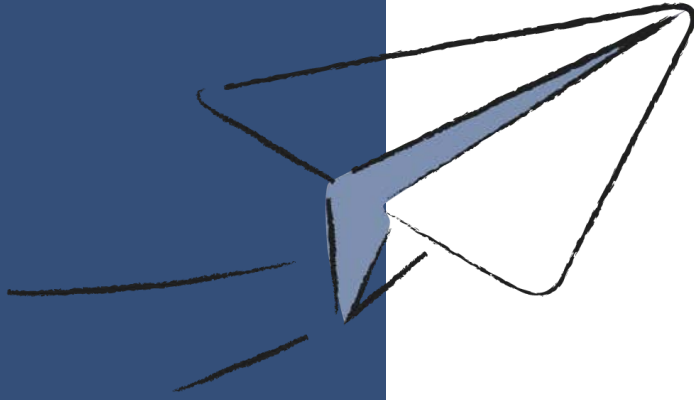




Paloma

Your Simple Guide to Healthy Sleep

Learn more at
palomahealth.com



A note from Paloma Health

Paloma Health is the first online medical practice focused on hypothyroidism. We offer at-home blood test kits, live video consultations with thyroid specialists, and prescription management.

Ahead, a few helpful hints to help you relieve insomnia and get a good night's rest.

Good sleep for good health

Getting a good (or bad) night of sleep affects everything from how your body processes food to how it regulates blood sugar, remembers information, controls inflammation and more. The thyroid functions best when your body is well-rested.

Sometimes medications can be helpful for insomnia, but there are several low-risk, non-pharmacologic options, which may address the problem at the root and obviate the need for medication.

Helpful hints for healthy sleep

1

Careful with caffeine.

Caffeine has a half-life of ~5 hours. Think of it this way: if you drink a coffee at 3pm, it's as though you drank half a coffee at 8pm. Stop all caffeine by 12pm, or consider gradually eliminating it altogether.

2

Move your body.

Exercise helps tire you out so you sleep more deeply at night. Try to do some form of activity every day. Walk for 20 minutes after dinner, take a 10-minute [yoga class online](#), lift a few weights, or try the 7-minute workout on Youtube.

3

Balance your blood sugar.

Maybe your issue isn't falling asleep, it's staying asleep. If you wake up in the middle of the night or have a hard time staying asleep, this may be related to blood sugar fluctuations. Stabilize your blood sugar overnight. Eat a meal with protein and fat at dinner, avoid sweets, refined carbs and alcohol, and take a spoonful of coconut oil or MCT oil right before bed.

4

Monitor your alcohol intake.

Speaking of alcohol – it disrupts sleep architecture, causing restless sleep. If you find you toss & turn on nights when you drink, reduce or eliminate alcohol, esp. close to bedtime.

5

Keep the bed sacred.

You want your brain to associate the bed with relaxation and sleep; not activation or stress. The bed should be for sleep, sex, and reading a book. Try not to bring electronics into bed, avoid streaming TV in bed, don't bring work or emails into bed.

6

Wind down before bed.

It's difficult to drop into a relaxed state after a long day. Put work away and close electronics at least one hour before bed. Create a night-time ritual for winding down before bed. Try a shower/bath by candlelight, gentle stretching, meditation, or read a book until you feel sleepy.

7

Minimize the light.

Human beings evolved to be outside during the day, and the only light we saw after sunset was moonlight and fire. Be strategic about light in this same way. Open your blinds when you wake up. Get outside during the day. Dim your screens in the evening, and the lights in your home around 9pm. Wear orange-tinted glasses at night to block melatonin-suppressing light. At night, brush your teeth, take a bath or shower, and read by candlelight. Wear an eye mask while you sleep. Consider bright light therapy to regulate your circadian rhythm by sitting by a 10,000-lux light box for 30 mins in the morning.

We recommend:

- [Uvex Ultra-Spec 2000 Safety Glasses](#)
- [GoodLight non-toxic candles](#)
- [Bucky brand eye mask](#)

8

Turn off your mind.

To mitigate racing thoughts, decrease caffeine, take coconut oil, or unplug for an hour before bed. Keep a pad of paper with a pen next to your bed. Write down your thoughts so you can address them the next day. Place your hands on your belly, breathe deeply, scan your body and tense and release the muscles.

9

Add in supplements.

In AM, take a multivitamin containing B vitamins & vitamin D ([Pure Encapsulations Nutrient 950 with Vitamin K](#)). In PM, a spoonful of coconut or MCT Oil & magnesium ([Pure Encapsulations Magnesium Glycinate 200-600mg](#)).



You deserve better care.

[Schedule your next consultation](#)
with a thyroid specialist to optimize
your thyroid function.

