

W E N D Y M Y E R S



THE ULTIMATE GUIDE
TO BETTER
SLEEP



TOP 20 WAYS TO INCREASE
ENERGY AND VITALITY

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ABOUT WENDY MYERS



Hello!

I'm Wendy Myers, FDN, CHHC. I founded the health websites Liveto110.com and Mineralpower.com.

I am a functional diagnostic nutritionist located in Los Angeles, California, certified in Hair Mineral Analysis and other functional medical labs for the purpose of designing customized Mineral Power detox programs for clients so that they may regain energy, increase brain function, improve adrenal and thyroid function, correct mineral imbalances or deficiencies, and ultimately reach a healthier state of being.

I founded my websites Liveto110.com and MineralPower.com to provide my clients and readers with the tools necessary to live a long, healthy, happy life.

I center my philosophy around the understanding that the root cause of disease stems from nutrient and mineral deficiencies and the accumulation of toxic metals and chemicals in the body so prevalent in our toxic world. These issues are addressed with my healing and detox program Mineralpower.com.



INTRODUCTION

In this guide you will:

- Discover 15 biohacks to stop insomnia and night waking.
- Learn which supplements actually work to improve your quality of sleep.
- Find out how to improve energy with minor adjustments to your lifestyle.

I know many of you have trouble sleeping. I did for years. I want to help you get back on track and enjoy many restful nights of sleep! Your health depends on it.

For years, I would wake up in the middle of the night and not be able to go back to sleep for hours. It drove me insane. I became a film expert, watching hours and hours of movies on iTunes and Netflix.

Fed up, I went to my physician. **He recommended I take Ambien.** That didn't really work. I was still waking up. My friend used Ambien but discovered it caused her to sleep eat! She had no recollection of clearing her fridge every night! She gained 10 pounds over the course of a month.

Then my doctor suggested Xanax, which I used in desperation. It worked! I slept through the night and woke up very relaxed. That was a gift that was hard to resist. But when I tried to stop taking it I couldn't sleep for 3 days. There was something very wrong with this picture. My doctor didn't tell me that it was addictive. I implicitly trusted my doctor and thought that his recommendations would be safe. **It took me months to get off the Xanax - this was the WORST experience of my life.**

I finally found sleep solace in taking minerals. For the first time in years, I slept through the night naturally by taking calcium and magnesium. I was blown away. How could it have been so simple?

I developed my signature [Mineral Power](#) program, which includes a customized regime of supplements. This got my whole system back into balance. And I could not be more thankful. I sleep through the night no problem, with only normal occasional night waking.

In today's chaotic world, there are so many factors keeping us from a restful night's sleep. Many wake up exhausted after a full night's sleep. Let's put that to rest!

WHY YOU'RE NOT SLEEPING



Sleep scientist, William Dement, has said that sleep, “is the most important predictor of how long you will live – perhaps more important than smoking, exercise or high blood pressure” (1). People getting less than six hours of sleep per night were 12 percent more likely to die over a 25-year period than people getting 6-8 hours per night.

Chronic sleep loss contributes to health problems such as weight gain, high blood pressure, heart disease, and a decrease in the immune system’s power. In other words, we need sleep (2,3,4,5)! There are so many factors that contribute to poor sleep. These are just a few reasons why your

sleep isn’t the best:

- **Bad Habits:** You’re going to bed too late! I hate to be the bearer of bad news but you should be in bed by 10 pm. Additionally, all your caffeinated drinks throughout the day are keeping you up in the night too. One cup of caffeine per day is fine, but you can’t drink stimulants all day and expect rejuvenating, restful sleep.
- **Adrenal Fatigue:** Welcome to the club! Lack of sleep, fast-paced lifestyles, and living on caffeine and sugar are wearing out your poor adrenals. They produce stimulating hormones like adrenaline and cortisol at the wrong times, keeping you from the very thing you desperately need – sleep.
- **Bad Foods:** Bad foods include gluten, sugar, processed food, fast food, industrial seed oils, etc. These foods disorder hormone, gut, and brain function and cause an inflammatory immune response in the body. Solution: Listen to your body and rethink your diet to avoid the consumption of the wrong foods.
- **Poor Sleep Hygiene:** A few critical errors include not blocking out ALL light, making the bedroom too warm, sleeping on an old mattress or pillow, or not using a sleep mask.
- **Gut Bugs:** The reason you’re not sleeping can be due to gut bugs. Parasites are a very common problem and are a frequently overlooked cause of night waking. You release cortisol when you’re fighting gut bugs and this is what causes you to wake up.

BEST SUPPLEMENTS FOR SLEEP

I put together this guide laying out my top 6 supplement recommendations for anyone struggling with poor sleep quality. Let's check them out!

1. NES Health Sleep Infoceutical



The [NES Health Sleep Infoceutical](#) promotes a balanced sleep cycle and optimal regulation of the body's natural rhythms. It helps to correct delta and alpha brain waves to improve sleep. SLEEP is not a sedative, is non-addictive, and does not stimulate hormones. Use 3-4 times throughout the day, with last dose before bedtime to reset sleep cycle. It can also assist with snoring!

2. Magnesium / Calcium

Calcium and magnesium can be instrumental in resolving sleep issues. Magnesium is the first supplement to aid sleep that I recommend. It is a relaxing mineral in which almost everyone is deficient. When we are stressed, this mineral is the first to go!

Almost everyone is deficient in magnesium. Many are supplementing, but usually not enough. You need roughly five times your body weight in pounds in mg per day of this vital mineral.

My favorite types of magnesium are [Magnesium Glycinate](#) and [Ease by Activation Products](#). Learn more about the top 5 forms of magnesium and recommended brands in my article [Top 5 Forms of Magnesium](#).

[Calcium](#) is another one of those relaxing minerals. This is critical for calming the nervous system and getting to sleep! My favorite brand is [Designs for Health Calcium Malate](#).



The best way to get your doses of these vital minerals is to do a combo. My favorite is [Endomet Paramin](#). The forms of calcium and magnesium in this supplement are chelated for the highest absorption rate.

3. GABA



This neurotransmitter acts as the brakes that turn off the stimulating neurotransmitters like epinephrine and norepinephrine. When we are stressed GABA becomes depleted to calm the body down. Even if you don't feel stressed, there are a lot of factors impacting our body like EMF's (Electromagnetic fields) that place a huge stress on the body and use up our GABA.

There are many different forms of GABA, but the only one that really works well is phenylated GABA. There are not many companies that make this form. My favorite brand is [Biotics Research Phenitropic](#). I take a Phenitropic every night to get my ZZZ's.

4. Ashwagandha



Ashwagandha is an adaptogenic herb that calms the body and aids stress management and the proper release of cortisol.

This herb has been used in Ayurvedic medicine for thousands of years. Today, medical researchers have been studying Ashwagandha for years with great interest. It's been found to reduce stress, fatigue, and improve sleep, of course!

When I take it, I wake up feeling much more calm and that I got a deeper, restorative sleep.

My favorite brand is [Banyan organic Ashwagandha](#).

5. Adaptogenic Herbs



Adaptogenic Herbs like ashwagandha, rhodiola, astragalus, schizandra berry, and holy basil calm the body and the mind. They help to normalize biochemical imbalances, in particular modulating cortisol production to calm the adrenals so you can sleep. My favorite brand is [Adrenal Response by Innate Response](#). All the herbs are organic.

If you get plenty of rest, but still feel tired, you may suffer from [adrenal fatigue](#) like 2/3 of the US population. The primary symptoms associated with adrenal fatigue are anxiety, chronic fatigue, sleep disturbances, suppressed immunity, weight gain, insulin resistance, and an array of other clinical conditions.

A broad range of underlying symptoms may arise because adrenal hormones exert a profound influence on the body's overall response to stress...and your quality of sleep.

6. Melatonin



Melatonin is best for those that have trouble falling asleep. It can really help to reset your internal clock to get your sleep schedule back on track.

Don't be tempted to simply supplement melatonin and expect sleep miracles to happen. I only suggest supplementing time-released melatonin for a few weeks or as needed to get circadian rhythms back in order. And melatonin needs to be liquid or sublingual. If you take melatonin in the form of a pill that you swallow it's not going to work well. My favorite brand is [Pure Encapsulations Melatonin](#).

You can also take 5-HTP to facilitate production of melatonin. 5-HTP is the precursor to melatonin and serotonin. It really works to regulate behaviors and moods. Serotonin is involved in the wake/sleep cycles that allow your body to get the good night's rest it needs in order to repair itself at night.

When you are depleted in serotonin, there is not enough left over to be converted to melatonin. Supplementing 5-HTP can give you the building blocks to make more melatonin. I really like [Jigsaw 5-HTP](#).

In our high stress environment it's no wonder that people are having a hard time falling asleep and staying asleep. Using supplements to aid sleep, including relaxing minerals, are a must in today's fast-paced society that are suffering from sleep deprivation.

Even with supplementation, you must improve sleep hygiene and recreate a primal environment to facilitate quality sleep.

BIOHACKS FOR BETTER SLEEP

Sleep is important, but how do we quantify that? How does a lack of sleep affect your system? Let's get into specifics!

If you get less than 6 hours of quality sleep you are – metabolically – a type II diabetic the following day because of poor sleep's affect on blood sugar regulation. If you're not sure what that means, let me tell you:

when you have the glucose control of a diabetic, that spells insipid weight gain and preventable disease. Interested now?

Notice I said "quality" sleep. If you're hitting the sheets for 7 hours, there's a good chance you're dipping well under the six-hour mark on the quality scale.

I could go on about the negative effects to mental performance, physical performance, recovery, mental health, and testosterone levels – the list is days long.

In short: sleep is the single most important thing you must do to improve your health. So let's address some of the mistakes you might be making and ways in which you can biohack your way to better sleep!

1. Be in bed by 10pm

I realize this is a tough one. But you have to be disciplined and set up your lifestyle so that you can reset your sleep cycle. I am amazed that I sleep so much longer when I go to bed earlier. Your body creates a cortisol surge after 11 pm to keep you awake.

2. Avoid artificial light after dark

If you think about the way we used to live – way back in the day – what sources of light would we be subjected to after the sun went down? Candles? Fire? That's about it.

Today, we're soaking up the light from televisions, computers, devices, overhead lights, electric billboards, and more.



Once the sun goes down, your body gears you up for sleep. Complicated chemical reactions and electrical signaling happen (or are supposed to) that create the necessary conditions for quality rest. But, when you're subjected to artificial light after dark those processes are interrupted. Everything goes haywire. Quality sleep is not achieved.

Light exposure before bedtime can suppresses melatonin by more than 50 percent. This means limiting or avoiding all screen time two hours before bed or use f.lux.com or [blue light blocking glasses](#).

Blue light is the light emitted by your computer, cell phone, TV and other devices. And it's wreaking havoc on your ability to sleep. This is probably one of the biggest factors in poor sleep.

Ideally, avoid exposure to any bright lights two hours before bed so your body will be cued to produce melatonin and induce sleep. This means less bright lighting at night, as well eliminating (or at least dimming), computer screens and TVs (6, 7).

Newsflash: technology is disrupting your sleep. Which brings me to my next tip...

3. Minimize your EMF exposure

It is very important to reduce your exposure to Electromagnetic Fields (EMFs). These are a HUGE cause of poor sleep because EMF's interfere in your body's electrical system, including your brain waves.

It is very important to reduce your exposure to Electromagnetic Fields (EMFs). These are a HUGE cause of poor sleep because EMF's interfere in your body's electrical system, including your brain waves.

Protecting your body from EMF's entails unplugging anything electrical near your bed, especially near your head, not sleeping with your cell phone near your bed (ideally a few rooms away in airplane mode), moving your computer to another room, turning off wireless internet at night when you sleep.

However, even if you take all kinds of precautions with EMF, you are still subject to your neighbor's wireless internet, cell phone towers, your smart meter, and you have to use your computer and cell phones. But there's a way you can still protect your body. You can reset your body's proper electrical field and reverse the damage done by EMF's by using a number of these [EMF protection tools](#) that I personally use.

4. Sleep in complete darkness

Light is the single biggest factor telling your body that it is morning. Eyelids are translucent for a reason. They perceive light and signal to our friendly cavemen when it was time to begin the hunt. Today, translucent eyelids serve mainly to disrupt our sleep! Even a small amount of light at night can disrupt circadian rhythms and sleep quality (8).

Create darkness by using a sleep mask and sleeping in a darkened room by removing even the tiniest, dimmest light sources. Blackout curtains are a great solution. Remove or cover nightlights, LEDs, and alarm clocks.

Just one pulse of light can suppress melatonin production and wake you up. Don't turn on lights if you get up to go to the bathroom. Resist the urge to look at your phone!

5. Turn your bed into a haven



Your pillow, sheets, and mattress should be high quality. Treat yourself to new organic pillows, a comfy down comforter, and organic cotton sheets. It makes a huge difference! Sheets made with formaldehyde, which include all permanent press sheets, are shown to cause insomnia. It's time to invest in some high quality, natural, organic cotton sheets!

Also remember to keep your bedding up to date. Mattresses need to be changed every 5-10 years. Change pillows every 6 months to a year. Our bedding absorbs skin cells, bacteria, perspiration and more, which is affecting your health and causing daytime sleepiness.

6. Reduce your stress

In today's world, we're over-scheduled, over-burdened, and deeply indebted. The result of this (and so much more) is that we are all stressed out. But unfortunately, **sleep doesn't heal stress on its own**. How many times have you burrowed into your sheets and hoped you could simply sleep the stress away? It's a common misconception to which many of us have fallen victim. I know I have.

The reality is that **stress destroys sleep quality.**

You see, great sleep is partially reliant on stable cortisol and adrenaline levels. Cortisol is a rhythmic stress hormone that is supposed to rise in the morning (to wake you) and fall at night (to allow for sleep). But your full schedule, credit card debt, and hectic day at work ensure that your cortisol levels are chronically elevated.

Stress from your day bleeds into the night, preventing your body from being able to relax into a deep and restful sleep.

That is, UNLESS you care for yourself and engage in activities, whatever they may be - meditation, reading a book, relaxing with friends or family, or going dancing - that help to lower your stress levels. Making time for yourself with self-care and reducing your stress are imperative if you want to achieve better sleep. But don't even think about reaching for wine to numb the pain of a stressful day...

7. Avoid alcohol before bed



Alcohol may help you relax and fall asleep faster, but the metabolic process of clearing it from your body causes a withdrawal period that's significant enough to disrupt your sleep.

More specifically: when you drink alcohol close to bedtime, you can go straight into deep sleep, missing out on the usual first stage of sleep, called rapid eye movement (REM) sleep. As the alcohol starts to wear off, your body can come out of deep sleep and back into REM sleep, which is much easier to wake from. That's why you often wake up after just a few hours sleep when you've been drinking.

If you do happen to enjoy that glass of wine in the evening, make sure you drink one glass of water for every glass of alcohol. Not only will it slow down your drinking, it will also prevent you from getting dehydrated, which is what leads to a hang over!

8. Monitor Your Caffeine



This may go without saying, but a lot of people break this cardinal rule. You cannot enjoy quality sleep if you have stimulants in your system! Avoid caffeine after 2pm, but ideally be done by noon. Pass on that afternoon cup of Joe! If you need an afternoon pick-me-up, think of choosing a healthy, energy-boosting snack instead.

The half-life of caffeine is six hours, so a good majority of it is still in your system many hours later. Any consumption after 2pm is likely to interfere with sleep, especially if you stick to tip #1 and get in bed at a reasonable hour.

9. Food Timing

Don't eat within the three hours before bed! Your last meal should be between 6-7pm. A common cause of nighttime waking is eating a big meal or a sugary or refined grain snack before bed. This will increase insulin, causing hypoglycemic or low blood sugar crashes at night. When you have low blood sugar, the body releases cortisol to increase it. What's even worse is that it causes a dysregulation of your circadian rhythm with your two master hormones, ghrelin and leptin, that control your metabolism and hunger cues the following day.

10. Catch some rays



Exposure to natural light during the day, as our fellow caveman would have experienced, is essential to improving sleep. Since our eyes cue melatonin production, avoid wearing sunglasses when performing a primal sunbathing session.

Get at least 30 minutes of exposure to bright sunlight every day. It's best to get sun exposure several times per day, especially in the early morning to cue our circadian clock (10). Can't get sun exposure? Sit next to a window, turn your computer to maximum brightness, and turn on as many lights as you can during the day!

11. Get some cardio



Exercise (specifically 20-30 minutes of aerobic) is one of the single best ways to improve the quality of your sleep. Research shows that those who have a regular exercise program get deeper sleep.

12. Reduce your body temperature

Ideal sleeping temperature is between 60 and 68 degrees. Of course, everyone is different, but this is the ideal. You can reduce your body temperature by taking a bath. Even though the bath heats you up, the cooling of your body temperature afterwards makes you sleepy (11).

I love to take Epsom salt baths. Put 4-5 cups of Epson salt in your bath. The magnesium in it will relax your muscles and induce sleep. It's relaxing, therapeutic and will guarantee you a trip to la la land.

13. Create rules for bothersome bed partners

Kids, pets, and snoring bedmates can all disrupt sleep. If you have any or all, make a new set of rules: silence is golden. Consider earplugs (Noise Level Rated at 32 or below so you can still hear the fire alarm) or a sound machine.

14. Be mindful of time zones

When traveling across time zones, it may affect your sleep. Give your body a full day for each time zone to recover. If you ever travel or have guests coming from another time zone, be aware that their sleep schedule may also affect yours until they adjust!

Time zone adjustment can be made much easier by taking [melatonin](#). And by wearing an EMF protection necklace. This may sound weird, but a [Bioelectric Shield EMF protection necklace](#) truly makes a huge difference in how well your body adjusts to different time zones.

15. Sleep apps

Download my favorite iPhone sleep app, called Sleep Cycle, in order to track your regular sleep patterns. You just put your phone on your mattress, under your top sheet, and set the alarm. It will track your sleep quality using the microphone on your phone, and wake you feeling more refreshed at the top of a sleep cycle. Do it for at least a week, so you get a sense of your baseline sleep quality.

Important: Make sure you put your phone on airplane mode so you don't cook your head with EMF's!

SLEEP AIDS

To help aid you in your journey to a better, more restorative night's sleep, I have put together a list of products I recommend! So please take a look. I think there is something here for everyone!



1. Magnetico Sleeping Pad

Magnetico sleeping pads have an incredible ability to aid detox, reduce arthritis, heal disease, increase energy and improve mental alertness by providing something our bodies are desperately lacking - magnetism.

Our body's natural magnetism is constantly under threat by EMF's (electromagnetic fields) emitted by our computer, cell phones, wireless Internet and more. This dramatically affects our health. A Magnetico sleep pad counteracts these harmful EMF's.

[Learn more](#) and [shop now!](#)

2. Swannies Glasses

Swannies Blue Light Blocking Glasses by Swanwick improve your sleep and health by filtering out harmful artificial light from digital devices. Swannies also prevent sore eyes, headaches, fatigue, and blurred vision associated with digital eyestrain.

For more information on the benefits of Swannies, [check out this article](#). You can also pick up your own pair by visiting the Live to 110 store or by clicking [here](#).

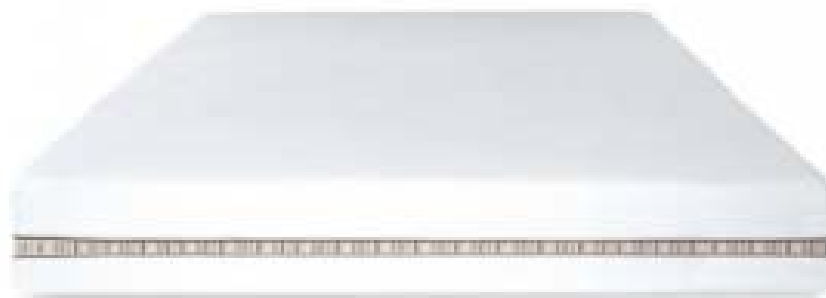




3. Samina Organic Sleeping Bed

The SAMINA sleep system is the most sophisticated sleep system on the planet providing the ultimate alternate to your current toxic mattress. It includes a climate-regulating wool pad topper; Lokosana® grounding pad; a latex mattress; and an orthopedic flexible slat frame.

Additionally, SAMINA offers organic orthopedic pillows and duvets filled with natural, bioactive materials for a complete sleep solution. Check out [my podcast with Claus Pummer](#) for more information on the Samina sleep system. You can also shop for your own by clicking [here](#).



4. Essentia Mattress

Many people are sleeping on toxic mattresses and breathing in formaldehyde and flame retardants all night. Over time this contributes to sleep issues. An Essentia mattress is a true, organic latex foam mattress.

If you're looking for a firmer-feeling natural mattress with exceptional comfort, the Essentia mattress delivers next level comfort. Learn more [here](#).

5. Customize Supplements to You with Mineral Power



Many people have sleep issues because they either mineral deficient or have stimulating toxic metals in their body preventing them from getting their best night's sleep.

Taking a multivitamin is not enough. People typically don't get enough magnesium and other minerals in a multi. And it's not custom to your body chemistry and needs.

The future of supplementation entails testing to customize supplements to exactly what your body needs. With customized supplementation, you heal your body and can achieve your highest level of health, functioning, and optimal feeling. This is the goal of my program, [Mineral Power](#).

I don't believe in a one-size fits all program. Your body chemistry is one-of-a-kind. And so should your supplements and detox program. With [Mineral Power](#) you get the exact supplements needed for YOU to put your body back into balance.

This is the program I used to regain control of my sleep, my health and my life. I highly recommend it if you find yourself not only struggling with sleep but need personalized help with your health issues. Mineral Power approaches health naturally and within a functional medical framework – something you won't get with your conventional medical doctor.

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