

Sleep *naturally*

**YOUR INTEGRATIVE
GUIDE TO A BETTER
NIGHT'S SLEEP**



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Simply Different.

Brought to you by Flordis Integrative Medicine

Dear reader,

**Welcome to our eBook
– A better night's rest.**

Thanks for downloading our eBook and committing to improving your sleep routine over the next 21 days!

We'll start out with an introduction of some of the basics of sleep and from there, each chapter will set you up with a weekly challenge alongside useful tips and resources to help you towards a better sleep cycle. Each chapter will focus on a specific area of sleep hygiene that will support healthier sleep patterns.

Before you read any further, we also wanted to note: this information is general in nature. Your integrative health care professional will be able to guide and assist with your specific needs.

If you find that your sleeplessness is disrupting your quality of life, we always recommend speaking to your health professional who can help determine what is most suitable for your personal circumstances.

Wishing you a much-deserved good night's rest,

The Flordis team

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**Brought to you by ReDormin Forte
for the relief of sleeplessness**

**Always read the label. Follow the directions for use.
If symptoms persist, talk to your health professional.**



What's in a good night's sleep?

There is more to good sleep than just getting 8 hours of shut eye. Here we explore the importance of sleep, understanding sleep cycles and getting a good night's sleep.

Having a proper night's sleep helps your body and mind recharge for the next day but research¹ shows there is more to consider than just achieving 8 hours of rest. If you're waking up feeling tired or unrested, it's a sign of sleeplessness – and it means you're not getting the shut eye you need.

Sleep is an essential bodily function, like eating, drinking and breathing, and it can influence your physical, mental and psychological health. Research² indicates deprivation of sleep can be harmful for your ability to learn, concentrate or make decisions that affect your everyday life.

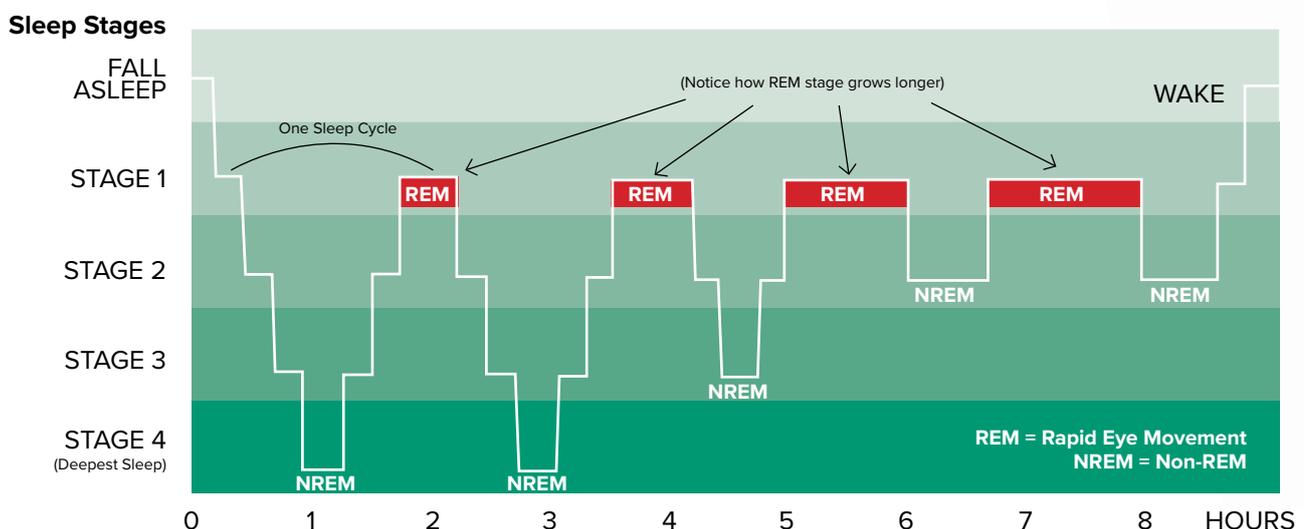
WHAT HAPPENS WHILE YOU SLEEP?

While you sleep, your brain keeps working. The nerve cells in your brain, called neurons, continue reconnecting and forming new pathways in your brain to help you remember information learnt during the day.

Sleep also plays an important role in maintaining healthy growth and development in your body. While you sleep, cells in your body increase in production to:

- Heal and repair your heart and blood vessels
- Maintain a healthy balance of hormones to regulate your appetite
- Control your blood sugar levels
- Boost muscle mass, and repair cells and tissues in your body
- Keep your immune system healthy.

CYCLES OF SLEEP



Getting a good night's rest

Although most adults need about seven to nine hours a night, ensuring the time you spend asleep is restful relies on a pattern of sleep.

When you sleep, you fall into different stages known as:

- Rapid eye movement (REM) sleep, also called dreaming sleep
- Non-rapid eye movement (NREM) sleep, also called slow-wave sleep or deep sleep.

A sleep cycle typically last about 90 to 110 minutes and is made up of both REM and NREM sleep in varying lengths during the cycle.

A good night's sleep occurs when you successfully complete about five cycles of sleep with minimal interruption.

WHAT ARE SLEEP CYCLES?

While you sleep, you go through several sleep cycles. Each sleep cycle consists of two main stages of sleep. When you've just fallen asleep you enter the first stage: non-rapid eye movement (NREM) sleep.

About 60 to 90 minutes later, your breathing will get slightly faster and your eyes may move rapidly. This means you've entered the second stage of your sleep cycle, which is called rapid eye movement (REM) sleep. It's during this stage that you dream for about five to 30 minutes.



WHAT CONTROLS YOUR SLEEP CYCLE?

Your sleep cycles are controlled by your body's biological "clock". This clock is actually made up of pinhead-sized brain structures of about 20,000 brain cells.

When it's dark, these brain cells tell other parts of your brain to make the hormone melatonin. This hormone is what makes you feel sleepy. When it's light, your biological clock signals to your brain to stop making this sleep hormone to get ready to wake up.

General tips for quality of rest

Your brain doesn't automatically progress through the sleep cycles. The process adapts in response to changes in your body and your sleep surroundings. You can try these tips to create a healthy association for sleep.



TIMING

Consider having a regular bedtime routine to prepare you for sleep. This might include going to bed and waking up at the same time, and not taking an afternoon nap when you feel tired during the day.



RELAXATION TECHNIQUES

Try breathing exercises and meditation as natural remedies to help you sleep. Relaxation techniques can release emotional tension and help you relax your body. Audio recordings and sleep machines may also help you calm your mind and body.



SUNLIGHT EXPOSURE

Exposure to sunlight during the day, especially in the morning, can set your internal body clock (called the circadian rhythm) to wake during the day and sleep at night – this means you can fall asleep faster when you go to bed. At night, minimise light and noise in your bedroom, such as bright and flashing lights.



BE COMFORTABLE

Comfort at night can be affected by the temperature of your bedroom, going to sleep hungry or unfamiliar smells and sounds. If your sleep environment prevents you from feeling comfortable and relaxed, your body may produce stress hormones that keep you awake.



1

How could you manage your sleep cycle?

By giving your biological clock a hand to make - or stop making - melatonin, you may manage your sleep cycle. This is how you could help your biological clock and get a good night's sleep.

AVOID BRIGHT LIGHT BEFORE GOING TO BED.

Bright light may not only stop your brain from making melatonin – it could also make you feel less sleepy.

A study published in the *Journal of Physiology* followed 52 people to investigate whether bright light affects the biological clock. The researchers asked most of these people to sit in a bright-lit room during the early night. Then, they measured the amount of

melatonin in their blood. They also asked the participants to rate their sleepiness.

The research team found that when people were surrounded by bright light, they barely made any melatonin. They also reported that these people felt less sleepy – even four hours after they were exposed to bright light.

So, try to avoid bright lights before going to bed. This may help your brain to make melatonin and you to fall asleep sooner.

BAN THE BLUE LIGHT FROM YOUR ELECTRONIC DEVICES

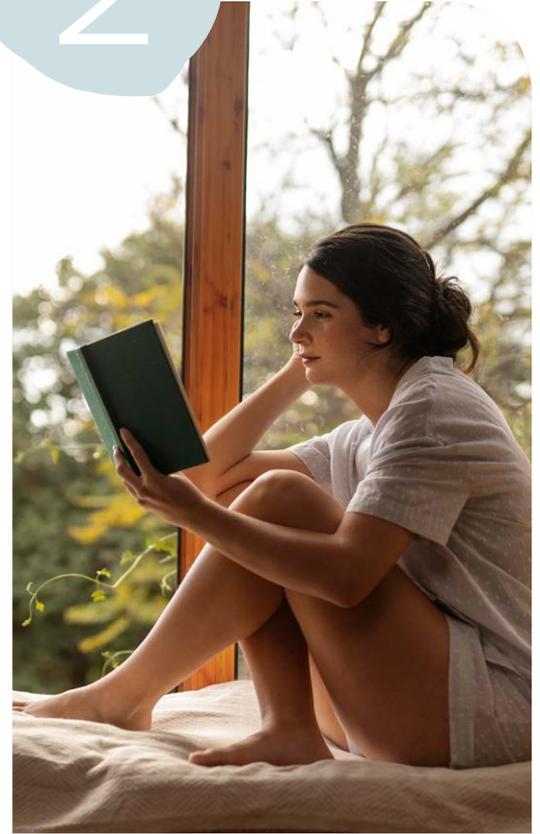
The blue light that comes from your TV, computer, mobile, and other electronic devices may prevent you from falling asleep.

A British study followed 22 people to investigate whether blue light in the evening can affect sleep. Before going to bed, these participants sat in front of a blue light for four hours. The researchers then measured the melatonin in their blood. Plus, they monitored their brain activity and eye movements.

The team of researchers barely detected any melatonin in their blood when they watched the blue light. They also reported that it took them significantly longer to fall asleep.

So, turning off your electronic devices at least one hour before going to bed may help you wind down and catch some ZZZ's faster.

2



3

DO SOME PHYSICAL EXERCISE

Physical exercise may help to increase your melatonin levels, according to a study³ published in the Journal of Exercise Nutrition & Biochemistry.

This study investigated whether exercise could affect the sleep. Forty people exercised either in- or outdoors during two weeks. These 30-minute exercise sessions consisted of moderate intensity walking or running.

The researchers asked them how long it took to fall asleep. They also measured the amount of melatonin in their blood.

The research team found that their blood contained significantly higher levels of melatonin after doing exercise. They also reported that these people fell a little faster asleep than before.

This is good news, but don't exercise too late at night. Researchers also suggest this may prevent your brain from making enough melatonin to stay asleep during the night.





**Your Sleep
Challenge**
begins



week
one

Establish Your Sleep Schedule

Your challenge for the next 7 days is to **go to bed and get up at the same time each day**. It might sound straightforward, but often life gets in the way of a consistent ‘normal bedtime’ and it’s all too easy to hit snooze in the morning.

WHY IT MATTERS:

A strict routine will help to ‘set’ your body clock, meaning you’ll be ready to ‘sleep’ or ‘wake’ at about the same time each day.

Your body builds a strong desire for sleep throughout your ‘wake time’. If you shorten this (by sleeping in), it will reduce the sleep drive and make it harder to fall asleep at night time.

TOP TIPS TO HELP GET YOUR SLEEP ROUTINE OFF TO THE BEST START:

- **Begin with mornings** – to be able to adjust to a new bed time, you’ll need to make sure you feel sleepy at an appropriate time. That may mean getting up earlier. It’ll be tough to begin with, but it will be worth it in the long run.
- **Small steps** – if your new wake time is too hard to handle, ease your body

into it by adjusting it by 15-minutes each morning until you reach your target

- **Consistency is key** – The best way to get your body on a new schedule is to stick with it – that means weekends too! So when deciding your wake time make sure it’s feasible for both weekdays and weekends
- **Let there be light** – Light exposure can decrease your body’s production of sleep-inducing melatonin, which can help you feel more alert. Get some morning sunshine, open the blinds, or if it’s winter turn up the lights!
- **Time for Flordis ReDormin Forte** – ReDormin Forte is a Flordis natural medicine for the relief of sleeplessness. If you’ve opted to try ReDormin Forte to help you establish healthy sleep patterns, it’s recommended that you take the tablet approximately 1 hour before your planned bedtime.

TROUBLESHOOTING

"I have too much to do in the evenings"

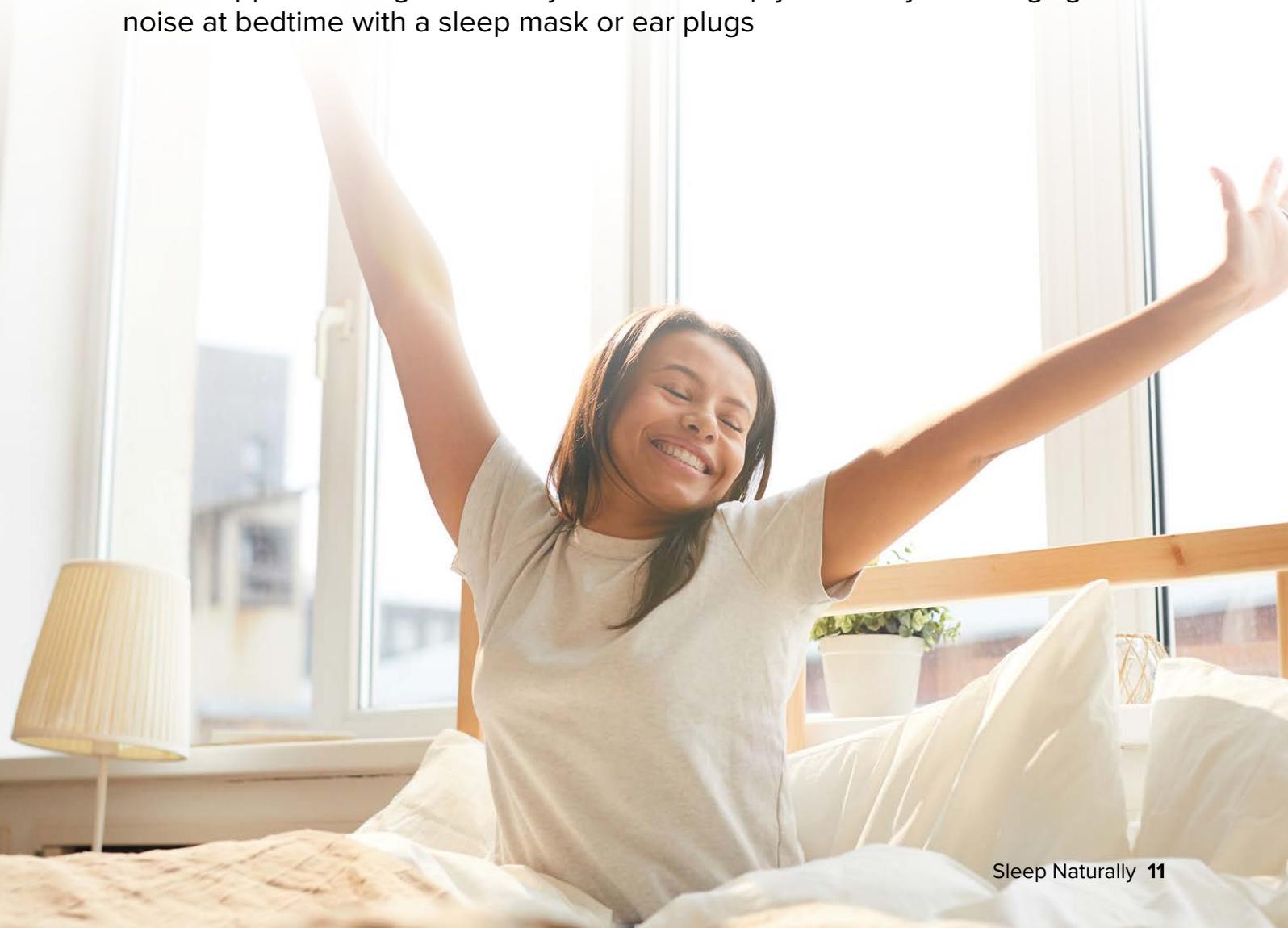
Bump up your evening schedule so that you eat dinner, gym, or watch TV an hour earlier. Can you shorten each activity by 15 minutes? Or alternate activities so that you can move your bed time forward?

"I'm just not an early bird"

It doesn't matter what time you wake – just that you are consistent. Make sure that the time you set is feasible for you. Don't let it be too early or inconsistent with what you are used to. Perhaps your body responds better to a later bed time and wake time.

"I can't get to sleep earlier" or "I can't stay up that late"

Work with your body clock. Don't go to bed if you don't feel tired – you'll only lie awake reinforcing bad habits. Give yourself time to adjust to your new routine, it won't happen overnight. You may be able to help yourself by reducing light and noise at bedtime with a sleep mask or ear plugs



A photograph of a bedroom. In the foreground, a bed is covered with a blue duvet and white pillows. To the left, a large green plant in a concrete pot sits on the floor. Next to it is a small round wooden side table with a black bird figurine and a book titled 'INTERIORS'. A black lamp is mounted on the wall above the table. A light blue circle in the top left corner contains the text 'week two' in white.

week
two

Create A Relaxing Bedtime Routine

Your challenge for the next 7 days is to **develop a bedtime routine that has your body – and mind – ready for sleep.**

WHY IT MATTERS:

Common sleeping problems are often caused by bad habits reinforced over the years. A few small adjustments to your lifestyle – and your bedroom – can make a big difference.

TOP TIPS TO CREATE AN IDEAL SLEEP SETTING:

- **Set the atmosphere** – Make sure your room is cool, dark, and quiet. If it's hard to control factors like noise or outside light, try ear plugs or a sleeping mask
- **Avoid stimulants before bed** – that includes caffeinated drinks (like coffee or cola), smoking (nicotine is actually a stimulant and may keep you struggling to fall asleep) and alcohol (actually a depressant, and while it might help you dose off, it can disturb sleep patterns and increase night time waking)

- **Schedule worry time** – Do you use bedtime to run through your daily worries? Try doing your worrying elsewhere for a set amount of time, before you hit the bedroom. You could even try writing it down to help you let go of any stressors
- **Keep your sleep space sacred** – try not to use your bedroom for watching TV or talking on the phone. Your mind can associate it with activity rather than sleep
- **Swap screens for sleep-inducing activities** - the bright screens of phones and computers are rich in blue light, which can reduce the release of melatonin (an important hormone for

sleep). Instead of using your phone before bed, why not try reading a book?

- **Relax** – There are lots of good ways to relax; some ideas to get started with include deep breathing, a warm bath to ease tension, meditation or progressive muscle relaxation in which you tense and relax each part of your body starting at the toes and working up



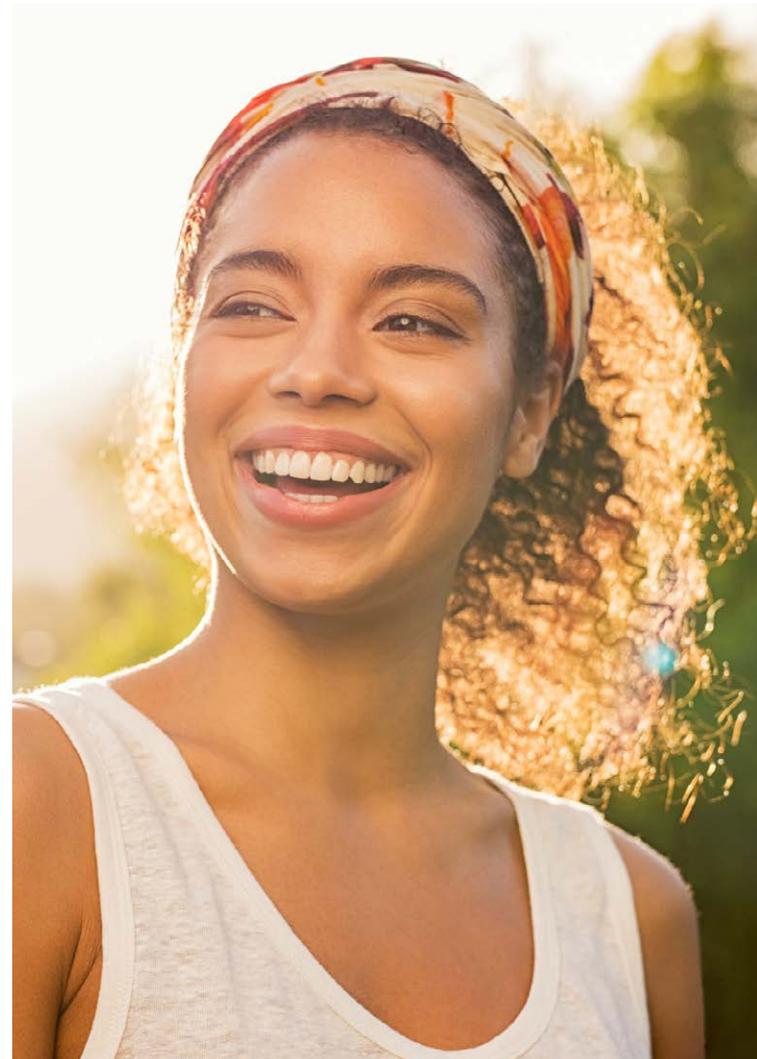
TROUBLESHOOTING

"I still can't get to sleep"

If you haven't fallen asleep within a reasonable amount of time, get out of bed and do something different for half an hour e.g. reading. This will help to take the pressure off 'getting to sleep' and hopefully help you to feel tired again.

"I can't keep away from my phone at night"

If you're struggling to remove screens from your bedtime routine, at the very least try to ensure you are using 'night mode' (most smart phones have a setting that reduces the amount of blue light they emit). Another idea is charging your phone at the other side of the bedroom so you can't access it once you're in bed!



Add Exercise

Your challenge for the next 7 days is to **incorporate exercise into your daily routine to help support a better sleep.**

WHY IT MATTERS:

Exercise can help to improve both the quality and quantity of sleep; it increases time spent in deep sleep, the most restorative phase of sleep, and can help you feel more tired and ready to rest at the end of the day. Not to mention it can be a great stress buster.

TOP TIPS TO HELP YOU BOOST YOUR SLEEP WITH EXERCISE:

- **Morning jogs can boost deep sleep** – but be careful of anything too vigorous as your muscles won't have had a chance to warm up yet
- **Aerobic or resistance exercise** – sleep promoting effects have been found for all types of exercise – as long as you do it consistently!
- **Yoga can be good for body and mind** - Exercise can help the body and mind. Yoga, in particular, can help lower feelings of stress
- **Avoid exercise just before bed** – it can raise the heart rate, body temperature, and may make you feel more alert, which may have negative effects on sleep
- **Make it regular** – research indicates that exercise that's part of a consistent routine in the right intensity and right time can help boost sleep duration
- **Don't go overboard** – too much exercise can actually lead to sleeping difficulties. Approximately 30 minutes exercise a day is recommended for healthy adults.



week
three

TROUBLESHOOTING

"I prefer to exercise in the evening"

If you can't avoid exercising late in the day, don't fret. Try a longer cool down and gentle stretching session afterwards to help your body wind down.

"I can't fit exercise in every day"

You don't necessarily need to hit the gym to get your daily activity. Every little bit counts. Why not take the stairs instead of the lift? Walk instead of getting the bus. Or do a short yoga routine in your living room.

STICK WITH IT!

The only challenge left is to keep up the good work! Remember, good sleep hygiene can be key to a good night's sleep. It's easy to slip back to old habits, so try to check in with yourself each month to rate your sleep and ensure you stay on track!

recipes

For Restful Sleep

Food can provide the body with nutrients that may help to support a healthy night's sleep.

It is important to remember that eating a wholefood diet long term will have a cumulative effect on health and sleep quality.

Vitamin D and Omega 3 fatty acids found in oily fish help support our body's sleep-wake cycle.^{4,5} Studies have shown eating salmon three times per week enhanced overall sleep.⁵ Tryptophan is an amino acid used in the production of the hormone melatonin, which supports healthy sleep cycles. Foods that naturally contain tryptophan are turkey, milk, pumpkin seeds, soybeans and yoghurt.⁶ Soy isoflavones found in tofu may contribute to longer sleep duration.⁷

Kiwi fruits may help to boost serotonin levels, which plays an important role in our circadian rhythm. Studies have shown that

people who ate two kiwi fruits one hour before bed fell asleep faster, slept more and had better quality of sleep.⁸ Sour cherries have high concentrations of melatonin and drinking two one-cup serves of tart cherry juice per day may support healthy sleep quality.⁹

Despite making you sleepy, alcohol can disrupt the sleep cycle¹⁰ so try to avoid especially later in the evening. Caffeine's effects can be still apparent 3-7 hours after consumption so it is best to avoid coffee, tea and chocolate from the afternoon.¹¹ Sip on chamomile tea instead! Try to eat 3 hours before going to bed so that food isn't still being digested and the risk of acid reflux is reduced.¹²

Author – Patricia Prescott, Nutritionist





Sleeping Salmon on a Bed of Roast Veggies

Preparation Time: 15 mins

Cooking Time: 25 mins

Serves: 4, Gluten Free,
Vegan option below

INGREDIENTS

1 brown onion
1 clove garlic minced
4 fresh salmon fillets
(wild caught if possible)
10 cherry tomatoes, halved
300g pumpkin, diced
3 beetroot, diced
200g sweet potato diced
2 carrots
¼ cup roasted pumpkin seeds
2 tbsp Olive oil
Herb dressing:
1 tbsp Flaxseed oil
1/3 cup continental parsley finely
chopped
¼ cup fresh dill finely chopped
1 clove garlic minced
Zest of 1 lemon
1 tablespoon lemon juice

METHOD

1. Preheat oven to 200 degrees Celsius
2. Place onion, pumpkin, beetroot, sweet potato, carrots and 1 clove of minced garlic in a large baking dish and drizzle with olive oil. Mix to combine. Season with salt and pepper. Roast in oven for 15 mins.
3. Remove dish and add cherry tomatoes. Place salmon fillets on top of vegetables. Season with pepper and return to oven for 15 mins. If using tofu, bake on baking tray lined with parchment paper.
4. Make herb salsa by combining all ingredient in a bowl.
5. Remove salmon and vegetables from oven, dress with herb salsa and sprinkle with pumpkin seeds.

Vegan option: replace salmon with 400g firm, cubed tofu marinated in olive oil and lemon juice, sprinkled with salt and pepper – bake in oven at 200 degrees for 15mins until crisp.

Dreamy Panna Cotta with Kiwi fruit Sauce

Preparation time: 15 mins

Cooking time: 10 mins

Setting time: 4-5 hours in fridge or preferably overnight

Serves: 6 small or 4 large

INGREDIENTS:

1 ¼ cups milk

2 teaspoons gelatine

1/3 cup raw honey

2 cups unflavoured Greek yoghurt

3 kiwi fruit peeled

1 tablespoon raw honey

Toasted slivered almonds to serve

METHOD

1. Place the ¼ cup of milk in a small bowl and sprinkle gelatine on top to dissolve. Set aside for about 10mins
2. In a medium saucepan simmer remainder 1 cup of milk. Add honey and stir to combine. Add the gelatine mixture and whisk to dissolve.
3. Remove pan from heat and stir in yoghurt.
4. Divide mixture between 6 glasses. Refrigerate until firm.
5. Blend kiwi fruit and honey, pour on top of panna cotta, sprinkle with silvered almonds.

Vegan option: Substitute equal quantities of milk with almond milk, gelatine with agar agar, honey with maple syrup and Greek yoghurt with unflavoured coconut yoghurt. Agar agar is a vegan alternative to gelatine. It is derived from algae and offers a similar jelly-like consistency as gelatine.





Snoozy Salad with Sour Cherry Sauce

Preparation Time: 20 minutes

Cooking Time: 40 minutes

Serves: 4

INGREDIENTS

Marinade

1 clove garlic, crushed
2 teaspoons tamari
2 teaspoons Dijon mustard
2 teaspoons olive oil

Salad

4 x 150g chicken or turkey breast fillets
2 cups baby spinach
2 cups rocket
2-3 spring onions, sliced
¼ cup fresh mixed herbs (coriander, mint, parsley)
1 avocado, sliced
1 nectarine, cut into wedges
1 bunch broccolini
Black sesame seeds to garnish
Dressing/Sauce
½ cup sour cherry juice
1 teaspoon apple cider vinegar
2 tablespoons olive oil
2 teaspoons maple syrup
Black pepper to taste

METHOD

1. To make the marinade, combine all ingredients in a bowl and mix well.
2. Place the chicken/turkey in a baking dish then pour marinade over the top. Mix well. Set aside in fridge for at least 15 minutes.
3. Preheat oven to 200C. Bake chicken/turkey for 25-30 minutes or until cooked through.
4. Lightly steam broccolini
5. Meanwhile wash rocket and spinach and combine with spring onions, herbs, avocado, nectarine and broccolini
6. Remove chicken/turkey from oven when cooked, slice and place on top of salad leaves
7. To make dressing, combine all ingredients in a jug and pour over chicken/turkey and salad
8. Garnish with black sesame seeds

Vegetarian/Vegan option: Substitute chicken/turkey with 300g cooked brown lentils.

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- ✓ Clinically researched herbal extract combination of hops and valerian Ze 91019
- ✓ Restores healthy sleep patterns, reduces the time to fall asleep, and improves sleep quality
- ✓ Non addictive extract that does not leave a sedated feeling the next day



Feeling stressed and restless? Experience healthy mood balance with Remotiv⁴⁻⁶

- ✓ Clinically researched herbal extract of St John's wort Ze 117
- ✓ Reduces symptoms of stress and mild anxiety
- ✓ Relieves nervous tension and unrest



These medicines may not be right for you. Read the label before purchase.

Follow the directions for use. If symptoms persist, talk to your health professional.

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