



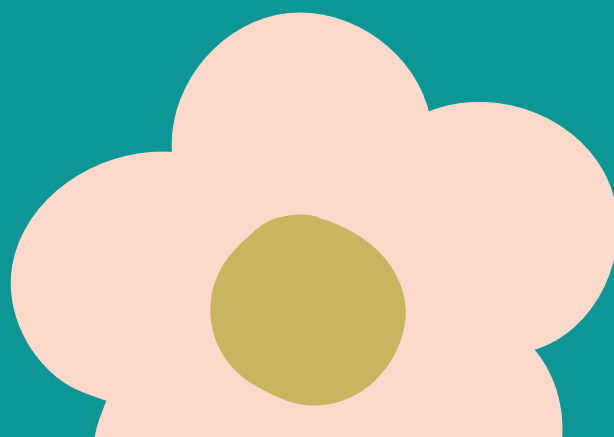
The Raw Truth:

It's Not Always a Hormone Problem (and Why Your HRT Might Be Missing the Mark)



A quick guide to key components that are left out of many HRT treatment practices.

If your practitioner is just prescribing hormones/medications it may fail in the long run.





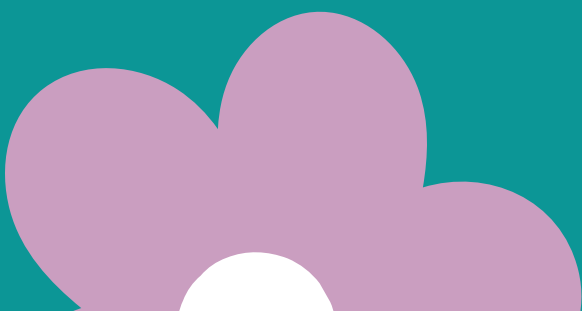
The Raw Truth:

Are you feeling tired, wired, or just plain off? Have you been told it's "just your hormones," or are you on hormone replacement therapy (HRT) and still not feeling like your vibrant self? Let's get real.

While hormones play a massive role, they're often just the smoke signal, not the fire itself. And sometimes, even a "good thing" like HRT can become "too much of a good thing."

I can not tell you the amount of women I have seen over-dosed, under-dosed, or just plain incorrectly dosed hormones as a one-size-fits all "fix" because hormone therapy is the new hot-topic right now.

Don't get me wrong, hormone replacement therapy (HRT) is vital for many women. I prescribe it and encourage it - in the right circumstances.



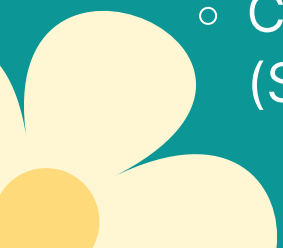


The Missing Pieces:

Why Your Hormone Puzzle Isn't Complete

Your body is an intricate, divinely designed web, not a simple linear equation. If your current approach to hormone balance isn't addressing these foundational areas, you might be missing critical pieces of your health puzzle:

- **Gut Dysfunction:** If your gut ain't happy, your hormones ain't happy (or your brain, liver, kidneys, etc.) . An unhealthy gut microbiome can sabotage your hormone metabolism, making it impossible to properly break down and eliminate hormones. It can even reverse the hard work your liver does to detoxify hormones, sending them right back into circulation! Every condition related to hormones like PCOS, endometriosis, perimenopause/menopause are intimately linked to gut health and inflammation.
 - Eliminate processed food, fast food, alcohol, sugar, etc.
 - Cook at home, from whole ingredients. (See our 7 days meal plan included)





The Missing Pieces:

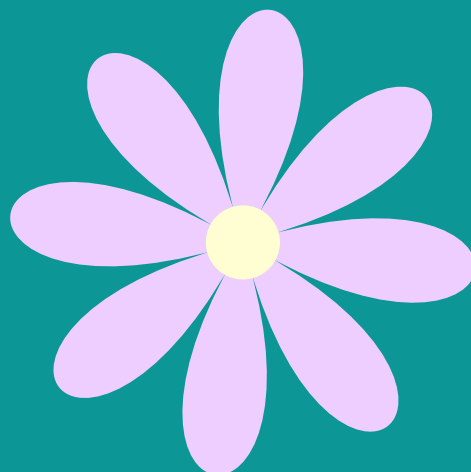
- **Thyroid Dysfunction: The Master Regulator on the Fritz** - Your thyroid is the queen of your metabolism and profoundly impacts every single hormone in your body. If your thyroid is struggling, all your other hormones will suffer. You cannot achieve true hormone balance if your thyroid is out of whack.
 - Have your provider due a full thyroid panel: TSH, Free T3, Free T4, and antibody testing (TPO + Tg)
- **Glucose Dysfunction: The blood sugar rollercoaster** insulin resistance and blood sugar imbalances are not just about diabetes; they are major drivers of hormone chaos. You can't out-supplement a diet that constantly sends your blood sugar on a wild ride!
 - Cut out SUGAR - look at labels and keep your 'added sugars' to NO MORE than 24g per day (12g per day for those under 15)
 - Get ½ gram to 1 gram of protein for every pound of body weight
 - Don't be afraid of healthy fats! Cut out all canola, vegetable, sunflower, safflower, etc. oils. Eat whole nuts/seeds



The Missing Pieces:

- Autoimmune Conditions: When your body Attacks Itself: Autoimmunity can directly attack endocrine glands, leading to hormone deficiencies. If your immune system is in overdrive, your hormones will be caught in the crossfire.
 - All the interventions we have already mentioned - work here.
 - Try the Autoimmune Paleo Diet. You shouldn't have to do this forever, but in the beginning while you heal.
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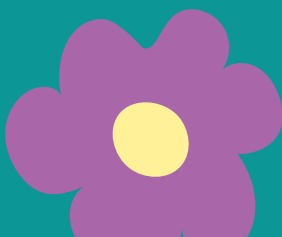
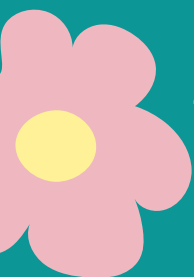
Autoimmune can be tricky for each person - work with your qualified practitioner to rule this in or out.





The Missing Pieces:

- The HRT Overload: Too Much of a Good Thing is... Too Much!
- Here's a bold truth: More isn't always better, especially with hormones. If you're pushing too much HRT, you could actually be working against your body.
 - Receptor Down-regulation is Real: Your body is brilliant. When there's an excess of hormones flooding your system, your cells become less sensitive as a protective mechanism. They literally reduce the number of receptors available, making them less receptive to the very expensive HRT you're paying for! This means you can have high hormone levels on paper, but still experience symptoms of insufficiency because your cells aren't getting the signal.
 - The Unseen Burden: Overdosing on HRT, can lead to a build-up in tissues. This can result in significant side effects and even unintended hormone transfer to loved ones; depending on the form you use.





The Missing Pieces:

- Many body products (cosmetics, hair care, lotion, deodorant, body sprays, etc.) and home products (plastic tupperware, dryer sheets, soaps, laundry detergent, plastic water bottles, etc.) have endocrine (hormone) disruptors. Even fingernail polish!!
- Here's a bold truth: So much of what we come in contact with is causing significant internal (i.e. hormonal) chaos.
 - Use sources like Yuka, Think Dirty Q, EWG.org Skin Deep Data base, etc. to evaluate the toxicity of your products, food, and their ingredients.
 - The Unseen Burden: EVERYTHING you put IN or ON your body sends a message. Make sure that you aren't adding to the burden your body is already under.
 - Some major To-do's today: Check body/household products and switch as soon as you can when needed, get rid of plastic water bottles/tupperware, and throw out Teflon/Nonstick pans.





The Missing Pieces:

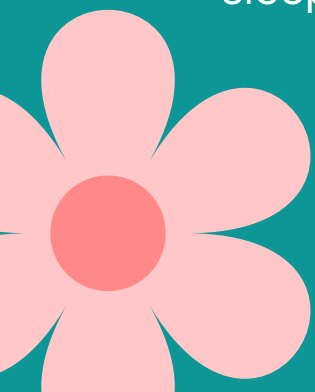
- No Supplement Can Fix a Hot Mess Lifestyle!
- Let's be honest: you can pop all the fancy supplements in the world, but if your lifestyle is a wreck, your hormones will follow suit. You cannot out-supplement:
 - Chronic Adrenal Dysfunction & Chronic Stress: Your adrenal glands are your stress responders and play a crucial role in compensating for hormone shifts, especially during perimenopause. If you're constantly living in fight-or-flight mode, your adrenals get depleted, impacting everything from progesterone production to overall hormone balance.
 - A Crappy Diet: Your body needs foundational building blocks to make hormones. If you're not getting enough quality protein and healthy fats, your body literally can't synthesize the hormones it needs. And a diet high in sugar and processed/fast foods fuel inflammation and insulin resistance, creating a vicious cycle of hormonal chaos.





The Missing Pieces:

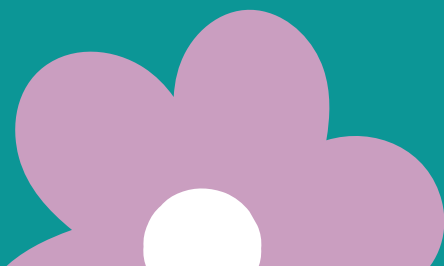
- **Lack of Movement & Exercise:** Exercise is a powerful hormone optimizer. A sedentary lifestyle is devastating for overall hormone function. Exercise is crucial for all hormone conditions as well as overall health.
 - Get 30 minutes of movement every day. Mix up walking and strength training - gotta use those muscles for long term hormonal benefit.
 - Avoid Overtraining: Listen to your body. Overtraining can suppress hormones, impair recovery, and lead to injuries. If you're constantly fatigued, struggling to recover, or losing motivation, it's time to back off.
 - Movement Throughout the Day: Break up long periods of sitting with short walks or stretches.
- **Poor Sleep:** Sleep is non-negotiable for hormone regulation. Chronic sleep disturbances, especially sleep apnea, will absolutely devastate your endocrine system, leading to imbalances in cortisol, testosterone, estrogen, and insulin.
 - See the sleep hygiene pages for ideas on creating a better sleep cycle.

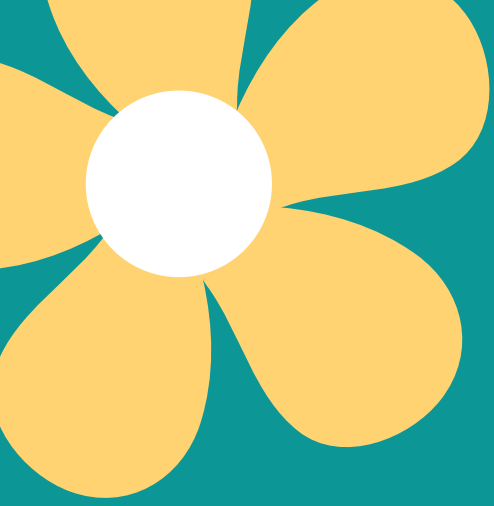




The Missing Pieces:

- Provider experience: Unfortunately “hormones” are all the rage right now (even though they should have been all along). Just because your provider went to a weekend seminar or “took a class” doesn’t mean they understand hormones, the underlying function, how they are used by the body and move out of the body. If all they are doing is prescribing some hormones, be cautious.
 - Utilize a provider who understands how ALL of the systems of the body communicate with one another - THIS INFLUENCES HORMONES!
- Cheaper isn’t always better: I understand that cost is a factor for EVERYTHING in life. A discount provider that offers a one-time visit, with no follow up or education may cost you more in the long run.
 - Again, find a provider who works with the body as a whole, complete eco-system. If they are treating EVERYTHING like a hormone problem, they may have a little tunnel vision.

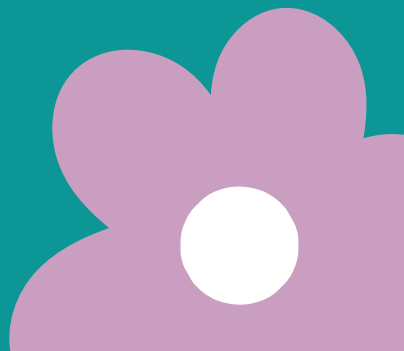




7-Day Meal/Snack Plan

Always check ingredients for anything you are allergic to and substitute.

You may substitute ingredients for personal preference as well. Just make sure your substitute is a whole-food ingredient, not a processed ingredient.



FRUITS

- 3 cups Cherries
- 16 cups Grapes
- 13 Lemon
- 12 Lime

SEEDS, NUTS & SPICES

- 1 1/2 tsp Black Pepper
- 3 cups Chia Seeds
- 2 tsp Cinnamon
- 3/4 cup Ground Flax Seed
- 1 tsp Ground Ginger
- 1 1/2 cups Hemp Seeds
- 3 tbsps Italian Seasoning
- 2 tsp Oregano
- 1/2 cup Pumpkin Seeds
- 1 1/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/3 cups Sunflower Seeds
- 5 cups Walnuts

FROZEN

- 9 cups Frozen Mango

VEGETABLES

- 12 cups Baby Carrots
- 16 cups Baby Spinach
- 48 cups Broccoli
- 14 cups Brussels Sprouts
- 10 Carrot
- 3 heads Cauliflower
- 30 stalks Celery
- 2 Delicata Squash
- 2 bulbs Fennel
- 12 Garlic
- 24 Heirloom Carrots
- 16 cups Kale Leaves
- 9 cups Mushrooms
- 2 cups Red Onion
- 4 Sweet Potato
- 3 Yellow Onion

BOXED & CANNED

- 4 cups Lentils
- 3 1/2 cups Quinoa
- 3 cups Vegetable Broth

BAKING

- 1/2 tsp Ground Cloves
- 1 1/3 tbsps Stevia Powder
- 1/2 cup Unsweetened Coconut Flakes
- 1/4 cup Unsweetened Shredded Coconut

BREAD, FISH, MEAT & CHEESE

- 2 lbs Chicken Breast
- 5 lbs Extra Lean Ground Turkey
- 2 1/2 lbs Salmon Fillet

CONDIMENTS & OILS

- 1/2 cup Black Olives
- 2 tbsps Coconut Oil
- 2 1/8 cups Extra Virgin Olive Oil
- 2 tbsps Red Wine Vinegar
- 1 1/2 cups Sunflower Seed Butter
- 2 cups Tahini

COLD

- 4 cups Hummus
- 4 cups Plain Coconut Milk
- 8 cups Unsweetened Almond Milk

OTHER

- 1 cup Chocolate Protein Powder
- 25 1/2 cups Water



MON



BREAKFAST

Carrot Cake Chia Pudding



SNACK 1

Grapes & Walnuts



LUNCH

Creamy Broccoli Salad



SNACK 2

Baby Carrots & Hummus



DINNER

One Pan Paleo Plate

TUE



BREAKFAST

Carrot Cake Chia Pudding



SNACK 1

Creamy Broccoli Salad



LUNCH

One Pan Paleo Plate



SNACK 2

Baby Carrots & Hummus



DINNER

Cauliflower Shepherd's Pie

WED



BREAKFAST

Chocolate Cherry Chia Pudding



SNACK 1

Creamy Broccoli Salad



LUNCH

Cauliflower Shepherd's Pie



SNACK 2

Grapes & Walnuts



DINNER

Lemon Turkey Quinoa Skillet

THU



BREAKFAST

Chocolate Cherry Chia Pudding



SNACK 1

Creamy Broccoli Salad



LUNCH

Lemon Turkey Quinoa Skillet



SNACK 2

Grapes & Walnuts



DINNER

Baked Salmon with Broccoli & Quinoa

FRI



BREAKFAST

Lucky Green Smoothie



SNACK 1

Baby Carrots & Hummus



LUNCH

Baked Salmon with Broccoli & Quinoa



SNACK 2

Celery with Sunflower Seed Butter



DINNER

Roasted Carrots with Lentils & Tahini

SAT



BREAKFAST

Lucky Green Smoothie



SNACK 1

Baby Carrots & Hummus



LUNCH

Roasted Carrots with Lentils & Tahini



SNACK 2

Celery with Sunflower Seed Butter



DINNER

Roasted Winter Vegetables with Tahini Drizzle

SUN



BREAKFAST

Lucky Green Smoothie



SNACK 1

Grapes & Walnuts



LUNCH

Roasted Winter Vegetables with Tahini Drizzle



SNACK 2

Celery with Sunflower Seed Butter



DINNER

Cauliflower Shepherd's Pie



Lucky Green Smoothie

4 SERVINGS 10 MINUTES



INGREDIENTS

3 cups Frozen Mango
4 Lime (juiced)
4 cups Baby Spinach (packed)
1/4 cup Ground Flax Seed
1/2 cup Hemp Seeds
7 cups Water

DIRECTIONS

01 Place all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!



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Grapes & Walnuts

16 SERVINGS 3 MINUTES



INGREDIENTS

16 cups Grapes (washed)

4 cups Walnuts

DIRECTIONS

01 Wash grapes and divide into bowls or baggies. Mix in walnuts and enjoy!



Chocolate Cherry Chia Pudding

8 SERVINGS 30 MINUTES



INGREDIENTS

- 1 cup** Chia Seeds
- 4 cups** Plain Coconut Milk (unsweetened, from the carton)
- 1 cup** Chocolate Protein Powder
- 3 cups** Cherries (pitted)
- 1/4 cup** Unsweetened Shredded Coconut

DIRECTIONS

- 01** In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 02** Top the chia pudding with the cherries and the coconut. Serve and enjoy!



Baby Carrots & Hummus

16 SERVINGS 5 MINUTES



INGREDIENTS

12 cups Baby Carrots
4 cups Hummus

DIRECTIONS

01 Divide carrots between bowls. Serve with hummus on the side for dipping.
Enjoy!



Celery with Sunflower Seed Butter

12 SERVINGS 5 MINUTES



INGREDIENTS

24 stalks Celery (sliced into sticks)

1 1/2 cups Sunflower Seed Butter

DIRECTIONS

- 01** Spread sunflower seed butter across celery sticks (about 1 tbsp per celery stalk). Happy munching!



Carrot Cake Chia Pudding

8 SERVINGS 3 HOURS



INGREDIENTS

- 4** Carrot (medium, grated)
- 2 tsp** Cinnamon
- 1/2 tsp** Ground Cloves
- 1 tsp** Ground Ginger
- 1 1/3 tbsps** Stevia Powder (to taste)
- 8 cups** Unsweetened Almond Milk
- 2 cups** Chia Seeds
- 1 cup** Walnuts (chopped)
- 1/2 cup** Unsweetened Coconut Flakes

DIRECTIONS

- 01** In a medium sized mixing bowl, combine the shredded carrot, cinnamon, cloves, ginger and stevia. Add the almond milk, then whisk in the chia seeds. Let sit for 5 minutes, then stir again to redistribute the chia seeds. Cover the bowl and refrigerate for 3 hours or overnight.
- 02** Divide into bowls or mason jars and garnish with shredded coconut and chopped walnuts. Enjoy!



Creamy Broccoli Salad

16 SERVINGS 20 MINUTES



INGREDIENTS

32 cups Broccoli (chopped into florets)
1 cup Red Onion (finely sliced)
1 cup Tahini
4 Lemon (juiced)
1/2 cup Extra Virgin Olive Oil
1 tsp Sea Salt
1 tsp Black Pepper
1/2 cup Water
1 1/3 cups Sunflower Seeds

DIRECTIONS

- 01** Bring a large pot of water to a boil and drop in your broccoli florets. Cover with a lid and boil for 2 - 3 minutes, or just until slightly tender. Strain and run under cold water.
- 02** Roughly chop the florets into pieces and add them to a large mixing bowl. Add in the red onion.
- 03** In a small jar, add the tahini, lemon juice, olive oil, sea salt, black pepper and water. Shake vigorously until well combined. Pour over the salad and toss well.
- 04** Sprinkle sunflower seeds over top of the salad and serve. Enjoy!



One Pan Paleo Plate

8 SERVINGS 35 MINUTES



INGREDIENTS

- 2 lbs** Chicken Breast
- 1/4 tsp** Sea Salt
- 8 cups** Brussels Sprouts (washed, trimmed and halved)
- 2 tbsps** Extra Virgin Olive Oil (plus extra for brushing)
- 4** Sweet Potato (washed and sliced in half)

DIRECTIONS

- 01** Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02** Brush both sides of the chicken breast with olive oil and season with sea salt. Place on the baking sheet.
- 03** Toss your brussels sprouts in olive oil. Place on the baking sheet with the chicken.
- 04** Slice your sweet potatoes in half lengthwise and pierce the flesh multiple times with a fork all over to create holes. Brush the flesh of each half with olive oil. Place these on the baking sheet with the flesh facing up.
- 05** Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through. (Note: Sweet potato may need longer depending on size.)
- 06** Remove baking sheet from the oven and divide onto plates. Season with more salt if desired. Enjoy!



Lemon Turkey Quinoa Skillet

8 SERVINGS 30 MINUTES



INGREDIENTS

3 tbsps Extra Virgin Olive Oil
4 Garlic (cloves, minced)
2 lbs Extra Lean Ground Turkey
2 tsps Oregano (dried)
1/2 tsp Sea Salt
1/2 cup Black Olives (chopped)
4 cups Baby Spinach (chopped)
1 1/2 cups Quinoa (dry, uncooked)
3 cups Vegetable Broth
2 Lemon (zested and juiced)

DIRECTIONS

- 01** Heat oil in a large skillet with a tight-fitting lid over medium-high heat.
- 02** Add the garlic to the skillet and cook for a minute until fragrant. Add the turkey, oregano and salt to the skillet and continue to cook for about 5 to 7 minutes or until the turkey is cooked through, breaking it up as it cooks.
- 03** Add the black olives and spinach to the skillet with the turkey and mix well until spinach is wilted.
- 04** Add the quinoa to the skillet, stir to incorporate then add the broth. Bring to a gentle boil, then cover the skillet with the lid and reduce heat to medium-low. Let the skillet simmer for 10 to 12 minutes or until all the liquid has absorbed and the quinoa is tender.
- 05** Stir in the lemon zest and lemon juice. Season with additional salt if needed. Serve immediately and enjoy!



Cauliflower Shepherd's Pie

12 SERVINGS 50 MINUTES



INGREDIENTS

3 heads Cauliflower (chopped into florets)
1/3 cup Extra Virgin Olive Oil (divided)
3 Yellow Onion (diced)
6 Garlic (cloves, minced)
3 lbs Extra Lean Ground Turkey
9 cups Mushrooms (sliced)
6 Carrot (diced)
6 stalks Celery (diced)
3 tbsps Italian Seasoning
3/4 tsp Sea Salt

DIRECTIONS

- 01** Preheat oven to 350°F (177°C).
- 02** Place cauliflower florets in a medium sized saucepan, cover with water and bring to a boil. Let the florets boil until they are soft, about 15 minutes.
- 03** While the cauliflower is boiling, heat half of the olive oil in a large frying pan over medium heat. Add the onions and garlic, cook for 5 minutes or until onions are translucent.
- 04** Add the meat, and cook until browned.
- 05** Add the mushrooms, carrots, celery, Italian seasoning, and salt. Continue to cook for a few minutes, until the meat is cooked through. Remove from heat.
- 06** Drain the cauliflower and discard cooking water. Return the cauliflower to the pot and add the other half of the olive oil and a sprinkle of salt. Mash well until the cauliflower becomes almost like a puree.
- 07** Transfer the meat mixture to a casserole or pie dish and distribute into an even layer. Top with the cauliflower mash and spread it evenly across the top.
- 08** Place in the oven and bake for 20 minutes. Turn the oven to a low broil and broil for 10 minutes or until golden. Remove from oven and serve. Enjoy!



Baked Salmon with Broccoli & Quinoa

8 SERVINGS 20 MINUTES



INGREDIENTS

- 2 1/2 lbs** Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 16 cups** Broccoli (sliced into small florets)
- 1/4 cup** Extra Virgin Olive Oil
- 2 cups** Quinoa (uncooked)
- 3 cups** Water
- 1** Lemon (sliced into wedges)

DIRECTIONS

- 01** Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
- 02** Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
- 03** Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
- 04** While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
- 05** Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!



Roasted Winter Vegetables with Tahini Drizzle

8 SERVINGS 45 MINUTES

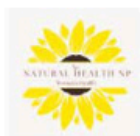


INGREDIENTS

2 Delicata Squash (small)
6 cups Brussels Sprouts (washed and halved)
2 bulbs Fennel (coarsley chopped)
1 cup Red Onion (coarsley chopped)
1/2 cup Extra Virgin Olive Oil (divided)
1/2 tsp Sea Salt
1/2 tsp Black Pepper
1/2 cup Tahini
2 Garlic (clove)
1/2 cup Water
4 Lemon (small, juiced)
1/2 cup Pumpkin Seeds

DIRECTIONS

- 01** Preheat oven to 375°F (191°C). Line two baking sheets with parchment paper.
- 02** Slice delicata squash in half lengthwise and scoop out seeds, then slice into half rounds.
- 03** Toss the squash, brussels sprouts, fennel and red onion with half of the olive oil, and spread over the baking sheets. Roast vegetables in the oven for 30 minutes, stirring at the halfway point.
- 04** Meanwhile, prepare the dressing by combining the remaining olive oil, salt, pepper, tahini, garlic, water and lemon juice in a blender. Blend until smooth, adding more water if necessary for consistency.
- 05** Remove vegetables from oven and divide onto plates. Drizzle with tahini sauce and top with pumpkin seeds. Season with more sea salt and black pepper if you wish. Enjoy!



Roasted Carrots with Lentils & Tahini

8 SERVINGS 25 MINUTES



INGREDIENTS

24 Heirloom Carrots (washed)
2 tbsps Coconut Oil
1 tsp Sea Salt
1/3 cup Tahini
2 Lemon (juiced)
1/2 cup Water
1/4 cup Extra Virgin Olive Oil (divided)
16 cups Kale Leaves (finely sliced)
2 tbsps Red Wine Vinegar
4 cups Lentils (cooked, drained and rinsed)

DIRECTIONS

- 01** Preheat the oven to 430°F (222°C). Line a baking sheet with parchment paper. Rub the carrots with coconut oil then season with sea salt. Bake for 20 minutes. (Note: You can leave the green tops on or slice them off before roasting.)
- 02** Meanwhile, in a small jar combine the tahini, lemon juice, water and half the olive oil. Cover with a lid and shake vigorously until well mixed. Set aside.
- 03** Add the finely sliced kale to a large bowl and massage with the remaining olive oil and red wine vinegar. Divide between bowls and top with lentils. Add roasted carrots ontop and drizzle with tahini dressing. Enjoy!



Sleep Hygiene Checklist

Sleep hygiene means having good sleep habits. Everyone's sleep is different. Review the strategies here and pick those that seem like the best solutions for you.



Stop pre-sleep electronic use. (60-120 minutes before bed) Electronics are cognitively engaging and can unexpectedly induce emotions (e.g., stress from an email, excitement from a story), preventing you from winding down. The bright light from electronics also disrupts a normal sleep-wake schedule by conflicting with nature's daily light-dark cycle. Don't answer emails, peruse social media, or watch TV/movies.



Use bed only for S. Sleep, sex, and sickness. Spending less time in bed can promote more continuous and deeper sleep, because your body begins to associate the bed with rest. Don't eat, work or watch TV in bed.



Remove naps. While naps can help after sleep deprivation, regular naps may deter nighttime sleep. Sleeping continuously at night is best, so skip the nap and sleep longer that night. If you really feel the need to nap, do it before 3pm and keep it under an hour.



Keep fixed bedtime and wake-up time. Awakening around the same time every morning promotes a regular sleep schedule. In turn, your body learns when it is time to fall asleep. Even if it means waking up earlier on weekends or getting less sleep one night, your sleep will be better in the long term.



Avoid caffeine and alcohol. (6-8 hours before bed) Caffeine and other stimulants (e.g., medications, drinks) activate neurobiological systems that maintain wakefulness. Alcohol requires metabolism and this physiological arousal can fragment sleep, despite seeming to induce sleepiness initially.



Do relaxing activities pre-sleep. Relaxing activities can promote sleepiness by reducing physiological arousal and minimizing thinking. Conversely, work or planning activities at bedtime can delay sleep, so avoid them. Ideas: stretching, calm music, slow breathing, shower.



Make a worry list. Falling asleep is harder if you are worrying or thinking about emotional things. So set aside a few minutes before bed and list everything that you want to remember for tomorrow, including worries themselves – you can worry about them tomorrow, just not right now.



Do boring activities pre-sleep. Boring activities slow down our cognitive processes, slowing our mind and allowing for sleepiness. Ideas: listen to a radio show or podcast in a language you don't understand, read an uninteresting document (terms and conditions, financial reports, random textbooks)



Improve your sleeping environment. Noises, light, and uncomfortable temperatures have been shown to disrupt continuous sleep. Select comfortable pillows & mattresses, remove distractions, use a sound machine, get darker curtains, wear socks.



Exercise at the right time. Exercise can facilitate or inhibit sleep. *Do* exercise during the day. *Don't* exercise too late in the day (~2 hours before bed) because it can increase physiological arousal and delay sleep.



Get up and try again. If you can't sleep after 20+ minutes, get up and do something relaxing or boring. Actively trying to fall asleep just frustrates you, preventing sleep. *Ideas:* read something boring (junk mail, owner's manuals), sit and mentally list category items (dog breeds). Don't do anything too interesting. Once you're sleepy, go to bed and try to sleep.



Learn about sleep. Obsessing over sleep difficulties or not understanding the science of sleep can perpetuate sleep difficulties. Read scientific articles to learn more about sleep, and thus correct misconceptions or expectations that may be exacerbating sleep-related frustration or anxiety. See References for examples.



Make an appointment with a professional. If you think your sleep difficulties might extend beyond habit change, consult with your doctor or a sleep specialist. The time you take for the appointment could save you invaluable time in the future.

Your Sleep Hygiene Checklist

- ☐ Stop pre-sleep electronic use.
- ☐ Use bed only for S.
- ☐ Remove naps.
- ☐ Keep fixed bedtime and wake-up time.
- ☐ Avoid caffeine and alcohol.
- ☐ Do relaxing activities pre-sleep.
- ☐ Make a worry list.
- ☐ Do boring activities pre-sleep.
- ☐ Improve your sleeping environment.
- ☐ Exercise at the right time.
- ☐ Get up and try again
- ☐ Learn about sleep
- ☐ Make an appointment with a professional.

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