

Sleep

This is a comprehensive article years in the making. It will likely go through revisions over time, so check back for updates.

Sleep issues are one of the biggest health issues we face.

- In the US, one in four people develop insomnia each year¹
- Sleep problems tend to run in the family
- Twice as many women as men suffer from insomnia
- 50% of the elderly have sleep problems
- 61% of peri-menopausal women suffer from sleep problems²
- \$63bn is lost from the US economy each year³
- 83 million adults are sleep deprived
- 1 in 3 Americans get less than 7 hours of sleep per night⁴



Issues with sleep are complex and layered, which makes it a challenging problem to solve in one fell swoop. A short list of things that can affect sleep would include issues like emotional states, stress levels, aging, diet, exercise, non-sleep rest, spiritual issues, gender and sleep environment. The way each of the factors interacts with the others could be articles unto themselves!

Given the complexity, this article aims less to provide a solution to this vast problem, and instead will offer helpful suggestions of behaviors you might choose to add to your “toolkit” . This is an issue I have been grappling with for most of my adult life, so I hope my experienced perspective will be helpful to you!

This article will cover the following:

- Why sleep?
- Sleep environment
- Sleep hygiene
- Dietary considerations
- Exercise considerations

1 <https://www.thegoodbody.com/insomnia-statistics/>

2 <https://www.thegoodbody.com/insomnia-statistics/>

3 <https://www.thegoodbody.com/insomnia-statistics/>

4 <https://takecontrol.substack.com/p/why-do-you-need-sleep> (Paywall)



- Herbs and supplements
- Bioenergetic products
- Techniques for getting to, or getting back to sleep
- References for more research
- Esoteric perspective

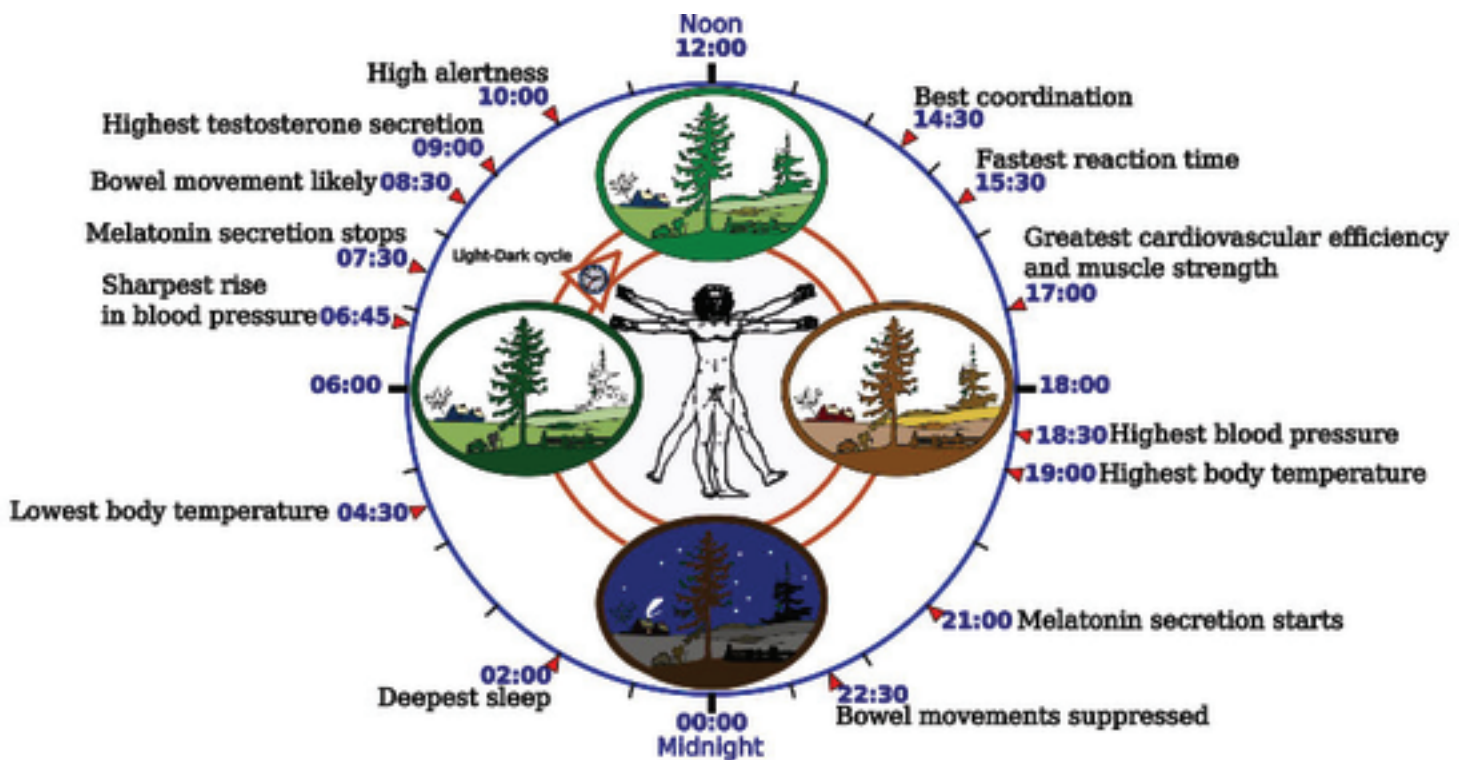
Why sleep?

Why do we need to sleep? Isn't it just a waste of time? Can't we get by with less than 8 hours of sleep?

No one has a definitive answer to the first question - why sleep? We do know that without sufficient sleep, many aspects of our being suffer. Our brain, specifically the neurons of the brain, recharge during sleep. Without this recharge, the health of the brain neurons can suffer, which can lead to various types of cognitive dysfunction.

We also know that there are many processes in the body that are dependent on regular sleep patterns. Regular and sufficient sleep patterns set our biological clock - our [circadian rhythm](#)⁵ - which then regulates all the other "clocks" in our body that control things like

Image credit: By NoNameGYassineMrabetTalk, fixed by Addicted04 - The work was done with Inkscape by YassineMrabet. Informations were provided from



⁵"The Body Clock Guide to Better Health" by Michael Smolensky and Lynne Lamberg; Henry Holt and Company, Publishers (2000). Landscape was sampled from Open Clip Art Library (Ryan, Public domain). Vitruvian Man and the clock were sampled from Image:P human body.svg (GNU licence) and Image:Nuvola apps clock.png, respectively., CC BY-SA 3.0, <https://commons.wikimedia.org/w/index.php?curid=3017148>

blood pressure, heart rhythm, blood sugar, hormonal regulation and much more. How important are these clocks? In 2017, the Nobel Prize in Physiology or Medicine was awarded to three researchers for the work they did on the various body clocks.⁶ Here is an example of the way some sleep scientists imagine our body ‘clocks’.

During sleep, the brain’s waste disposal system becomes active. The waste disposal system of the brain is called the [glymphatic system](#)⁷. Like the body clocks, this system is a recent discovery; it was long thought that the brain did not have a lymphatic system. In 2013, the brain (and central nervous system’s) waste disposal system was discovered by Maiken Nedergaard, a Danish neuroscientist. Here’s the important point: Thinking creates waste products, toxins, that can build up in the brain like New York City on a garbage strike. Sleep is the only way the garbage gets taken out.^{8,9}

During sleep, while our body releases tensions that build up during the day, our brain releases thoughts and impressions that have built up. We know these as dreams. While this is certainly not the only function of dreaming, it is one of the most important. If we are fortunate and the garbage isn’t backing up, we can have dreams that provide insights and clues to what is happening in our lives. Sleep also gives our minds time to integrate the events of our lives without the constant influx of sense impressions.

The number of reasons why less than 7 hours of sleep is detrimental to your overall health is easily a second article on its own. Memory problems, brain fog, performance issues of all types, aches and pains, depression, anxiety and premature aging are just a few of the issues associated with lack of sleep.¹⁰

Sleep environment

As many have described, creating an ideal sleep environment is a great place to start for a good night’s rest.

Create a sleep oasis:

Elimination of electronic gadgets like tablets, cellphones, laptops, TVs, routers, etc from your sleeping area is the best place to start. Try to disengage from or turn off these devices an hour before you go to bed.

Electronically, they create an agitating stimulus to our nerv-



6 <https://www.scientificamerican.com/podcast/episode/nobel-prize-explainer-circadian-rhythms-oscillatory-control-mechanism/>

7 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4636982/>

8 <https://www.medicalnewstoday.com/articles/325493>

9 Our Tune-Up! Brain product can be of help here.

10 If you would like to read more, take a look at this article: <https://www.ncbi.nlm.nih.gov/books/NBK19961/>

ous systems. If web surfing is involved, particularly social media, the chances of emotional and mental agitation increases dramatically. The idea is to be moving towards relaxation and away from stimulation.

Make the room as dark as possible. If there are lights outside of your bedroom window, try black-out curtains. I have found them to be very effective.

Sound conditioning

If noises are an issue, something that generates background sounds can be very helpful. Fans are an inexpensive and effective solution, sound machines can also be effective. If purchasing a fan, try to test the fan to see if it vibrates or wiggles around. That is a sign of a cheap bearing, which will quickly become annoying.

I have used these two fans and can recommend them for quiet performance:

Bonaire BW2300¹¹



Comfort Zone 12 inch high velocity fan¹²



Sound machines come in three types:

- fan-type
- electronically generated sound
- loop-based sound generators

I have used the Marpac Dohm¹³, which is a “fan-in-a-box” type, with good success, but it does not block louder sounds. Most of the sound it generates is in the mid- frequency range.

I did not enjoy listening to the electronically generated sound devices, so I do not have a good recommendation for one.

If you are sensitive to sounds, avoid the loop-based sound generators. Eventually, the looping becomes apparent and then annoying.



11 <https://www.homedepot.com/p/Bonaire-9-in-Twin-Window-Fan-with-Remote-Control-BW2300/300105179>

12 <https://www.mycoolingstore.com/comfort-zone-12-inch-high-velocity-cradle-fan.html>

13 <https://yogasleep.com/products/dohmclassic>

Light conditioning

Next is the elimination or reduction of light exposure, particularly the blue wavelengths. Computer, TV and cellphone screens all have high amounts of blue light radiating from their screens, so if you're reducing your exposure, you're headed in the right direction.



Most of us do not have fireplaces in our bedrooms, so natural ambient night-time light needs to be simulated. You might want to look into orange-tinted light bulbs, here are two examples:

A 60 watt incandescent style bulb:

<https://www.bulbs.com/product/60A-CO>¹⁴

and a 60-watt equivalent LED style bulb:

<https://www.homedepot.com/p/Sunlite-60-Watt-Equivalent-A19-Dimmable-Filament-E26-Medium-Base-LED-Light-Bulb-in-Orange-2-Pack-HD02269-1/312593722>¹⁵



The orange tinting alters the visible spectrum to something similar to the light of a fire, which can help create a stronger relaxation response.

“Blue-blocking” glasses can also be helpful. They are worn 30 minutes to 2 hours before going to sleep.

The ones I use are made by truedark. I wear glasses, so I use the Twilight Fitovers:

<https://truedark.com/shop/twilights/twilights-fitovers/>¹⁶

They are very effective at blocking the blue as well as colors close to blue. Effective blocking also means that they darken your field of vision, fairly dramatically. Glasses that do not do this are of limited or no value for blocking agitating night-time colors. I typically use them when reading at night in preparation for sleep.

A new form of light conditioning came onto the market in 2022. It's called [Helight](https://helight.ca)¹⁷. It emits a particular bandwidth of red color, which is claimed to aid in falling asleep. I have tried it for a couple of months and have not noticed any particular benefits.



Sleep hygiene

Set a sleep schedule. Establishing regular sleep habits is extremely important. Regular

14 <https://www.bulbs.com/product/60A-CO>

15 <https://www.homedepot.com/p/Sunlite-60-Watt-Equivalent-A19-Dimmable-Filament-E26-Medium-Base-LED-Light-Bulb-in-Orange-2-Pack-HD02269-1/312593722>

16 <https://truedark.com/shop/twilights/twilights-fitovers/>

17 <https://helight.ca/products/helight-sleep>

habits of bedtime and waking help the body establish a proper circadian rhythm. I was a “night” person for many years. I put myself through school working in restaurants, and got into a habit of going to bed very late and sleeping in. Unfortunately, I didn’t do myself any favors with this habit. It’s generally recognized that if you work regular week-day hours, that getting to bed by 10 is best and shooting for 8 hours of sleep, which would mean waking at 6. In many traditional societies, the time before midnight is held to be particularly beneficial for restoration; “an hour before midnight is worth two after” is the popular expression. The adrenal system gets maximum benefit from 11-1 and so does the gall bladder¹⁸. Less than 7 hours of sleep is simply insufficient. Sorry, no exceptions for this one!

For some people, making the bedroom cooler can be helpful. I personally find this habit useful. Temperatures around 65F are considered optimal.¹⁹ I like mine cooler than that, so try out a few temperatures and see what works for you.

It is regularly suggested that if you cannot fall asleep within 15 minutes to get out of bed, or if you are having a difficult time going back to sleep, to get out of bed, go to a quiet place and do something relaxing. I tried that for a couple of years; I would get up and do some very easy stretching to help remove nervous energy and any muscular tension, then read or meditate. This helped for a short period of time, however then my body got into a habit of waking up in the middle of the night. Your mileage may vary with this suggestion.

For deeper problems, Sleep Restriction Therapy (SRT) can be helpful. The general idea is to sleep only within certain hours and then fast from any sleep in between. This includes nodding off while watching the tube or reading and napping. The idea is to build up a ‘hunger’ for sleep. When we are chronically sleep-deprived, naps can relax but they do not provide deep rest and can prevent proper sleep at bedtime; in this analogy, kind of like sleep junk food. For more info, see the articles in the Reference section below.

Once the sun has set, limiting exposure to blue wavelengths, particularly an hour before bedtime, is very helpful. Blue wavelengths - TV, computer, cellphone - are stimulating. Apps for removal of blue wavelengths are now very popular and easily available. Some of the more popular ones are fl.ux and Iris. On the PC, Windows has a built in “Night light” app located in the Settings folder. On the Mac it’s called Night Shift, located in System Preferences|Display.



Dietary thoughts

Chronic insomnia can bring up some unusual problems- what, when and how much to eat is often one of them. For someone already stressed-out, insufficient food at breakfast and lunch can increase underlying stress levels. Attempting to correct the problem by eating a

18 <https://takecontrol.substack.com/p/why-do-you-need-sleep> (Paywall)

19 <https://www.sleepfoundation.org/bedroom-environment/best-temperature-for-sleep>



bigger dinner forces our digestive systems to get overactive trying to digest the big meal at a time when our digestive energy is at its weakest. This can easily make the sleep situation worse.

I have found that at various times, especially high stress situations, that if I eat a bit more than I think I need at breakfast and lunch and a good sized dinner, it can help with the relaxation response before bedtime.

There are some obvious things that are usually well known about dietary choices and sleep.

If your sleep issues are not yet at chronic levels, take a look at your caffeine consumption. After noon, it can be problematic. Caffeinated beverages like coffee, tea and “energy” drinks leave a residue in our digestive tract. This residue can be an irritant for some people, and that irritation can surface when we are trying to get to sleep or get back to sleep.

Alcohol consumption alters the sleep cycle. If alcohol is regularly consumed, take a look at reducing or eliminating it, especially before bedtime, to see if it helps.

Sugar consumption can also be an issue. Eating sweetened foods provides an immediate energy source, exactly what you don’t want before sleeping. If you are experiencing sleep issues, especially restless leg symptoms, try reducing or eliminating sugar at dinner or after.

If your sleep issues have become chronic then all three - caffeine, alcohol, sugar - ought to be carefully examined and possibly eliminated for a period of time to see if they hinder sleep. If you’re kicking the caffeine habit, it can take a few weeks before the residues are cleaned out of your gut.

Looking more deeply, how and when we eat, as well as what we eat, can deeply impact sleep. If sleep problems are combined with a high stress lifestyle, which typically go hand-in-hand, getting a handle on how diet impacts your sleep can be critically important. An interesting place to start is looking at blood sugar on waking, which you can do with a fairly inexpensive glucose meter.



When you wake in the morning, take your blood sugar, and make notes to determine a pattern. Ideally, you want your blood sugar to be below 100. If it is above 100, go over what you ate for dinner. If there were sweet foods, try eliminating them and check again. This can include “healthy” sweets like fruit. I put healthy in quotes because thinking of things in terms of good and bad, healthy or unhealthy, is not necessarily helpful. As above, sweets provide a source of immediate energy. If it’s not immediately used, then the body has to figure out a way to balance the excess energy supply. This can show up with a glucose test. Numbers over 100



can indicate an excess of sugar. If this is a consistent issue, what you're eating for dinner could be a part of the sleeping problem. Personally, I have found that I need to have a fair amount of protein and high quality fats for dinner. This helps provide stable platform to anchor excessive mental and nervous energy.

If sleeping problems are long-term chronic, take a look at breakfast and lunch. Skipping meals, particularly as a habit, can create problems. The idea

is to have a stable supply of nutrients throughout the day and work your way towards lighter dinners. Skipping breakfast, or eating a pure carb breakfast, can easily create sleep problems. Caffeine on an empty stomach or a pure carb breakfast can create an unanchored surge of energy and a significant withdrawal of energy from the kidneys that has to be repaid later in the day.

If you're getting to dinner time in an energy deficit, it can't be made up by eating a big dinner. Our bodies remember the stressed state that they've been in all day, and that stress gets carried into sleep. Make particular note of any hunger later at night. This is a definitive sign of inadequate amounts of food during the day, especially if the craving is for sweets.

Starting out the day with some good protein and high quality fats can provide the anchor your body needs to maintain a stable supply of energy. Continuing to stabilize the anchor with a high quality lunch - protein, high quality fats, high quality carbs - sets up a more relaxed state for the evening.

For several years, I had to eat a bit more food at every meal than I really wanted to, but I could feel the anchoring effect and an improvement in sleep. After a few years, I am now able to eat an early dinner on weekends and an early-ish dinner during the week and not negatively impact sleep. This is how I am doing intermittent fasting.

If you are a fan of intermittent fasting or just trying it out, I would recommend putting it on the back burner if sleep issues do not improve. Intermittent fasting can make sleep issues worse. A choice might have to be made - sleep or intermittent fasting. For me, it's an easy decision, as sleep is far more important. If sleeping issues are tied to long term chronic stress, patience is necessary.

Taking regular breaks throughout the day can be very helpful. A minute or two of slow deep breathing a few times a day, maybe even once an hour can be very helpful for stress relief and therefore sleep. If you're regularly in front of a computer, there are various timers available that can be used to set reminders.

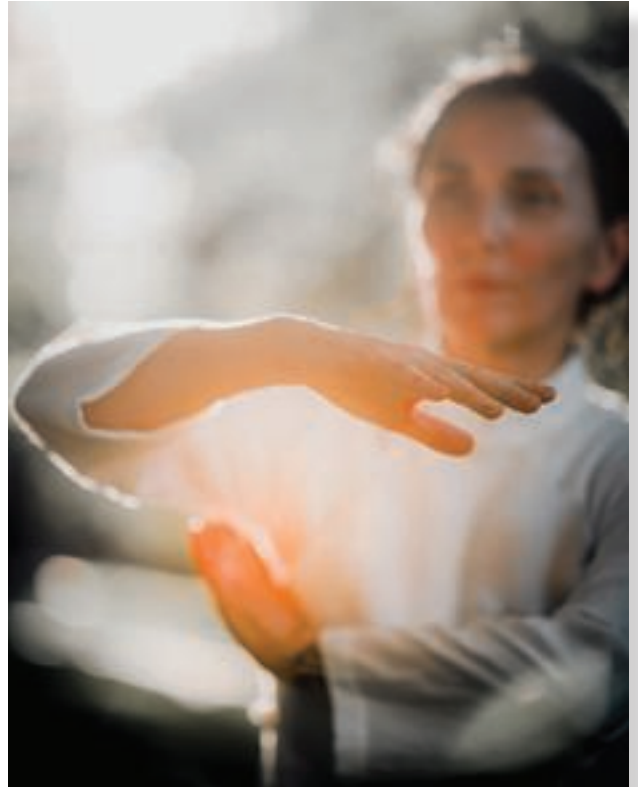
Exercise



Sufficient exercise is critical for good sleep. The operative word being sufficient. Too much exercise, or exercising at the wrong time of the day, can be just as bad as not enough exercise. A good walk in a natural setting can be better than physically demanding exercise.

Excessive exercise is typically more of an issue for people who have regular and long-established exercise habits, or for people who are just starting out. Overdoing it can easily impact sleep, especially chronically overdoing it. If you feel like you have to exercise everyday and you are experiencing sleep problems, I suggest re-examining your exercise habits.

For those of you who do not have some type of regular physical activity, this can be one of the most important things you can do to improve your sleep. Our bodies are used to being active. For all but the last 40 or 50 years of human history, we have been active. Sitting and staring at a screen all day, especially if it is stressful, builds up nervous tension, which is easily released by sufficient exercise.



Herbs for sleep

There are many articles that discuss herbs for sleep. Some people, I am one of them, can have an opposite response to the supposedly relaxing effects of some of these herbs. Hops, Valerian, Passionflower, Skullcap are the big ones. Herbs that seem to be relaxing for most people include Lemon balm and hops, though there are reports of hops acting as a mild stimulant for a very small percent of the population. Ashwagandha can also be very helpful. For most people it works well at the end of the day. If you use it, notice how long it takes to slow you down and make you sleepy, then adjust when you take it accordingly. Saffron supplements are being described as a new addition to the sleep herb category.

CBD oil is being heavily promoted as a sleep aid. Like melatonin, it works for some people and not for others. As this is a highly profitable product, it is important to look for high quality companies. There is a lot of incentive to create mediocre or fake look-alike products.

Supplements for sleep

Melatonin is the big one. Like sleep herbs, a fair number of people can have an opposite reaction to it. My mind goes into overdrive anytime I have tried melatonin. Even in small

doses, my dreams are overactive and disturbing. For those who respond favorably to it, 1-3mg is a popular dosage. Sustained release can also be helpful. Starting out with a dosage as low as .25mg is also a possibility.

Magnesium supplementation can be helpful, as it's known as the relaxation mineral. I take magnesium with breakfast and dinner. There are a wide variety of forms available now. Citrate, glycinate and malate are the most digestible and easily absorbed forms- 250-400mg are typical amounts. Oxide is the cheapest and the hardest on your bowels. If you are a fan of taking baths, an easy way to get supplemental magnesium is from Epsom salts, which are magnesium sulfate.

Techniques for Sleep

Here are a few tips that might help improve the quality of your sleep, help you get to sleep or get back to sleep.

Acupressure for sleep:

The video below gives a thorough demonstration of massaging points on the Heart meridian to help calm and center. You don't need to know anything about meridians, qigong, etc. to be able to practice the technique. As of this writing (Nov 2022), I have just started using this practice and will have more to say about it in later updates.

<https://www.youtube.com/watch?v=Sg6Z9bIAXq0&list=PPSV>²⁰

Brain tapping:

A surprisingly simple technique that can be helpful for settling the mind and spirit. It is not based on EFT or other tapping modalities. Briefly, while taking slow deep breaths, you tap with both hands on your legs or belly as if you were playing a hand drum. 3 minutes or so. I have found this technique helpful. It's called brain tapping because it is based on an idea called the 'Frequency-following response', which means that our brains like to follow rhythms.

<https://www.youtube.com/watch?v=A5dE25ANU0k>

²¹

Mouth taping:

Please note that this technique should be discussed with your healthcare professional. There are right and wrong ways to do it. Since your lips are taped closed, all breathing happens through your nose. If you are habitually congested, discuss with your doctor. Proceed at your own risk.

I have been taping my lips closed for five or six years or so. I use cloth tape designed for bandages and I put a one inch wide strip vertically, not horizontally, across the center of my lips, similar to what



²⁰ <https://www.youtube.com/watch?v=Sg6Z9bIAXq0&list=PPSV>

²¹ <https://www.youtube.com/watch?v=A5dE25ANU0k>

you see in this picture. This allows for my body, if necessary, to get extra air. It is particularly helpful for a tendency to snore and by helping to correct this problem, it improves sleep. It is not a substitute for more technical snoring solutions like a CPAP machine, but for more minor snoring, it can be helpful.

https://www.youtube.com/watch?v=_t8ELYDW0ts²²

When it's just going to be one of those nights:

Sometimes nothing seems to work. Maybe we get 4 or 5 hours of sleep, then we can't get back to sleep. In that situation, I have found that silent repetition of prayer can be helpful getting into a very relaxed state of consciousness. If you won't disturb anyone, quiet toning can also help to get into the relaxed state. The repetition of a sound, word, phrase or prayer can entrain the mind so that the mindless chatter dissipates.

Bioenergetic sleep aid products

- Coffea cruda - the overactive mind is this product's target. Think of how you feel when drinking coffee. If your mind is like this at night, coffea can be helpful.
- Cocculus indicus - Mental and physical exhaustion, particularly from caring for someone during the night or working the night shift.
- Arnica montana - the most popular homeopathic remedy, can be helpful for physical exhaustion. For some people, it can have a mildly stimulating effect that can last for a few hours before the relaxation effect kicks in.
- Ambra grisea - frequent waking is a keynote of this product, as is worry.

In early 2023, we created a new formula that many people are finding helpful, and not just for sleeping. [Tune-Up! Daily Resilience](#)²³ is designed to help us adapt to continuous stress and one of its benefits is helping release stored tension, particularly the kind that can keep us awake at night. I keep a bottle on the night stand.



Another product I have found helpful is [Perelandra Garden's ETS](#)²⁴, particularly when combined with our Daily Resilience product. The combination aids returning to sleep. I keep it on my nightstand next to Daily Resilience and take the two at the same time. Perelandra's instructions recommend taking a whole dropper. I have not found that to be necessary. 4 or 5 drops seems to work well.

Why do we sleep?

22 https://www.youtube.com/watch?v=_t8ELYDW0ts

23 https://www.aethereahealth.com/Daily_Resilience.asp

24 <https://www.perelandra-ltd.com/ETS-for-Humans-P1614.aspx>

It wouldn't be an aetheric article without a discussion on the spiritual aspects of the topic being discussed.

We need to dream.

Earlier in this article, we discussed some of the biological functions of sleep and dreaming. One that is not often discussed is the need for the nervous and emotional systems to discharge their "waste material".

We've all had dreams that were directly related to some stressful event of the day and recurrent dreams that are directly related to stressful past events. These types of dreams are an example of the waste discharge, so in a way, dreams can be considered a kind of mental pooping. Not glamorous, but just as beneficial as the physical kind. Much time has been spent, and probably wasted, attributing symbolic meaning to these types of dreams.

Dreams are also an opportunity to play with possible scenarios without real-world consequences. We can learn what it is to take someone's life, to be a peasant, a pilot, an athlete, etc. Dreams of this type are a conversation we are having with ourselves - i.e. they are our own ideas getting a workout, not an actual real-world contact.

Sleep is a time for our minds to get out of the way of our bodies. This break from thinking gives the body an opportunity to heal, rebuild and prepare for the new day. The lack of a break is one of the biggest problems with poor sleep. We spend time, sometimes obsessively, going over various issues as we lie awake. The body participates in this mental over-activity and does not get the chance to rebuild, hence waking unrefreshed.

There are also message dreams. These are fairly rare. What exactly happens with these types of dreams is unknown. Communication with future selves, communications with spiritual forces, direct interactions with non-physical beings are all possibilities.

An esoteric perspective

When looking at what happens when we sleep, from an esoteric perspective, our different "bodies" do different things. Our physical body behavior is well known. Our biofield "body", sometimes called our etheric body or life body, stays connected to our physical body and directs the necessary repairs and rejuvenation. Our "astral" body, the part of us that stores all of our desires and feelings, separates, as does our sense of self, our "I". Remember from above that thinking creates toxins. It is the "I" part of us where this happens and it needs to separate so that the life body can do its job.

In the REM sleep that happens a few hours before we wake, the astral and "I" bodies touchbase. Sometimes this can be felt or heard. Some people notice a popping sound, or a feeling of falling. The falling sensation is the astral body "falling" back into the physical/etheric bodies.

Sometimes the process of recombining gets stuck. This is what I believe happens with sleep paralysis. The astral body - the body with which we feel - and the "I" don't fully connect with the physical and etheric bodies. In this state, we are aware of our body, and also

of the “astral” state - the place of all of our desires and fears, and sometimes of everyone else’s, too. The normally distinct feeling and knowing of our subjective world and the objective world becomes blurred. The connection to the physical body is not complete, hence no motor control/paralysis, but the awareness is there. If this is something that you experience, being aware of this possibility - our “bodies” are not fully connected yet - can help with the feeling of panic that sometimes ensues. I also find that the [Ho-oponopono prayer](#)²⁵ - I love you, Thank you, I am sorry, Please forgive me - directed at whatever might be frightening can also be helpful.

In Summary

Thanks for reading to the end of this article! Hopefully now you have a better understanding of all the many factors that go into sleep, particularly good sleep, and why it can take a lot of trial and error to find what works best for you.

If you’re wanting to make some improvements to your sleep but are feeling overwhelmed, I recommend you select one of the following categories, and then try one or two small steps to see if you notice any change:

- Sleep environment
- Sleep hygiene
- Dietary considerations
- Exercise considerations
- Herbs and supplements
- Sleeping techniques
- Bioenergetic products

Allow your intuition to guide you as to which area is the easiest and most effective place to start, or just pick one at random. Take it slowly, and try several suggestions from a category before moving on to the next. This can be time consuming for a problem we generally want fixed now, but patience pays off in this regard. Each person’s sleep formula is unique to them and their life circumstances.

Did my story or any of these sections inspire you? Did you try any of these methods and get results? I’d love to hear from you. Send an email to - customerservice@aethereahealth.com - and let’s talk sleep!

Wishing you a good night’s rest,

Michael

References for more reading:

Homeopathic perspective on sleep problems:

<https://hpathy.com/cause-symptoms-treatment/sleeplessness-insomnia/>

25 <https://thehumancondition.com/hooponopono/>

Sleep Disorders and Sleep Deprivation: An Unmet Public Health Problem.

This article covers the wide varieties of issues associated with chronic sleep problems.

<https://www.ncbi.nlm.nih.gov/books/NBK19961/>

A comprehensive article discussing various aspects of our circadian rhythms with many links to more references.

<https://www.sleepfoundation.org/circadian-rhythm>

Sleep Restriction Therapy:

<https://www.verywellhealth.com/sleep-restriction-and-behavioral-therapy-for-insomnia-3015232>

I disagree with the recommendation that those over 65 can nap regularly. Try it and see how it works for you.

Here is a step-by-step guide:

https://thrive.kaiserpermanente.org/care-near-you/northern-california/sanjose/wp-content/uploads/sites/7/2015/10/sleep-restriction-rev2_tcm28-557887.pdf

A peer-reviewed article from the journal *Sleep* on issues associated with Sleep Restriction Therapy, primarily covering the transitional period:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3900612/>

Cognitive Behavioral Therapy for Insomnia (CBT-I)

CBT-I is a comprehensive non-pharmacological approach to sleeping problems. CBT-I “... focuses on exploring the connection between the way we think, the things we do, and how we sleep.” It includes Sleep Restriction Therapy as well as examining ideas and perceptions about sleep, sleep hygiene, sleep environment, as well as relaxation techniques.

- <https://www.sleepfoundation.org/insomnia/treatment/cognitive-behavioral-therapy-in-somnia>
- <https://www.sleepassociation.org/sleep-treatments/cognitive-behavioral-therapy/>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6796223/>

Magnesium supplementation:

https://www.healthline.com/nutrition/magnesium-benefits#TOC_TITLE_HDR_1

Spiritual aspects of sleep from an Anthroposophical perspective: http://elements.spiritual-chemistry.com/articles/pdf/Sleep_and_Dreams_in_Anthroposophy.pdf