



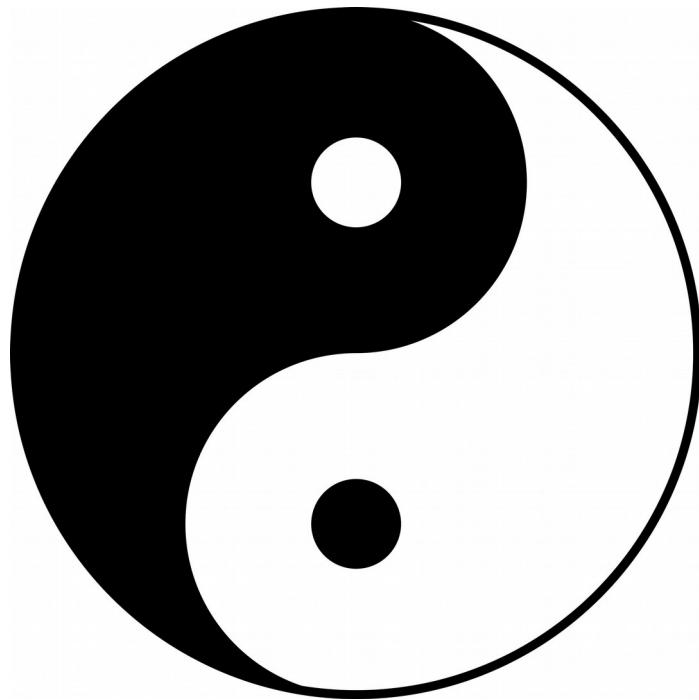
The Medicine of a
Good Night's Sleep

Charles Bishop L.Ac

Disclaimer!

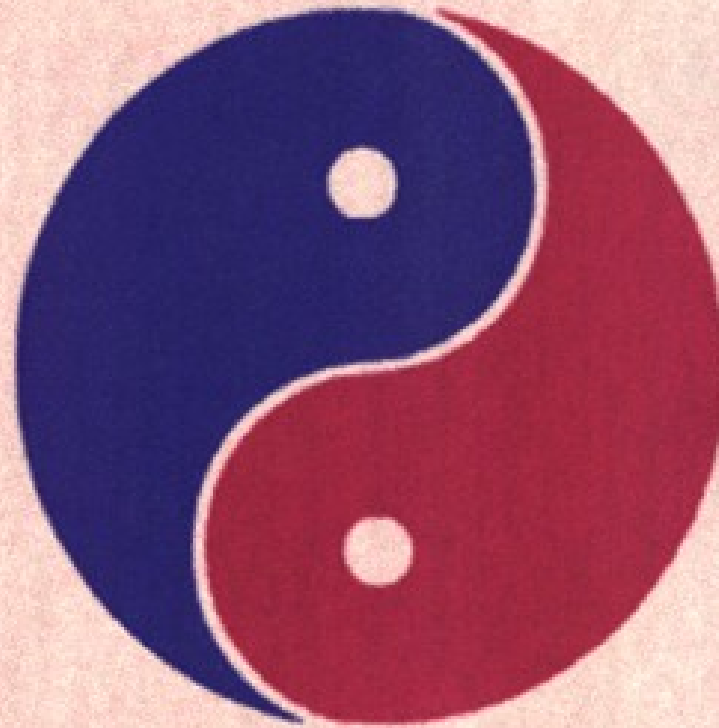
- Sleep science and medicine are vast and evolving fields. This class is an overview and by no means comprehensive. Please use the ideas presented here as springboards to further study.
- Nothing presented in this class is intended to diagnose or treat specific individuals. Please consult your preferred health care professional before beginning any new medications, supplements, exercise regimens, or major lifestyle changes. You are responsible for your own healthcare decisions.

Yin and Yang are Fundamental



Yin

night
dark
cold
negative
passive
female
solid
liver
heart
spleen
lungs
kidney



Yang

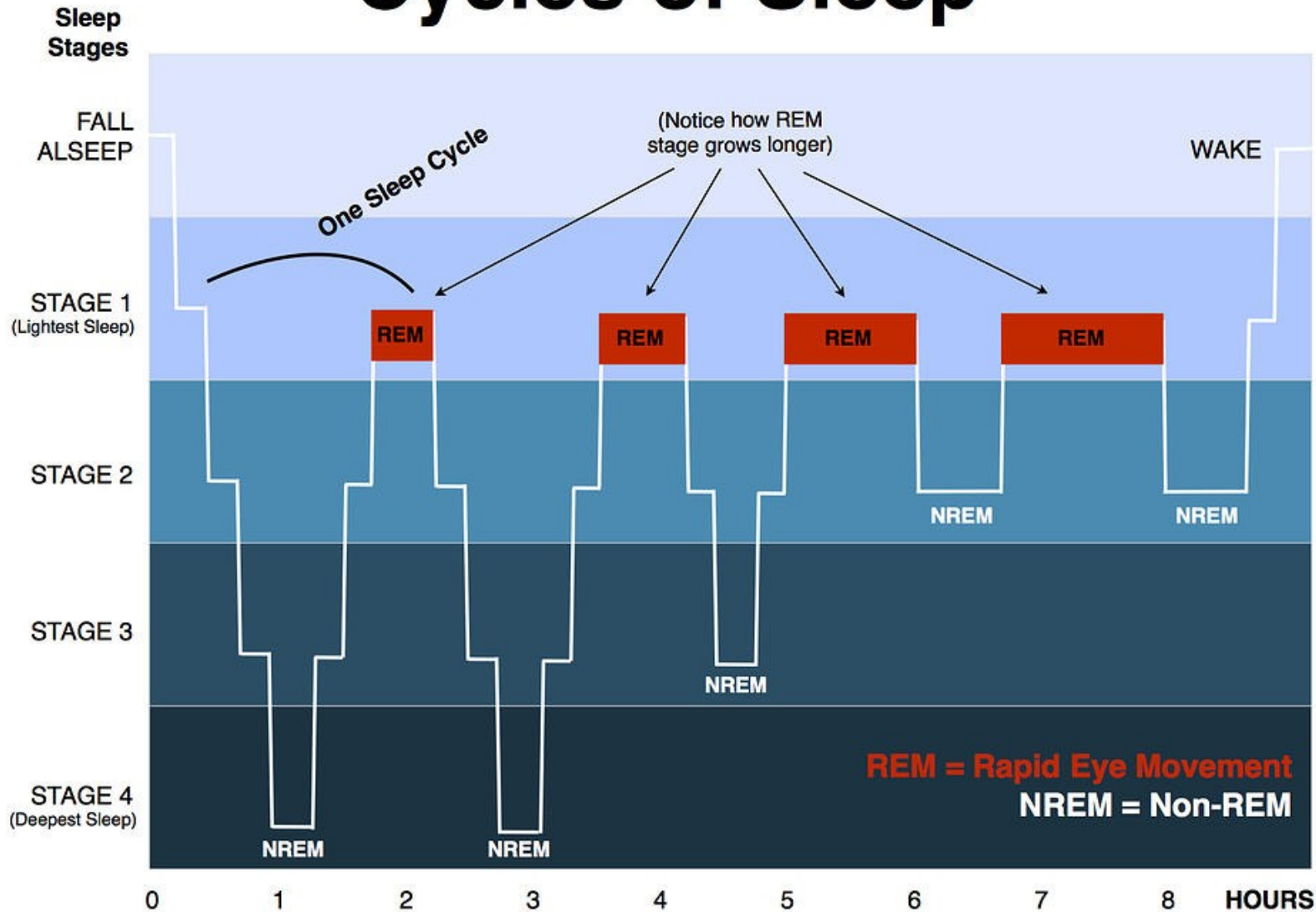
day
light
warm
positive
active
male
hollow
gall bladder
small intestine
stomach
large intestine
urinary bladder



Why Do We Sleep?

- A difficult question with one simple answer
- Restoration
- Brain Plasticity
- Regulation
- Unconscious Processing

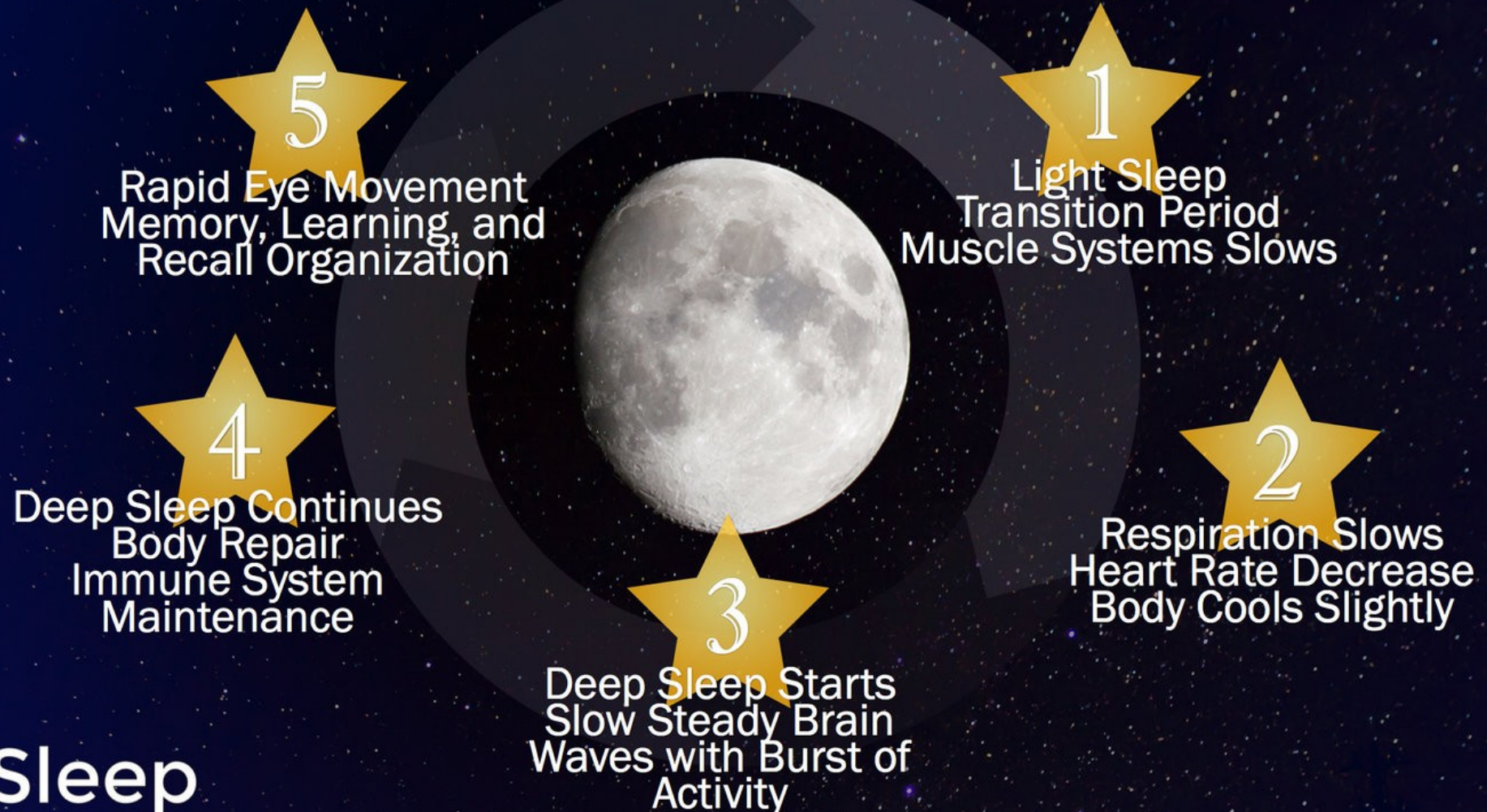
Cycles of Sleep



Sympathetic Nervous System Predominates

Parasympathetic Nervous System Predominates

Stages of Sleep

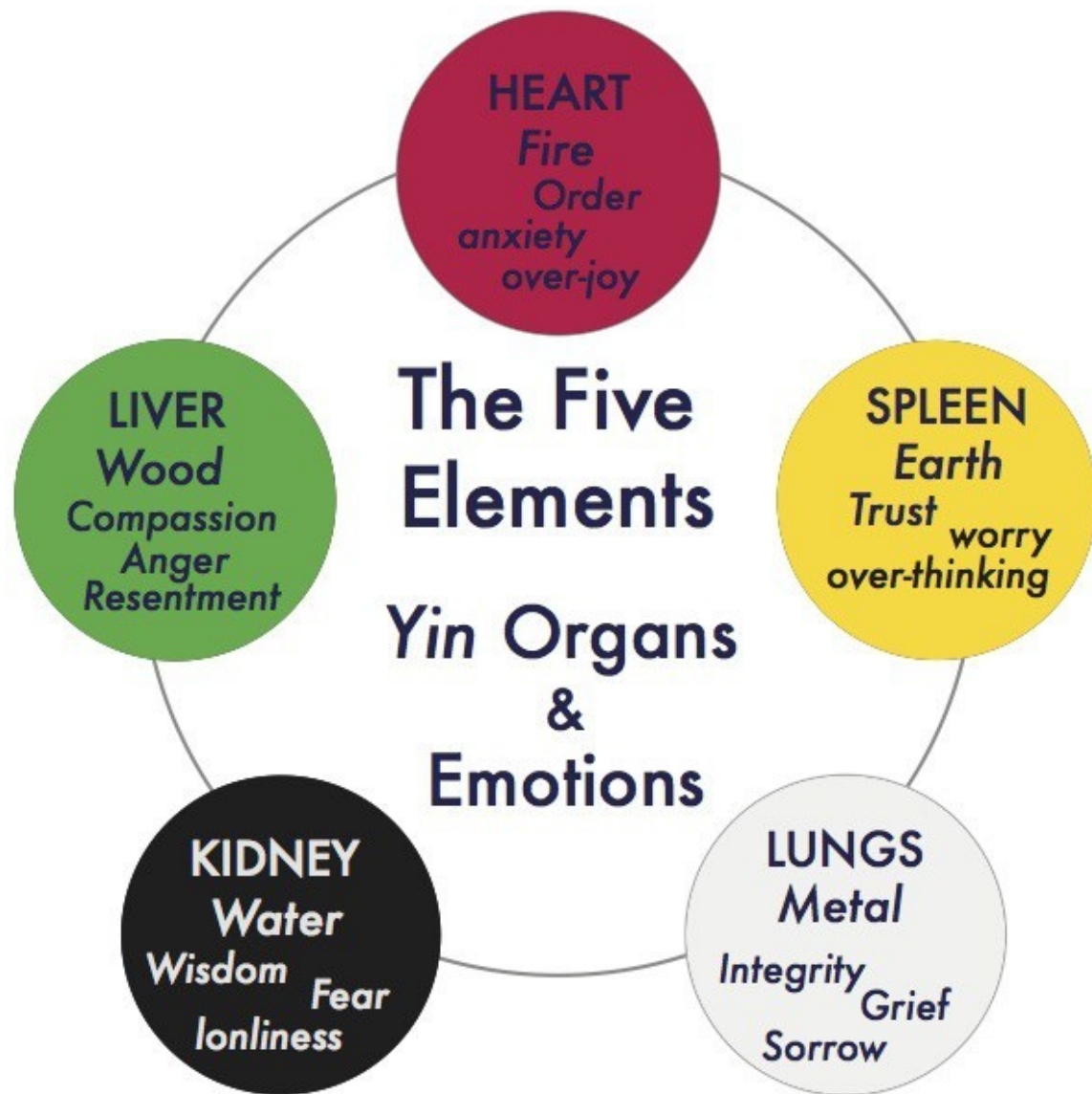


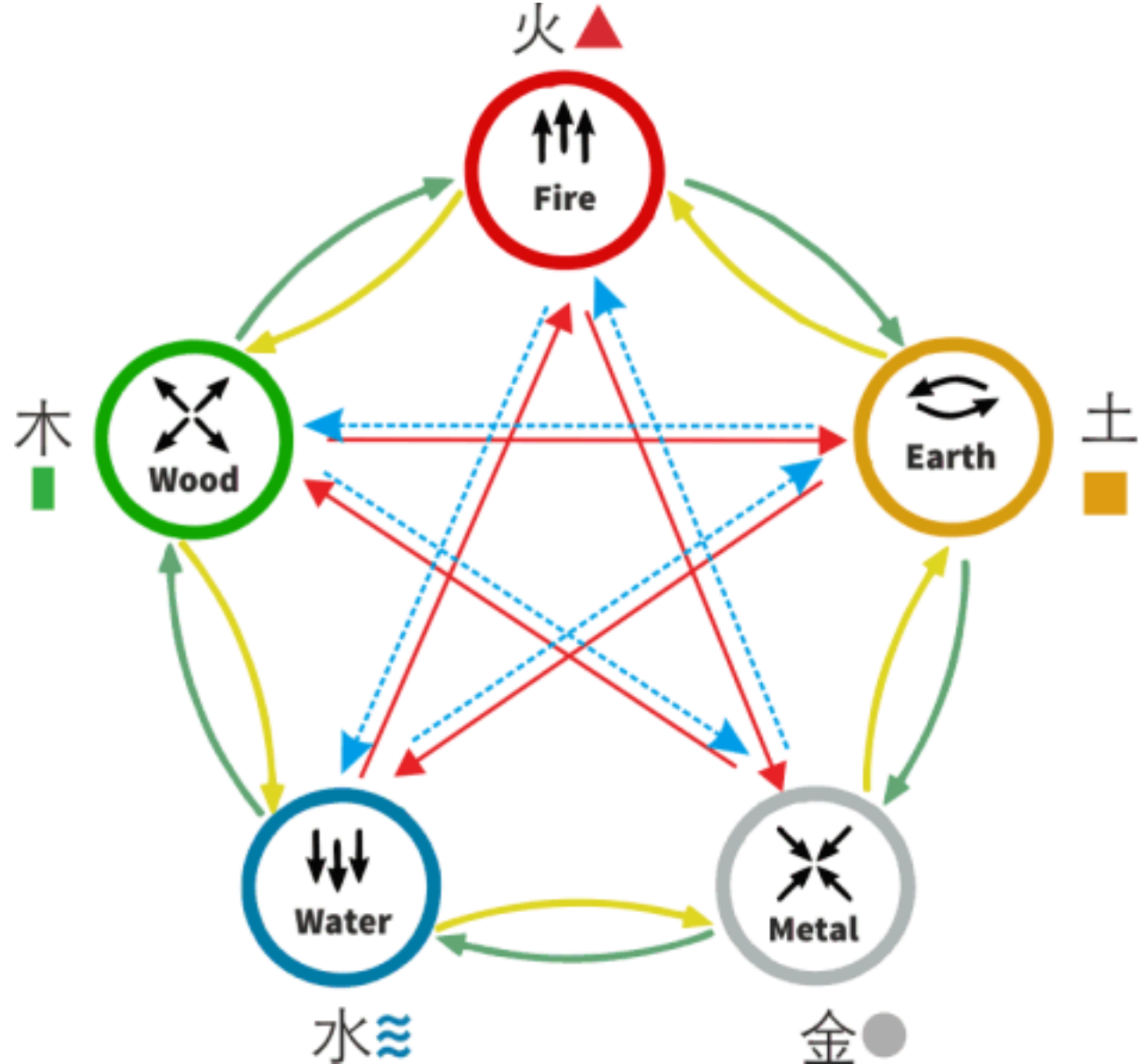
Primer on Neuromodulators for Sleep and Alertness

- Serotonin – neuromodulator that promotes satisfaction and a state of calm. Precursor to Melatonin.
- Melatonin – neuromodulator that promotes sleep and sleepiness and is released in a cyclical daily cycle in healthy adults.
- Dopamine – neuromodulator that promotes action and often is associated with gratification or a sense of reward. Precursor to Epinephrine/Adrenaline.
- Epinephrine/Adrenaline – Up-regulates the sympathetic nervous system, stimulates agitation and the desire to move.

BODY TEMPERATURE DURING THE DAY







五行 wǔxíng

- Generating 生
- Controlling 克
- Insulting 侮
- Weakening 洩

Fundamental Substances in Traditional East Asian Medicine

Blood

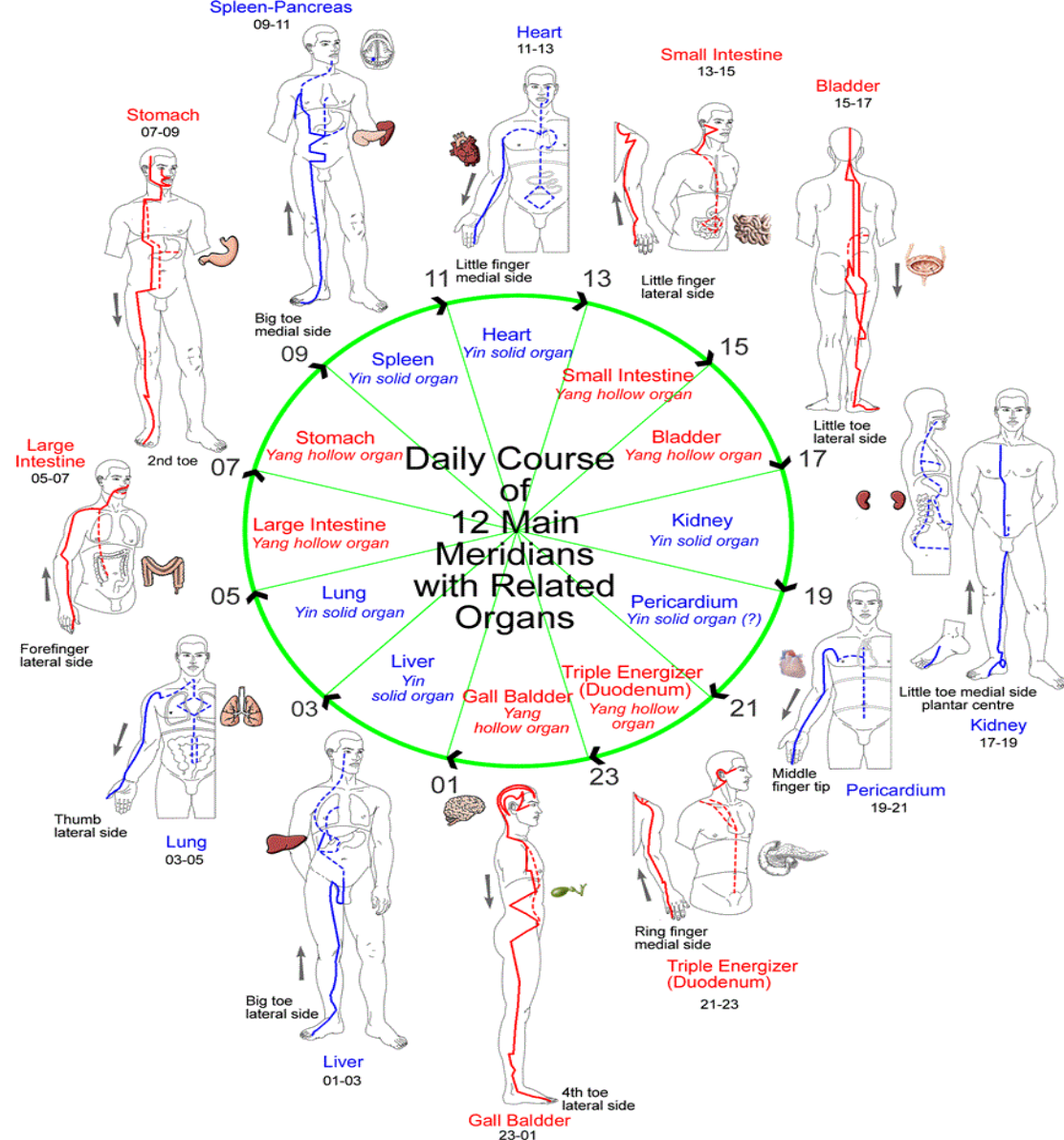
- Nourishes Organs and Tissues
- Moderates
- Carries Emotions
- Houses Qi

Yin

- Calming, Relaxing, Hydrating
- Counterbalances Yang
- Hormones
- Our Capacity to Rest

Yang

- Heat in the Body
- Reactivity
- Movement



Traditional East Asian Medicine Interventions

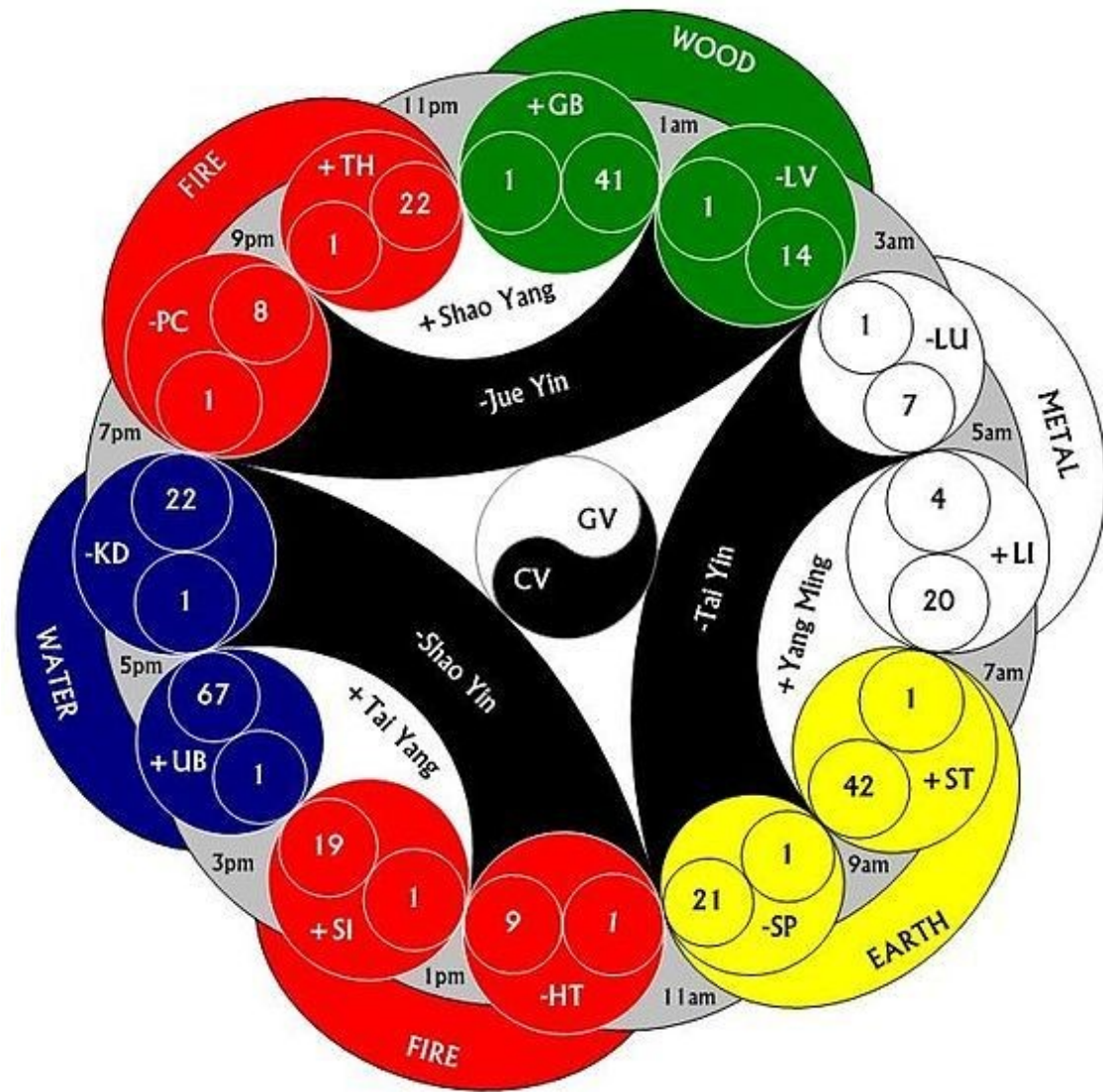
Building – Replenishing vital substances in the body or re-energizing specific processes

Releasing – Releasing stuck Qi or heat to reduce agitation and restore smooth transitions

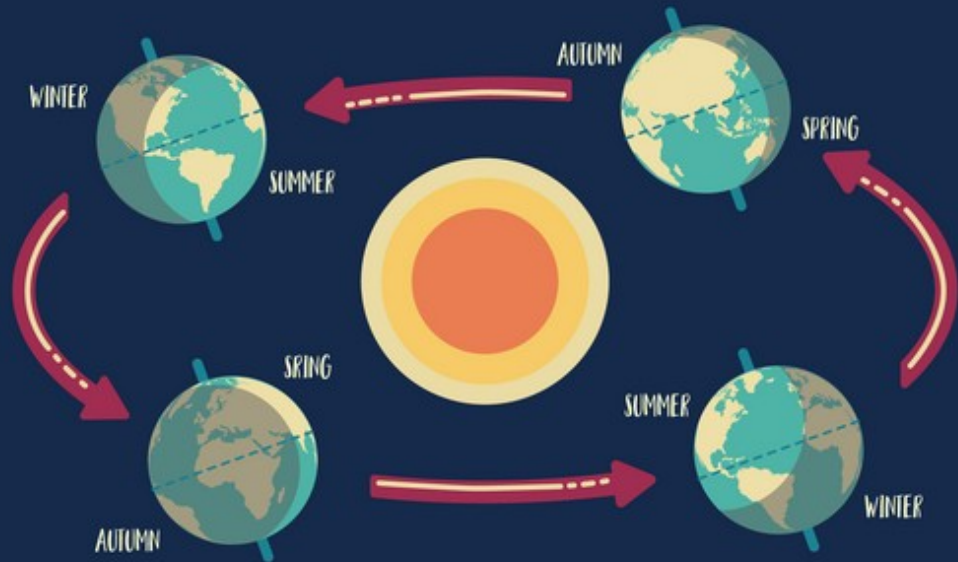
Balancing – Looking at opposing dynamics in the body and shifting balance to a more neutral state

Relaxing – Teaching the nervous system to release and relax. When everything is supported and relaxed our bodies can resume their natural processes.

DIURNAL CYCLE



THE SEASONS CHANGE



WINTER



SPRING



SUMMER



AUTUMN

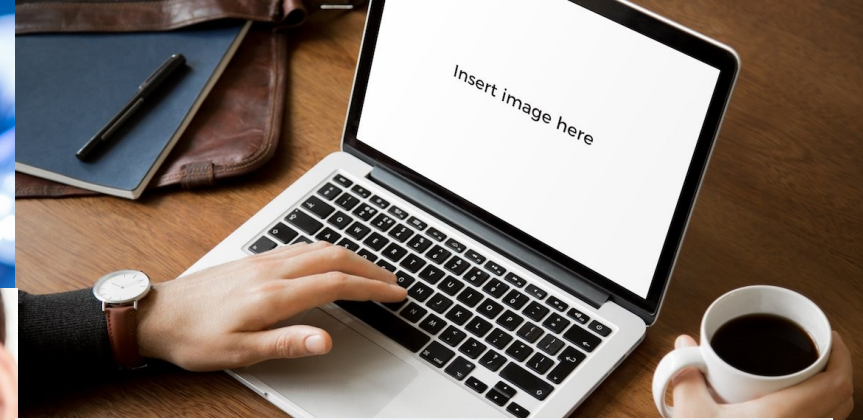


How do we get out of Sync with our Sleep?

Untimely Light Exposure



Prolonged Repetitive Work

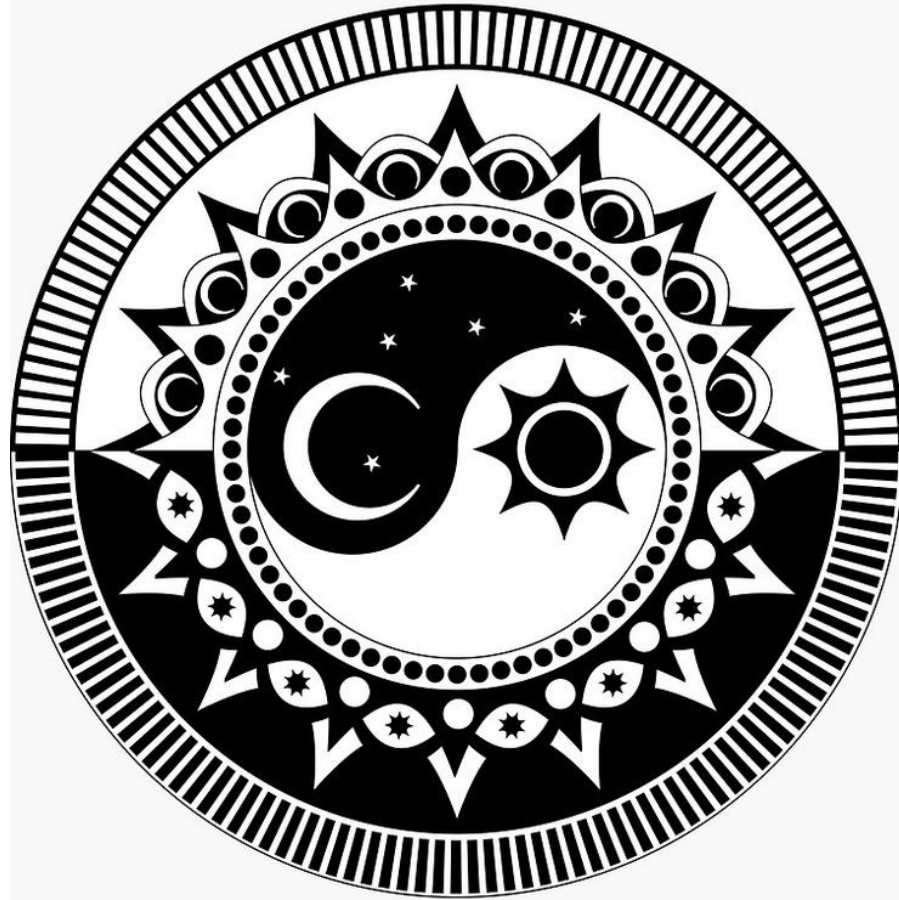


Excess Stress



Emotions





How can we get back on track?

Sleep Hygiene / Sleep Signaling

- Rituals and routines before and around bedtime that promote quiescence and signal our mind and body that sleep time is approaching
 - Good examples include routine bedtimes, calming tea before bed, a foot bath, low light levels, meditation, prayer, and other routines that are calming and repeated nightly before bedtime
- Low lighting and reduced screen time is important as any strong or direct light can signal our body that the day is extended
- Temperature – Our body cools at night and cool bedroom temperatures can help promote rest for many people. A warm shower or bath in the evening can also help as there is a rebound cooling effect after the pervasive warmth of bathing.

Sleep Hygiene / Sleep Signaling

Food – Most people find sleep easier to enter and maintain with neither a full or empty stomach. A full belly induces sleepiness but may disrupt the quality of sleep or wake us up as digestion is a thermogenic activity and a large amount of food can increase our temperature, even waking us up at night. Fatty and heavily protein foods may increase this rise in temperature. Conversely hunger can stimulate the sympathetic nervous system and decrease our sense of relaxation.

Serotonin, the neuromodulator inducing a sense of contentedness and rest, is primarily produced in the gut. Healthy food practices and appropriate diets (that vary with individuals) can help regulate the neuromodulators that promote sleep.

Exercise

Exercise comes in many forms, intensities, and duration and initiates many changes in the body. It is beyond the scope of this class to examine this topic with reasonable depth. However, the simple takeaway is that exercise is a very Yang activity and generally increases our alertness (at least temporarily).

Consider exercising in the morning to shift your waking to earlier in the morning.

Exercise in the afternoon or early evening to shift your wakefulness to the evening and “extend your day”. Evening exercise may help those that wake earlier than they would like.

It is generally not helpful to exercise in the late evening before bed if you are having routine difficulty sleeping.

A Brief Survey of Supplements and Teas

Supplements: Magnesium Glycinate or Threonate, B-Complex (6,9,12), Vitamin D

Teas: Chamomile, Lemon Balm, California Poppy, Catnip, Lavender,
Valerian Root (careful)

Training Your Nervous System

Techniques of Non-Sleep Deep Rest

- ♦ Yoga Nidra
- ♦ Meditation
- ♦ Progressive Relaxation Therapy
- ♦ Tai Chi

Fundamental Ideas

- › Its all about Rhythms, Substance, and Signaling
- Follow daily and seasonal rhythms of light and dark. More sleep is common in Winter and less in Summer. Make sleep timing a routine and try not to vary this routine too much.
- Try to find a diet that generally works well for you and you sense of well-being. A qualified Acupuncturist or nutritionist can help you discover foods and supplements that can balance your body and help your mind relax at night.
- Turn lights down low an hour before bed to signal your optic nerve that it is almost sleep time. Pre-bedtime rituals are calming and can signal your body that rest time is approaching.

Resources

Huberman Lab Podcast – Stanford professor of medicine Dr. Andrew Huberman

Dr. Damiana Corca – Traditional East Asian Medicine doctor specializing in Sleep medicine. VERY excellent blog
@ <https://damianacorca.com/blog/>



Thank you for your time!

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