

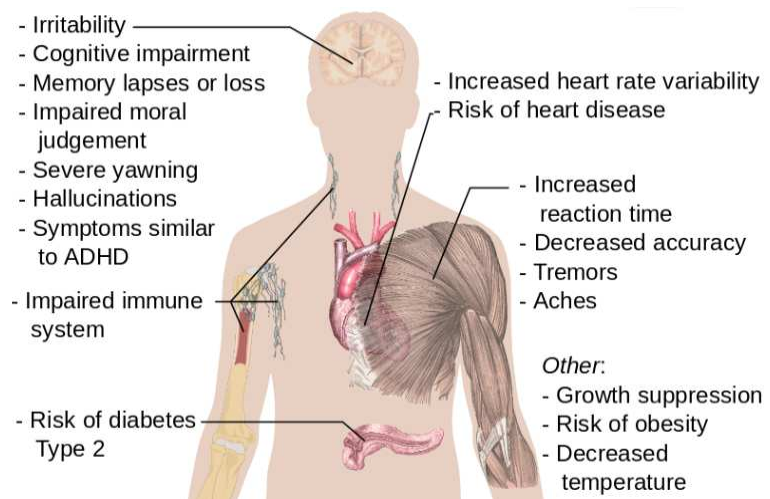
# HOW BEDTIMES IMPACT OUR HEALTH...



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.

## Effects of SLEEP DEPRIVATION



## 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:

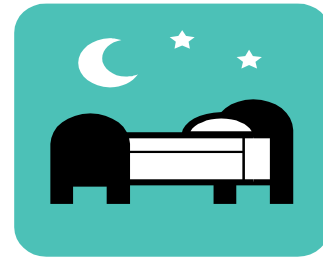
Pure, raw honey is best to  
reduce OREXIN (a  
neurotransmitter) that  
increases alertness.



**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.]

