HOW BEDTIMES IMPACT OUR HEALTH...



asleep due to the shift in the amount of light our eyes take in, causing an increase versus a decrease in mental energy.

Getting to sleep before 10:00 P.M. not only gives the body the added benefit of greater rest, but it also takes advantage of the body's natural neurochemistry to benefit from the deepest sleep levels. Adjusting bedtime from 11:00 to 10:00 P.M. would provide important benefits that would significantly impact the body's general health, especially regarding weight, levels of alertness during the next day, and overall physical and mental capabilities.

- Irritability -- Cognitive impairment - Increased heart rate variability - Memory lapses or loss **Effects** Risk of heart disease - Impaired moral judgement - Severe vawning Increased - Hallucinations of reaction time - Symptoms similar Decreased accuracy to ADHD - Tremors SLEEP - Impaired immune - Aches system **DEPRIVATION** - Growth suppression - Risk of diabetes - Risk of obesity Type 2 Decreased temperature

EXTEROCEPTIVE SENSORY STRATEGIES:

ORAL—Taste or Chewing/ Sucking Need (Continued)

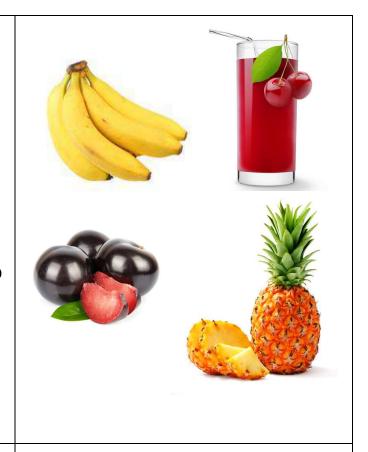
Fruits:

Bananas,

Pineapples,

Plums or

Tart Cherries (Fresh or Juice)-8 ozs. 2 hours before bed & in morning to reset internal clock thru increased Melatonin when taken at regularly scheduled times



Honey:

Pure, raw honey is best to reduce OREXIN (a neurotransmitter) that increases alertness.



NOTE: Consult a pediatrician for age when a child can safely intake honey.

INTEROCEPTIVE SENSORY

STRATEGIES: (Continued)



Key words to implement the above include:

- ❖ A Night Light
- Comforting Words
- Gentle or Bear Hugs
- Kisses and Soft Voice
- Listening to Talk Radio
- Review of Day's Events
- Singing Soothing Songs
- Pictures of Family or Friends
- Listening to a Recorded Voice
- Reassuring Parent(s) Is/ Are Near
- Phone call from Significant Person
- Rubbing Shoulders, Hand or Forehead
- "Monster Spray"
 [See next page for directions/recipe.]

