

## Video 8 – All things sleep

In this video we discuss:

- All things sleep [0:05]
- The biology of sleep [3:28]
- How do we find balance between cortisol and melatonin? [5:18]
- Review of strategies for a better sleep [9:10]

Show Notes:

### All things sleep [0:05]

- 1 in 5 Australians have a sleep disorder.
- 60% of Australians feel they don't get enough sleep.
- Sleep doesn't start when you put your pajamas on and your head hits the pillow.
- Things that can affect sleep;
  - Caffeine
  - Phones and blue light
  - Menopause cycle

### The biology of sleep [3:28]

- When the sun comes up, so does cortisol in your body, which wakes you up.
- Cortisol levels vary throughout the day depending on your activity.
- As the sun goes down, melatonin begins to rise in your body.
- If your cortisol levels are too high at the beginning of the night, the melatonin in your body will not make you tired enough to go to sleep.
- Regulating cortisol throughout the day is very important.

### How do we find balance between cortisol and melatonin? [5:18]

- Taking breaths, and spending time in nature are simple ways to encourage your cortisol and melatonin to balance.
- Reducing caffeine and alcohol, as well as exercising can also help.
- Natural light that goes along with the day and night cycle can help regulate your cortisol and melatonin.
- Melatonin can also come in a supplement, however it is important to talk to a health practitioner to ensure proper use.

## Review of strategies for a better sleep [9:10]

- Reflect on;
  - Caffeine
  - Screen usage before bed
  - Alcohol
  - Bedtime
  - Strategies for regulating the nervous system throughout the day
- We encourage you to pick maybe one or two of these to challenge yourself and change previous behaviors. These changes don't have to come all at once!
- If someone mentions that you snore or you find yourself waking up gasping, it could be beneficial to speak to your doctor to ensure you are breathing correctly during sleep.