



# Optimal Health

For longevity, happiness, and fullness of life!

*This handout is copyrighted for use in "Optimal Health" see [www.BodyMindHealth4u.com](http://www.BodyMindHealth4u.com) for this and other courses plus FREE recipes and more.*

## WATER

We covered water pretty well in the video, and for those who would like to see that formula again we have it below. Remember it is JUST a guideline!!! Individuals will differ based on age, activity level, diet, and environmental factors.

Half your body weight in ounces. Example: If you are 120lbs that is 60oz or just under 8 cups. For those using metric - The formula is your weight in Kg x 34 = ml needed per day.

I did want to talk further about electrolytes. An electrolyte is a substance that produces an electrically conducting solution when dissolved in a polar solvent, such as water. There are specific nutrients, mostly minerals, that the body needs which can be deficient when drinking copious amounts of water and/or when a person sweats profusely. This is why athletes drink Gatorade and other such drinks. The four key minerals are: magnesium, sodium, potassium, or calcium. Those need to be kept in balance for the body can maintain homeostasis. IF you don't want the sugary, chemical drinks, which of course none of the blue zone persons use, be sure to have a little extra salt when drinking lots of water. You can even have a drink of tomato or other veggie juice to get the other minerals.

## SLEEP

What about age old tips for getting sleep? Didn't grandma say have a glass of milk before bed? Some people may find the milk relaxing, but the body has to digest the food thus not getting proper rest. Not to mention more bathroom trips.

It has also been found that going to bed at the same time each night is VERY important, not only for your circadian rhythm, but to help you sleep well. But just as important as going to bed on time, is waking up at a regular time. In fact studies show it is vital for you to get up at the same time every day, including weekends, even if you go to bed late. You can't just make up lost sleep by sleeping in. Many people have trouble falling a sleep or staying asleep because of this alone.

### **BREAKING THE BAD PATTERNS**

Need help to break bad bedtime habits like not falling asleep until midnight or waking several times during the night? Try this effective program.

1. First night, go to bed when you are tired.
2. Get up as soon as you wake, or at your alarm time (5 to 7am is best), even if you only got 2 hours sleep!
3. Next night try to go to bed by your bedtime and get up as soon as you wake or your alarm time. You may have to repeat until you sleep through the night.

National Sleep Foundation offers help & tips (202) 347-3471 [www.sleepfoundation.org](http://www.sleepfoundation.org)

### **FIVE STEPS FOR A GOOD NIGHT'S SLEEP:**

1. Good preparations: Avoid eating at least 2 to 3 hours before bed, avoid caffeine entirely, and have a little quiet time before going to the bedroom to unwind before you even lie down. Don't use the bed for reading, watching TV, etc. Watch out for stimulating foods at lunch,



# Optimal Health

For longevity, happiness, and fullness of life!

*This handout is copyrighted for use in "Optimal Health" see [www.BodyMindHealth4u.com](http://www.BodyMindHealth4u.com) for this and other courses plus FREE recipes and more.*

chocolate, coffee, etc.

2. Go to bed at a regular time each night, preferably before 9pm.
3. Sleep in a dark, quiet room (especially important for shift workers), on a comfortable bed.
4. If you wake in the middle of the night, lie as still as possible in one spot and count your blessings or deep breathe. Tossing and turning will only make things worse. If you wake within 1 hour of your normal rising time, it is usually better to just get up. Don't try to get in that last hour.
5. Get up at the same time each morning, even if you went to bed late!

## **QUICK TIPS FOR OPTIMAL SLEEP**

**MUSIC:** Music helps increase melatonin, which is directly linked to having a good nights rest. So sing during the day and sleep sweet at night. You need to participate in the music, sing or play with it.

**MODERATE EXERCISE:** Strenuous exercise will stimulate the body and keep it active, however a walk (brisk if you're health, light if you are not) can reduce stress and help aid sleep.

**MOTIONLESS:** Sleep experts recommend you lying a still as possible while trying to fall asleep.

**MAKE UP:** Don't go to bed angry. Make amends with those who you've had conflicts with, and when you can't, give it up.

**MAKE-OVER:** An orderly room can have a calming effect and make it more pleasant to be in the room even with your eyes closed.

**MEDITATION:** Relax, de-stress, with meditation or prayer. Prayer has been shown to lower blood pressure and decrease stress.

**MINIMIZE FOOD:** Don't eat a heavy meal a few hours before bed. It disrupts sleep to have your digestive tract working at night.

**MARGINAL LIGHT:** Keep your room as dark as possible. Not only does it help keep your eyes closed and give your body the sense of "time to go to bed," but it helps with melatonin production - good for tomorrows sleep.

**MATTRESS:** You may need a new one. If it is too soggy or too hard your body roams around trying to get comfortable.

**MANAGEMENT:** Stay on schedule. Re-program your circadian rhythm by staying on schedule and getting bright sunlight or use a light box.

**MONOTONOUS:** Don't read, watch TV, or talk in bed. This is not the time for stimulating the mind. Sleep experts suggest only sleep in your bed to train your brain this is what you are here to do.