



Your *Best Sleep* Ever!

BestSleepSummit.com



CREATE YOUR SLEEP SANCTUARY



by Misty Williams

ARE YOU CRAVING GOOD SLEEP?

Are you frustrated because you're having trouble falling asleep at bedtime, or staying asleep through the night?

According to Consumer Reports, an estimated 164 million Americans struggle with sleep at least once a week. And in 2014, the CDC reported that 35% of all adults get too little sleep. Things have only gotten worse since then.

A lack of sleep makes you irritable and obviously impacts your productivity. But it can also lead to more serious problems like depression, ADHD, obesity, type 2 diabetes, cardiovascular disease, cancer, and more.

Sleeping well is the result of a lifestyle that supports regeneration and restoration... and if we want to improve our sleep, we often need to make some changes to prioritize the transition from daytime go-go-go to nighttime s-l-o-w ...



If you're ready to start sleeping like a baby, consider these tips for creating an amazing sanctuary that invites wonderful, restorative sleep!



1. Mind Your Circadian Biology

One of the most significant things you can do to support your body in making melatonin, the sleep hormone, is to minimize your exposure to blue light after dusk.

Blue spectrum light tells your SDN (the body's master clock) that it's daytime and suppresses sleep hormones.



- **Change the bulbs out in your bedside lamps** to amber or red light bulbs
- **Wear blue-blocking glasses** (aka amber or red glasses) to minimize blue light.
- **No screens after 7 pm.** And if you're looking at a screen (even one with night shift that shifts your screen to a more amber hue) after dark, make sure you're wearing blue blockers!



2. Tune your nervous system for sleep.



Past traumas and work stress / life stress (challenging partnership, children, care-taking of aging parents, loss of a loved one, moving, etc) basically tune our nervous system to perpetual

When we're in an over-stressed state, our body produces too much cortisol, which depletes our hormones and impact our body's ability to make adequate sleep hormones.

- **Diffuse essential oils** to help with sleep. Oils like cedarwood, lavender, vanilla, geranium and jasmine are excellent for relieving stress and anxiety and promoting sleep.

- **When I'm having trouble staying asleep,** I take PlusCBD's green formula ... it activates the endo cannabinoid system (which in turn stimulates the parasympathetic nervous systems) and I typically fall back to sleep within minutes.

- **Consider using HeartMath technology,** which has been reviewed in over 300 peer-reviewed studies. It is profoundly beneficial for improving resilience and reducing stress.

- **Use Wholetones sleep-frequency-based music** to help tune the nervous system to better, deeper sleep! The amazing music in the Wholetones system is clinically proven to help you fall asleep faster, sleep deeper and wake up feeling more refreshed!



THE SOUND OF HEALING

by MICHAEL S. TYRRELL

UNVEILING THE PHENOMENA OF WHOLETONES

Our brains and neurology lock on to frequency and patterns...

The power of sound is well documented. They're using sound at a specific hertz to clean water after oil spills in the gulf (what???)...

And scientists believe the frequency of 528 hertz ("the miracle frequency" in Latin) can restore broken DNA.

Our reproductive systems vibrates at 528 hertz.

Fascinating, right?

Michael created Wholetones to match that vibrational frequency, recorded at 528 hertz.

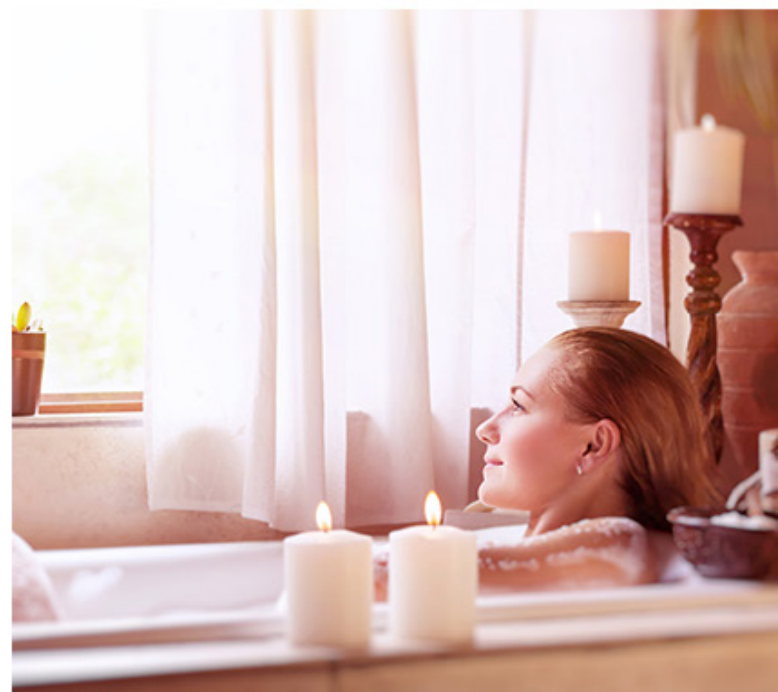
You can introduce this frequency into the body with lasers, essential oils, music ... all of these things carry that frequency. Fascinating stuff!



3. Practice a nightly routine that includes good sleep hygiene!

Your body needs a transition from the hyperactivity of the day to a calmer, more parasympathetic-inducing evening.

- **A couple hours before bed, begin winding down.** Consider relaxation practices like meditation; a bath, candles and soft music; reading a good book; [drinking Doc Parsley's Sleep Remedy](#).





4. Sleep in the dark.

Your SDN is not the only part of your body that's sensitive to light. Your red blood cells are ALSO sensitive to light! When they detect blue light (through your skin), they suppress the production of melatonin as well.

In addition to wearing blue blockers at night, you want to make sure you're sleeping in a pitch-black room. Eye masks are great, but they are not enough.

- **Use room-darkening curtains** to block all light coming in your windows.
- **Place black electrical tape over all the lights** coming from electronic devices (plugs, smoke detectors, etc). Use an alarm clock that does NOT have a lit-up face.

Place a towel at the bottom of a door if light is coming in underneath. You'll know your room is dark enough when you hold up your hand in front of your face, and you can't see it.





5. Sleep in a non-toxic room.

Is your room full of synthetic carpets and materials that are off-gassing (think fake leather fabric, synthetic comforters, paint, mattresses or pajamas covered in flame retardant, etc.)?

When we're sleeping at night, our bodies are in major detox mode ... as much as possible, we want to avoid breathing in toxic air that is contributing to the body's toxic load.

- **Consider “baking” your room (your house!) to speed up the off-gassing process:** Heat your home up to 85 degrees and leave for several hours. Return home, kill the heat, open up all your windows and leave again for several hours to let the house air out. Repeat several times.
- **Sleep in organic pajamas and on organic bed sheets.** Your skin is your body's largest organ! Make sure that you're not sleeping in toxic fabrics that are increasing your toxic load.



- **Test for mold!** Look for signs of leaks: peeling paint, warped sheetrock, water stains, and if you see signs of water damage, definitely test for mold!
- **Use HEPA filters for your air ducts** to help remove more allergens from the air you're breathing.
- **Filter allergens and toxins from your room with a high-quality air filter.** Two great air filter manufacturers are the [Air Doctor](#) and [Austin Air](#).



6. Sleep on a firm, non-toxic mattress that's designed to pull heat AWAY from your body as you're sleeping at night.

I'm a huge fan of the Organix Bed's gel mattress. It's made of a patented gel matrix that properly supports your body weight without wearing out after a few years ... excellent for those who've suffered from back, shoulder or hip pain and need an excellent sleep surface to give their body the support it needs.

These beds last 3-4 times longer than traditional mattresses, are completely non-toxic, and the breathable gel matrix cools the body at night, very helpful to getting high-quality deep sleep!



7. Use cold to help you sleep better and deeper.

Cold stimulates melatonin, so consider the ways you can use cold to help you sleep more deeply:

- **Keep the temperature of your room at 72 degrees or lower.** You can adjust the thermostat in your home, and you can also get a portable air conditioner just for your bedroom.

- **Consider cold baths** each evening to prime your mitochondria and help your body sleep deeper.

When I struggled to reset my body clock to go to bed around 10, cold baths were the surprising ticket! After about 6 months, I started cold baths and after 2 weeks of a nightly cold bath (around 65 degrees) for about 40 minutes each evening, I began waking up refreshed in the morning!

- **Get an Ooler from Chilipad.** Chilipad allows you to control the temperature of your bed at night while you're sleeping... including a warming feature that will warm your body temperature to help you wake up refreshed, no matter when you need to awaken!

Recently, I had to get up at 4 am for a flight ... I tweaked my settings to warm awake, and I wasn't the least bit groggy when I awoke. Weird and awesome!



- **Women, consider estrogen support if you're dealing with hot flashes.** Yes, I've had my hot flash / night sweat issues, and getting my labs done revealed I had low estrogen. Bioidentical estrogen support was a gamechanger ... it radically improved my sleep!



ABOUT MISTY WILLIAMS & HEALING ROSIE



Misty Williams spent years struggling to reclaim her health and vitality after surgery to remove an ovarian cyst, life-threatening complications and an endometriosis diagnosis sent her into a brain fog and fatigue tailspin.

Her doctor told her that the only remedies for her issues were drugs and surgeries, that her labs were “normal” and she could “google” to learn more about what was happening to her body.

At 35 years old, Misty embarked on the fight for her quality of life, enduring many more challenges on her road to healing, including an unexplained 45-lb weight gain, debilitating brain fog, fatigue, hypothyroidism, and premature ovarian failure.

She founded HealingRosie.com to provide high-performing women with the resources and community to successfully confront the unexpected chronic health issues that women often experienced as they age.



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Healing Rosie