

SLEEP SUPPORT

hello Brooklyn – I'm Teresa :)

Thanks for joining me at Annie's Blue Ribbon General store to learn about optimizing your sleep health.

Being board certified in clinical sleep health, I've worked with hundreds of clinicians, patients & clients over the years – I know the medical world can be complicated and frustrating. You've probably tried the generic, over-simplified recommendations and products that never quite worked the way you hoped they would. That's why I created this packet just for you!

Please stay connected via social media and reach out with any questions. I've included some additional links for sleep support below!



LET'S STAY CONNECTED

 Instagram [@sleepbetternyc](https://www.instagram.com/sleepbetternyc)

 TikTok [@sleepbetternyc](https://www.tiktok.com/@sleepbetternyc)

**CLICK or SCAN the CODE FOR ACCESS
TO INSTANT DOWNLOADS**



BEDTIME BEST-SELLERS

[CLICK HERE](#) for curated list of products to support sleep – from pillows, EMF blockers and blackout blinds to Home Sleep Testing and 1:1 sleep coaching.

MEDICAL SLEEP ASSOCIATIONS

[Academy of Dental Sleep Medicine](#) (For Sleep Apnea Treatment)

[Society of Behavioral Sleep Medicine](#) (Sleep Psychologists)

[Restless Leg Foundation](#)

[Project Sleep](#) (Narcolepsy and Sleep Advocacy)

[Alliance of Sleep Apnea Partners](#) (Patient Education and Advocacy)

HELP LINES

Being sleepless can be lonely, and worsen symptoms of depression. There is help and support. **Dial 988 (instead of 911)**, or [CLICK HERE FOR HELP](#)

You can also [CLICK HERE](#) or call the number for the **Sleep Hotline**

BREAK THE CYCLE WITH BREATH WORK

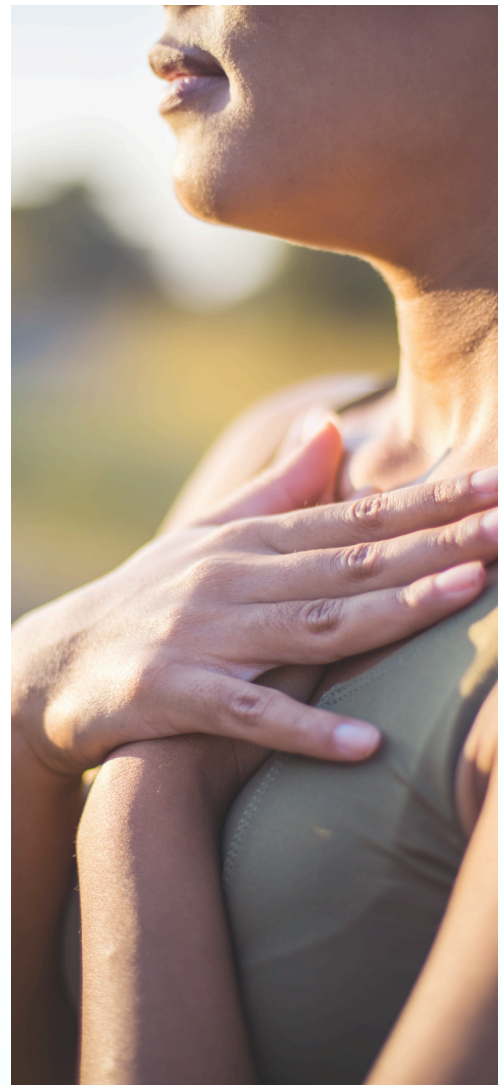


I get it. You're stressed so you have poor sleep, which stresses you out, increases your cortisol level, makes you moody and anxious, which causes poor sleep... so on and so forth. Breath work is a free, simple, and clinically proven way to break this cycle. It can help you relax during the day and fall asleep at night. Yes, I mentioned the **DAYTIME – better sleep starts the moment you wake up.** That means you need to take a few moments to calm your nervous system during the day to sleep better at night.

By focusing on your breath, you down-regulate your nervous system. Your “rest and digest” (parasympathetic nervous system) is activated, reducing the anxiety of the “fight or flight” mode (sympathetic nervous system). Slow, intentional breathing activate your vagus nerve, signaling to your brain that you are “safe.”

Breath work doesn't have to be complicated and time-consuming. Simply bringing your focus to your breath can quickly distract you from those racing thoughts. Similar to meditation, you can improve your focus and mindset right away, and experience health benefits within days or weeks.

First things first – focus on breathing through your nose whenever possible. On the inhale, your belly should look like it's filling up with air first, and then your chest. On the exhale, try to make it a little longer than your inhale, or at least the same length of time. For example, breathe in for 5 seconds, and exhale for 6 or 7 or 8 seconds (nose or mouth).



PHYSIOLOGICAL SIGH

An easy, scientifically proven way to reduce stress is the "physiological sigh," AKA cyclical breathing or double nose breathing. It resets the amount of carbon dioxide and oxygen in your lungs and bloodstream. Our body does this naturally throughout the day, but you can trigger this "reset" as a way to reduce stress.

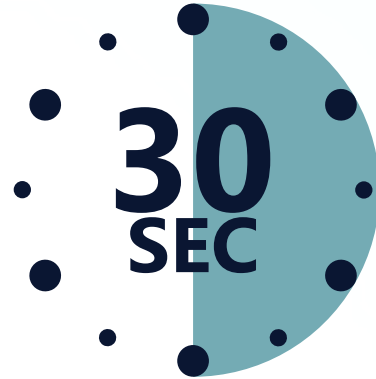
Inhale deeply through the nose. hold briefly

Inhale, more like a sniff, through the nose

Slowly, intentionally exhale through the mouth

Repeat 3 times.

This quick "hack" will only take about 30 seconds to "reset" your nervous system and improve your focus



BOX BREATHING

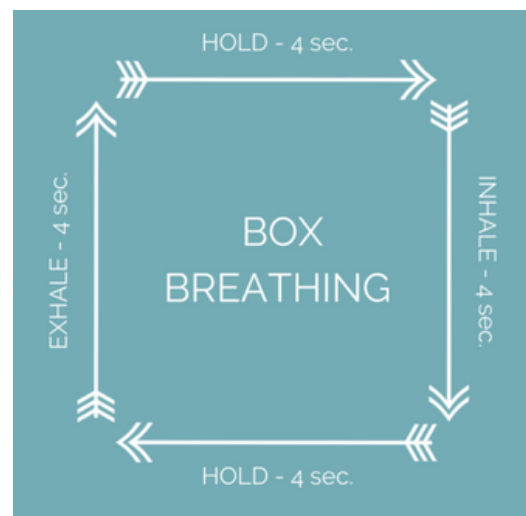
Box breathing is also called "square breathing" or "tactical breathing." It was designed by Navy SEALs to keep them calm and improve their concentration in extremely tense situations. The pattern of breathing can be visualized as a box or square.

Inhale through your nose for 4 seconds
Allow your chest and your belly to fill up

Hold the air in your lungs for 4 seconds
Close your eyes if you can

Exhale through the nose or mouth for 4
Try to empty your lungs

Hold for a count of 4 (adjust to 5 seconds
or shorten the hold time as needed)



CREATING YOUR SLEEP SANCTUARY

LIGHTING

- dim lighting in the home during dinner and bedroom before sleep
- digital clocks OFF or facing away from bed (keep baby monitors dimmed whenever possible)
- minimize device use 2 hours before bed, and at least 30 mins before bed. Blue light blockers can help, but BRIGHT light of any "color" delay your sleep onset
- put your phone face down or in another room – consider EMF blocking technology (see “Bedtime Bestsellers” on first page for product suggestions)
- use black out curtains or a silky sleep mask to reduce distraction and encourage healthy melatonin production for deep sleep

TEMPERATURE

- keep the bedroom cool – ideally 67–70*
- warm shower before bed to lower your core body temperature
- choose organic, moisture-wicking materials

SENSORY

- keep clutter out of sight and away from bed space
- only use your bed ONLY for sleep, sex, rest & meditation – not work or intense conversations
- practice short breaks, cognitive shuffling or relaxation techniques throughout the day and when you're having trouble sleeping, to calm your nervous system and slow your racing mind