomile oil has a calming effect on the body and is often used to reduce anxiety and promote sleep. It is also known for its anti-inflammatory properties, which can help to reduce inflammation in the body that may interfere with sleep.

Valerian oil: Valerian oil is often used as a natural sleep aid, as it has been shown to improve sleep quality and reduce the amount of time it takes to fall asleep. It is also believed to have a calming effect on the nervous system.

Ylang-ylang oil: Ylang-ylang oil has a sweet, floral scent that is often used to reduce stress and promote relaxation. It has been shown to lower blood pressure and heart rate, which can help to promote sleep.

Bergamot oil: Bergamot oil has a citrusy scent and is often used to reduce anxiety and promote feelings of calmness. It is also believed to have a sedative effect on the body, making it an excellent choice for those who struggle with sleep disturbances.

SLEEP & MENOPAUSE

What about it?

Menopause oh menopause!

While menopause is a natural process that occurs when a woman's reproductive years come to an end, it's often a problematic one for many. This transition is associated with a range of physical and emotional changes, including changes to sleep patterns. Many women experience sleep disturbances during menopause, which can have a significant impact on their quality of life.



Create good sleep habits & don't give up if they don't work straight away – perseverance is key

The hormonal changes that occur during menopause can lead to a range of sleep problems. These changes can cause hot flashes and night sweats, which can make it difficult for women to fall and stay asleep. In addition, changes in estrogen and progesterone levels can affect the body's natural sleep-wake cycle, leading to insomnia and other sleep disturbances.

Sleep disturbances during menopause can have a range of negative effects on a woman's health and well-being. Poor sleep can lead to daytime fatigue, mood swings, and difficulty concentrating. It can also increase the risk of chronic health problems, such as heart disease and diabetes.

Fortunately, there are several steps women can take to improve their sleep during menopause. These include practising good sleep habits, such as maintaining a consistent sleep schedule, creating a relaxing sleep environment, and avoiding caffeine and alcohol before bedtime.

Exercise and relaxation techniques, such as yoga and meditation, can also help to improve sleep quality.

Some of you may benefit from hormone replacement therapy (HRT), which can help to regulate hormone levels and improve sleep. However, HRT is not suitable for everyone.

Overall, sleep disturbances are a common experience during menopause, but there are several strategies women can use to improve their sleep and overall health during this transition.

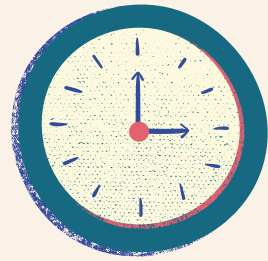
INTERESTING FACT:

Most menopausal women have inadequate magnesium levels...

MY TOP TIPS

These really work!

Don't eat past 7pm



Remember I mentioned NREM sleep? Well, around 9pm your liver swaps jobs. It has spent all day helping you to digest & detoxify and now it's time to repair. When you first fall asleep your body goes into NREM sleep - repair time. If you eat late and you're still digesting, that means the liver will be doing two jobs at the same time. This affects the quality of your sleep.



Use a magnesium spray

Magnesium spray is a topical magnesium supplement that is used by many people to help with sleep, as well as a range of other benefits. Magnesium is an essential mineral that is involved in many bodily processes, including muscle and nerve function, energy metabolism, and bone health. Research suggests that magnesium spray may be particularly beneficial for older women. This is because magnesium levels tend to decline with age, and magnesium deficiency has been linked to a range of age-related health problems, including osteoporosis, heart disease, and cognitive decline.

In addition to improving sleep, magnesium spray has been found to have a range of other health benefits. These include:

- 1. Reducing muscle cramps and spasms:** Magnesium is essential for muscle function and can help to reduce muscle cramps and spasms.
- 2. Improving mood:** Magnesium has been found to help reduce symptoms of depression and anxiety.
- 3. Supporting bone health:** Magnesium is important for bone health and can help to reduce the risk of osteoporosis.
- 4. Supporting heart health:** Magnesium has been found to help reduce the risk of heart disease by improving blood pressure and reducing inflammation.

When it comes to choosing the best type of magnesium for spray, magnesium chloride is often considered the best option. This is because it is highly absorbable through the skin, and has been found to have a range of health benefits.

Magnesium spray can be sprayed onto any part of the body, but it is often recommended to spray it onto the arms or legs, as these areas tend to have thinner skin and are therefore more absorbable.

Overall, magnesium spray can be a highly effective way to increase magnesium levels in the body and improve overall health, particularly in older women. However, as with any supplement, it is important to speak to a healthcare professional before starting to use magnesium spray, especially if you have any pre-existing medical conditions or are taking any medications.

CONTRAINDICATIONS

Always consult your doctor

The purpose of this guide is to offer recommendations that have proved effective in helping other women improve their sleep. As always, it is advisable to seek medical advice before trying anything new, especially if you are on medication or are suffering from any medical condition.

It is important to consult with a healthcare professional before using magnesium spray, especially if you have any pre-existing medical conditions or are taking any medications, as magnesium can interact with certain medications and medical conditions.

Some medical conditions that may affect the use of magnesium spray include:

- 1. Kidney problems:** People with kidney problems may not be able to effectively eliminate excess magnesium from their bodies and may be at risk for magnesium toxicity.
- 2. Low blood pressure:** Magnesium can lower blood pressure, so people with low blood pressure should use magnesium spray with caution.
- 3. Myasthenia gravis:** Magnesium can worsen symptoms of myasthenia gravis, a neuromuscular disorder.
- 4. Heart block:** Magnesium can slow down the heart rate, so people with heart block should use magnesium spray with caution.
- 5. Bowel disorders:** Magnesium can have a laxative effect, so people with bowel disorders, such as irritable bowel syndrome, should use magnesium spray with caution.

In addition, magnesium can interact with certain medications, including antibiotics, blood pressure medications, and diuretics. It is important to speak with a healthcare professional before using magnesium spray if you are taking any medications.

Overall, while magnesium spray can be a highly effective way to increase magnesium levels in the body and improve overall health, it is important to use it with caution and under the guidance of a healthcare professional, especially if you have any pre-existing medical conditions or are taking any medications.

When seeking professional help, it's essential to be honest about your sleep patterns and any symptoms you may be experiencing. A sleep specialist can conduct a sleep study to diagnose any potential sleep disorders and recommend treatment options.

There are several treatment options available for sleep disorders, including lifestyle changes, medication, and therapy. For instance, cognitive-behavioral therapy for insomnia (CBT-I) is a non-medical intervention that has been shown to be effective in treating chronic insomnia.

It's important to note that treatment plans may vary depending on the underlying cause of the sleep disorder. For instance, if sleep apnea is the cause of your sleep disturbances, a continuous positive airway pressure (CPAP) machine may be recommended.



I do hope some of the information in this guide works for you, and you finally get a good night's sleep.

Take care of yourself and keep your eye out for more tips & advice for staying healthy as you age.

In love & health,

Kym aka

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