

Hello and happy-almost weekend!

Is there anyone out there who's ready to kick back a bit and catch up on some well needed rest? After a week of work, kids' activities, cooking, cleaning and running around along with the emotional strain surrounding the election, Friday may not come fast enough for some. The fast pace of our daily lives leave many feeling depleted and overwhelmed and if we don't give ourselves enough time to get the rest we need, we will pay a price in the currency of declining health and wellbeing.

This week' topic is **SLEEP**. I love that word-sleeeeeeep! Sleep is one of the most healing and restorative ways to get well and stay well. Sleep is a primary need; an essential for life. In fact, you would die of sleep deprivation before you die of starvation! Think about it; it's actually more important to sleep than to eat; from a perspective of survival!

You may have heard about the Circadian rhythm. This rhythm in our body drives all of our physiology; hormones, metabolism, healing etc. and is reliant upon movement, sunlight and sleep.

We know that most people in the Western culture live their life constantly sleep deprived and that comes with a price. It is when we sleep that our hormones reset, when our cells repair and our children's bones grow. Our immune system is dependent on our sleep for its proper function and when we skimp on sleep, the breakdown of our body exceeds the repair.

If you want to live a long, healthy life, getting your sleep right is an absolute must! Sleeping habits and patterns are indeed a LEARNED behavior and we must train our kids from a young age to get in sync with their own circadian rhythm.

Now, many people find it hard to get proper rest, either quality or quantity or both. Here are some tips on how to get the most out of your hours on the pillow:

- Your body heals and feels the best in RHYTHM so establishing a schedule is key. We know that you get your best, deepest rest from about 10 pm -12:30 am so getting these hours is important.
- Sleep in a DARK room without lights from the street, clock radios and other electronics. In order to produce melatonin, an important neurotransmitter that is critical for deep, restorative sleep, we need to sleep in a dark room (think cave!)
- Getting cardiovascular EXERCISE during the day helps you sleep better at night.
- UNWIND for at least 30 min before going to sleep and refrain from screen time for an hour before bed time. This helps your brain settle down and get you ready to rest.
- LIMIT ELECTRONICS for your kids at night and have no screen time what so ever for at least one hour before bed time
- Most adults require 8-9 hours of sleep per night and children 10-12 depending on age and development. You will feel a lot more rested sleeping 10pm-6 am than 12-8am.

Have a great rest of your week and let us know if you have any questions or comments. Check your self; how are you doing with your water intake, your movement, sugar consumption and sleep? Health is not a spectator sport- it requires active participation! Be well

“ The Wellness committee”