



DR JANELLE SINCLAIR

WORK BOOK AND
RESOURCE GUIDE

REAL RELIEF FOR SLEEP

MODULE 1: INTRODUCTION

Questions to Consider While Listening to the Course Material

What are you struggling with most:

- can't get to sleep
- can't stay asleep
- wake up too early
- wake up unrefreshed
- all of the above.

What's your why? Why do you need to get a good night sleep?

Questions to Consider

How much sleep do you need?

Are you consistent with going to bed at the same time each night and waking up at the same time each morning? _____

Approximately how much sleep are you currently getting? _____

Would this relate to 3 cycles (4.5 hours), 4 cycles (6 hours) or 5 cycles (7.5 hours) of sleep? _____

5 Top Sleep Tips

Have you tried any of these 5 top sleep tips before?

- no caffeine
- magnesium supplementation
- wearing amber sunglasses at night
- a good snack before bed
- melatonin?

What top sleep tips haven't you tried in the past? Which one or two would you be keen to implement asap?

For supplement recommendations see the separate supplement guide.

For amber sunglass recommendations see the resource guide at the end of this workbook.

Checklists and Questions to Work Through on Your Own

Planning your Bedtime & Waketime: How much sleep do you need?

Step 1: Decide how many sleep cycles you will aim for initially:

- 3 cycles: 90 min x3 = 4.5 hours (temporary)
- 4 cycles: 90 min x4 = 6 hours
- 5 cycles: 90 min x5 = 7.5 hours
- 6 cycles: 90 min x6 = 9 hours

Most people should aim to have "5 cycles" of sleep per night

- You need to start thinking about sleep not as in hours but in cycles
- Each cycle is on average 90 minutes
- 5 cycles equates to on average 7.5 hours of sleep per night
- If you're a night owl, are over the age of 55 or struggle to get to sleep maybe consider 4 cycles (6 hours)
- In very severe cases of insomnia in which you are sleeping very little consider restricting your sleep to only 3 cycles (4.5 hours)
- If you start on 3 or 4 cycles, as your sleep improves and you can go to sleep easily and stop waking through the night, then you can try increasing the number of cycles aimed for (by adjusting the allocated bed time)

Step 2: Decide on an ideal “**constant wake time**” _____

- What time would you be comfortable waking up every day?

- Will it give you enough time to get ready in the morning?
- Can you do this on both weekdays and weekends?
- Does this take into consideration any reasonably frequent early meetings?

Step 3: Calculate your approximate “**allocated bed time**” _____

- count backwards in ninety-minute cycles (eg. 5 cycles = 7.5 hours) from your constant wake time
- add 15-30 minutes for falling asleep

Step 4: Now **trial it**, be consistent and adjust if necessary

- Note that your sleep cycles may not be exactly 90 minutes long, therefore you may need to experiment with your “allocated bed time“
- You may sleep 5 cycles, but rather than staying asleep for 7.5 hours it may only take 7 hours
- In the first week of experimenting with this, if you keep waking up 30-60 minutes before your “**constant wake time**” then adjust your allocated “bed time” back by 30-60 minutes

Remember:

- **Be consistent** with waking up at your “constant wake time”
- It's better to **sleep less cycles**, rather than waking up in the middle of a cycle (mid cycle waking = grogginess & unrefreshed sleep)
- It's better to **go to sleep later** and **go to sleep more easily**, than going to bed earlier and struggling to go to sleep
- Your aim is to wake up just before your alarm naturally, feeling refreshed (rather than aiming for a particular amount of sleep)
- We are all different and some people don't need as much sleep as others. This can also change as we age.

What time will you turn the light off to go to sleep every night? What time will you set your alarm clock to go off in the morning to get up?

MODULE 2: BEDROOM ENVIRONMENT AND LIGHT

Questions to Consider While Listening to the Course Material

Bedroom: Questions to Consider

- Is your bedroom environment calming and safe?
- Do you feel comfortable in bed?
- Have you tried a weighted blanket before?
- Do you live in a noisy neighbourhood?
- Is your mind busy at night and it struggles to slow down?

Light: Questions to Consider

What are the sources of light that you are exposed to 2 hours before bed or during the night?

- TV
- devices
- bathroom
- bedroom
- lounge
- Do you have a shower in the morning or night?
- If you use the bathroom at night do you turn the lights on?
- Is there a need to fit the bathroom with bluelight filtered light for the evening or have a red night light for during the evening or nighttime?
- Do you have morning fatigue or depression?
- Are you inside most of the time and aren't exposed to sunlight?

Checklists and Questions to Work Through on Your Own

Bedroom Checklists

Your Bedroom Environment	Yes	No
Look around your room. Think about what you see & how it makes you feel		
Does your room in general stress you or overstimulate you?	<input type="checkbox"/>	<input type="checkbox"/>
Do the images on your wall stress you or overstimulate you?	<input type="checkbox"/>	<input type="checkbox"/>
Is your bedroom unorganised and cluttered?	<input type="checkbox"/>	<input type="checkbox"/>
Are there piles of paperwork or washing around your room?	<input type="checkbox"/>	<input type="checkbox"/>
What is the colour on the walls? Is it too stimulating?	<input type="checkbox"/>	<input type="checkbox"/>

*If you've said **Yes** to any of these questions you may want to make some changes in this area.*

Your Bed	Yes	No
Is your bed uncomfortable?	<input type="checkbox"/>	<input type="checkbox"/>
Is your bed older than 7 years old?	<input type="checkbox"/>	<input type="checkbox"/>
Are you disturbed by your partner?	<input type="checkbox"/>	<input type="checkbox"/>
Is your bed too small to accommodate both you and your partner?	<input type="checkbox"/>	<input type="checkbox"/>

*If you've said **Yes** to any of these questions you may want to make some changes in this area.*

Your Pillow	Yes	No
Is your pillow comfortable?	<input type="checkbox"/>	<input type="checkbox"/>
If you sleep on your back or front: Is your pillow thin?	<input type="checkbox"/>	<input type="checkbox"/>
If you sleep on your side: Is your pillow approximately the same thickness as the distance between your ear and outside shoulder?	<input type="checkbox"/>	<input type="checkbox"/>

*If you've said **No** to any of these questions you may want to make some changes in this area.*

Your Bedding	Yes	No
Are your sheets and blankets made from natural fibres like cotton, silk, bamboo, and linen?	<input type="checkbox"/>	<input type="checkbox"/>
Do your sheets have a thread count of 200 or more, and are they soft to touch?	<input type="checkbox"/>	<input type="checkbox"/>
Are your pyjamas (sleeping attire) made from natural fibres like cotton, silk, bamboo, or linen?	<input type="checkbox"/>	<input type="checkbox"/>
Have you tried a weighted blanket?	<input type="checkbox"/>	<input type="checkbox"/>

*If you've said **No** to any of these questions you may want to make some changes in this area.*

The Temperature	Yes	No
Is the temperature of your room around 18.3C (65F)	<input type="checkbox"/>	<input type="checkbox"/>
Do you sleep through the night? (NOTE: If you wake up at the same time each this could be related to a drop in temperature in your room)	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a heater or aircon in your room that works on a thermostat?	<input type="checkbox"/>	<input type="checkbox"/>

*If you've said **No** to any of these questions you may want to make some changes in this area.*

Sound	Yes	No
Is your bedroom environment noisy?	<input type="checkbox"/>	<input type="checkbox"/>
Do you use the washing machine, dryer or dishwasher at night?	<input type="checkbox"/>	<input type="checkbox"/>
Is your bedroom environment too quiet?	<input type="checkbox"/>	<input type="checkbox"/>

*If you've said **Yes** to any of these questions you may want to make some changes in this area.*

Sound continued	Yes	No
Have you tried white or pink noise before?	<input type="checkbox"/>	<input type="checkbox"/>
Have you tried wearing earplugs?	<input type="checkbox"/>	<input type="checkbox"/>

*If you've said **No** to any of these questions you may want to make some changes in this area.*

Smell	Yes	No
Are there any distinct smells in your room?	<input type="checkbox"/>	<input type="checkbox"/>
- washing powder of linen and clothes	<input type="checkbox"/>	<input type="checkbox"/>
- your perfume or bodywash	<input type="checkbox"/>	<input type="checkbox"/>
- your partner's perfume or bodywash	<input type="checkbox"/>	<input type="checkbox"/>
- flatulence	<input type="checkbox"/>	<input type="checkbox"/>
- cooking odours	<input type="checkbox"/>	<input type="checkbox"/>
Is your bedroom stuffy and seldom aired out?	<input type="checkbox"/>	<input type="checkbox"/>

*If you've said **Yes** to any of these questions you may want to make some changes in this area.*

What areas in your bedroom environment seem to need the most attention?

What changes could you make to improve your bedroom environment?

For weighted blanket, white noise apps and white noise machine recommendations see the resource guide at the end of this workbook.

Lighting Checklists

2+ hours before bed

Do you signal to your body that it's time to go to bed by **lowering the brightness & quantity of light exposure?**

Do you:	Yes	No	NA
- turn out lights in the house that aren't required	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
- dim all your lights if possible	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
- use lamps that have dimmer functions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
- use lamps that have lightbulbs that have reduced wattages or bluelight filters	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
- use bedside lamps	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
- use a reading light if you read books at night	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
- if you have a shower in the evening do you have bluelight filter lights or redlights in your bathroom?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

*If you've said **No** to any of these questions you may want to make some improvements in this area.*

2+ hours before bed continued

Do you signal to your body that it's time to go to bed by having no "screentime" usage or limiting exposure to bluelight?

Do you:	Yes	No	NA
- avoid watching TV or using devices for 2 hours before sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
- wear amber or red glasses to block out bluelight	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
- turn down the brightness on your phone or tablet screens at night	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
- have a bluelight filter for your TV	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
- do you use a bluelight filter app on your phone, tablet, computer or screen eg. twilight, night shift	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

*If you've said **No** to any of these questions you may want to make some improvements in this area.*

During Night-time	Yes	No	NA
- is your bedroom in complete darkness?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
- have you removed or turned off all electronics and nightlights in your bedroom?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
- have you taped over any stand-by buttons (eg. Clocks, TVs, cellphones, computers)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
- do you have blackout curtains?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
- do you use an eyemask?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
- when you get up in the middle of the night, do you ONLY turn lights on that have been fitted with bluelight filters or red lightbulbs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

*If you've said **No** to any of these questions you may want to make some improvements in this area.*

Day time	Yes	No	NA
As soon as you wake up in the morning do you expose yourself to any of the following types of light?			
- I go outside and spend time looking in the direction of the sun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
- I have special "wake-up" lights in my bathroom	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
- I have a bright light therapy lamp	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

*If you have said **No** to all of these questions you may want to make some improvements in this area.*

What category of light exposure seems to need the most attention? (before bed, during night-time, or the beginning of the day)?

What changes could you make to improve your light exposure?

For amber sunglasses, bluelight filter lightbulbs, reading lights, bluelight filter apps and other lighting recommendations see the resource guide at the end of this workbook.

MODULE 3: DIET

Questions to Consider While Listening to the Course Material

Questions to Consider

- Do you drink any coffee, black tea, matcha, energy drinks or cola?
- Do you eat dark chocolate?
- Do you eat protein at every meal?
- Do you eat sugary foods daily?
- Do you have strong sugar cravings?
- Are you on a low carb, keto diet or doing intermittent fasting?
- Do you ever get "hangry"?
- Do you have anxiety or panic attacks?
- Do you wake up in the middle of the night or early morning with anxiety or panic?

Are you affected by low blood sugars?

- Do you have anxiety or panic attacks?
- Does your mood fluctuate throughout the day?
- Do you skip breakfast?
- Do you skip meals?
- Do you have a sweet tooth?
- Do you get HANGRY?
- Do you wake up anxious? (Do you eat sugar/cake/chocolate/wine at night?)

Checklists and Questions to Work Through on Your Own

Could your diet be affecting your sleep?

- Do you drink coffee, black tea, matcha, energy drinks, mountain dew or cola, or eat dark chocolate?
- Do you eat protein at less than 3 meals per day?
- Do you eat a low carbohydrate diet?
- Do you eat less than 4 servings of vegetables & 2 pieces of fruit per day?
- Do you eat lots of fried fatty foods or eat out regularly?
- Do you miss main meals and snack a lot?
- Are you on a calorie restricted diet?
- Do you have a sweet tooth & eat lots of sugary foods?

*If you've answered **yes to any of these questions** then you need to improve your diet to improve your sleep.*

Diet for Sleep- checklist

- Totally eliminate caffeine (coffee, tea, matcha, cocoa, chocolate, cola)
- Do not drink alcohol 3 hours before bed
- Eat 3 main meals throughout the day
 - avoid intermittent fasting
 - have 1-3 healthy snacks if needed to avoid low blood sugars
- Include protein in all meals
 - Breakfast
 - Lunch
 - Dinner
 - Snacks
 - aim for 1-1.5g of protein per 1kg of bodyweight
 - your bodyweight: _____
 - amount of protein you should aim to eat per day: _____
- Include healthy carbohydrates in your meals (especially dinner) to help melatonin production
 - avoid a low carb or keto diet
- Avoid eating close to bedtime if you have reflux
- Have a healthy snack including a protein and carbohydrate before bed if you wake up throughout the night in panic or wake up early
- Avoid processed and sugary foods
- Plan your meals using the plate planner

What bad eating habits do you have that may be impacting your sleep?

What can you do differently to improve your eating and therefore your sleep?

For caffeine free coffee alternatives and protein powder recommendations
see the resource guide at the end of this workbook.

MODULE 4: MEDICATION, HEALTH CONDITIONS AND DEFICIENCIES

Questions to Consider While Listening to the Course Material

Medications & Supplements: Questions to Consider

- Are you on any medications or supplements?

Health Conditions: Questions to Consider

- Do you have the risk factors and symptoms of sleep apnoea?
- Do you have restlesslegs syndrome or ongoing pain?

Nutrient Deficiencies: Questions to Consider

- Are you taking magnesium supplementation?
- Do you have anxiety, heart palpitations, restlesslegs, high blood pressure, muscle cramps or find exercise affects your sleep negatively?
- Do you eat 6 servings of vegetables per day? Do you eat legumes regularly?
- Have you been tested for vitamin D recently?

Checklists and Questions to Work Through on Your Own

Medications that can stop you sleeping

Are you taking any of the following medications?

- Heart & blood pressure medications
- Antidepressants
- Steroids
- Cholesterol lowering drugs (Statins)
- Alzheimer's and Parkinson's disease drugs
- Stimulants for ADHD
- Asthma medication
- Opioid pain medications or any pain medications with caffeine
- Headache and migraine medications
- Thyroid medications
- Non-drowsy anti-histamines
- Cold medications and decongestants
- Weight loss and appetite suppressant products
- Nicotine patches (or tobacco smoking)

- Anything that:
 - has hidden caffeine or ephedrine/ephedra
 - claims to give you “energy”
 - or is a “non-drowsy” medication

If you're on one of these medications:

- check the packaging insert for potential side-effects
- talk to your pharmacist about whether it could be causing your insomnia
- visit your medical doctor and discuss whether there are any other alternative medications that could help you but that won't affect your sleep.

Supplements that can stop you sleeping

Are you taking any supplements that contain:

- B vitamins
- Folate
- Vitamin B12
- Vitamin B6 or Pyridoxal-5-Phosphate (P5P)
- Licorice root/ Deglycyrrhized Licorice
- CoQ10
- PQQ
- D-Ribose
- L-carnitine or L-acetyl-carnitine?

If you are taking one of these supplements, consider:

- Only taking them in the morning
- Reducing the vitamin B6 or P5P if you're having vivid dreams or nightmares
- Reducing the dose of vitamin B12 and folate (levels above 250mcg (0.25mg) per day are likely to be stimulatory)
- Stopping all your supplements for 1 week to see if your sleep improves

Could medications and/or supplements be affecting your sleep?

Health Conditions that are involved in poor sleep

Do you have any risk factors or symptoms of sleep apnoea?

- overweight
- high blood pressure
- large neck
- constricted airways
- loud snoring
- stop breathing during sleep
- gasp for air during sleep
- dry mouth in the morning
- headache in the morning
- difficulty staying asleep
- daytime sleepiness

If you have more than 3 of these symptoms talk to your doctor about getting tested for sleep apnoea

Do you have any of the following medical conditions?

- pain
- restless legs syndrome
- sleep apnoea
- anxiety & depression
- hormonal imbalances
- food chemical intolerances

Review recommendations in module 2 and see module 5 and 6 for further information on hormonal imbalances and food chemical intolerances.

What testing or supplements can you try to improve the health conditions that you have?

For supplement recommendations see the separate supplement guide.

For epsom salt recommendations see the resource guide at the end of this workbook.

Nutritional Deficiencies that are involved in poor sleep

Do you have any of the symptoms for a:

- magnesium deficiency** (muscle twitches and cramps, insomnia, anxiety, depression, high blood pressure, fatigue, migraines, osteoporosis, type 2 diabetes)
- potassium deficiency** (weakness, fatigue, constipation, heart palpitations, breathing difficulties, muscle cramps or twitches, mood changes)
- vitamin D deficiency** (bone loss & rickets, bone, muscle & back pain, hair loss, poor wound healing, fatigue & tiredness, anxiety, depression & SAD, psychosis, poor immunity (frequent infection), autoimmune conditions)

What deficiency symptoms do you have?

For supplement recommendations see the separate supplement guide.

MODULE 5: HORMONAL IMBALANCES

Questions to Consider While Listening to the Course Material

Hyperthyroidism: Questions to Consider

- Do you have any symptoms of hyperthyroidism?

Stress and elevated cortisol: Questions to Consider

- What is currently causing stress in my life?
- Are you stressed out, wired or anxious?
- Do you give yourself any downtime during the day to unwind and process your day
- Are you rushing around and is your day too full?
- What can I do during the day to reduce my stress levels? _____
- Do you exercise regularly?
- Do you work in the evenings? Do you watch or read any stimulating material that means you're wound up or worried at night?
- What can I add to my bedtime routine to help me wind down?

Progesterone: Questions to Consider

- Do your hormones affect your sleep? Or are your sleeping patterns up and down?
- Have you tried chasteberry or natural progesterone before?
- Are you on magnesium supplementation ?
- Have you tried GABA supplements?

Checklists and Questions to Work Through on Your Own

Hormones and sleep

Do you have any of the symptoms for:

- elevated cortisol** (can't get to sleep, waking through the night with panic or racing mind, anxiety, stressed and rushing during the day)
- PMS/ PMDD/ Perimenopause** (insomnia the week or two before your period, irritability and anxiety, PMS symptoms, irregular periods)
- hyperthyroidism** (weight loss despite an increased appetite, sweating, rapid heart rate, intolerance to heat, frequent bowel movements, restlessness, agitation, anxiety, tremors, insomnia)

Stress and Elevated Cortisol

What lifestyle changes could you make during your day to reduce your stress?

- Find ways to slow down during the day
- Reduce your commitments. Learn to say no
- Create boundaries in your life- no work after 6pm at night
- Avoid having difficult conversations in the evenings
- Avoid stimulating or stressful activities in the evenings

What supplements could you try taking before bed?

- Magnesium
- Ashwagandha
- Phosphatidylserine

What could you include in a 1 hour bedtime routine to help you wind down?

- Mindless chores
- Shower or Bath (under redlight)
- Teeth & Beauty regime
- Stretching or massage
- Reading or Gratitude Journaling
- Belly Breathing
- Mindfulness session
- Small Protein & Carb snack
- Supplements
- Salty water

Progesterone Deficiency

What lifestyle changes could you start implementing to improve progesterone levels?

What supplement could you start taking to improve your progesterone levels?

Would chasteberry, natural progesterone cream or natural progesterone capsules be best for you?

- chasteberry: PMS, younger than 40 yoa
- natural progesterone cream: severe PMS/PMDD, women over 40 yoa, perimenopause, postnatal depression, doesn't require a prescription (in some countries)
- natural progesterone capsules: severe PMS/PMDD, women over 40 yoa, perimenopause, postnatal depression, requires a prescription, better at improving GABA levels (i.e. more sedative)

For supplement recommendations see the separate supplement guide.

For mindfulness and relaxation app recommendations see the resource guide at the end of this workbook.

MODULE 6: FOOD CHEMICAL INTOLERANCES

Questions to Consider While Listening to the Course Material

Histamine Intolerances: Questions to Consider

Do you have:

- bloating and other digestive concerns (even after trying a gluten and dairy free diet)
- sinusitus, rhinitis or asthma
- skin rashes or hives?
- Do you eat fermented foods, cured meats, fish, red wine and cheese regularly?

Other Food Intolerances: Questions to Consider

Should you consider investigating food chemical intolerances right now?

- have a clean diet
- eat lots of protein
- don't drink caffeine at all
- don't suffer from blood sugar imbalances
- have minimised your exposure to light
- have reviewed your supplements & meds
- and then still have sleep issues

Do you have:

- migraines/ headaches
- sinusitus, rhinitis or asthma
- skin rashes or hives
- hyperactivity
- joint pain?

If you've said yes to any of these symptoms consider food chemical intolerances

Checklists and Questions to Work Through on Your Own

Histamine Intolerances

Histamine intolerance symptoms include:

- bloating
- flatulence
- diarrhoea or constipation
- abdominal pain
- nausea
- fullness after meals
- headache & migraine
- anxiety
- difficulty falling asleep
- arrhythmia (accelerated heart rate)
- dizziness
- difficulty regulating body temp
- rhinitis
- nasal congestion
- sneezing
- eczema
- swelling
- skin rash and hives

Should you investigate histamine intolerance further?

For supplement recommendations see the separate supplement guide.
For information on the Failsafe diet see the resource guide at the end of this workbook.

Medications & Supplements Checklist: Could these common medications be affecting the DAO enzyme, elevating your histamine levels and stopping you sleep?

Are you taking any of the following medications?

Type of Medication	Generic Name
<input type="checkbox"/> Analgesics	Acetylsalicylic acid (aspirin), Metamizole, Morphines, Nonsteroidal anti-inflammatory drugs (eg ibuprofen), Pethidine
<input type="checkbox"/> Antiarrhythmics	Propafenon
<input type="checkbox"/> Antibiotics	Cefuroxime, Cefotiam, Isoniazid, Pentamidine, Clavulanic acid, Chloroquine
<input type="checkbox"/> Antidepressants	Amitriptylline
<input type="checkbox"/> Antifungal	Pentamidine
<input type="checkbox"/> Antihypertensives	Verapamil, Alprenolol, Dihydralazine
<input type="checkbox"/> Antihypotensives	Dobutamine
<input type="checkbox"/> Antimalarial	Chloroquine
<input type="checkbox"/> Broncholytics	Aminophylline
<input type="checkbox"/> Cytostatics	Cyclophosphamide
<input type="checkbox"/> Diuretics	Amiloride
<input type="checkbox"/> H2 receptor antagonists	Cimetidine
<input type="checkbox"/> Local anesthetics	Prilocaine
<input type="checkbox"/> Motility agents	Metoclopramide
<input type="checkbox"/> Mucolytics	N-Acetylcysteine, Ambroxol
<input type="checkbox"/> Muscle relaxants	Pancuronium, Alcuronium, D-Tubocurarin
<input type="checkbox"/> Narcotics	Thiopental

Table 1. Medications which may influence diamine oxidase and/or histamine. From Schnedl, W.J.; Enko, D. Histamine Intolerance Originates in the Gut. *Nutrients* 2021, 13, 1262.

If you're on one of these medications:

- investigate histamine intolerances further, trialling a low histamine diet
- if the low histamine diet helps symptoms and sleep then visit your medical doctor and discuss whether there are any other alternative medications that could help you but that won't elevate histamine levels and affect your sleep.

Food Chemical Intolerances

Should you investigate food chemical intolerance further?

For information on the Failsafe diet, books and dieticians see the resource guide at the end of this workbook.

MODULE 7: IMPLEMENTATION PLAN

Questions to Consider While Listening to the Course Material

Improve your Routine

- Implement the consistent bedtimes and wakeup times
- Turn off or dim lights 2 hours before bed
- Stop watching screens 2 hours before bed OR
- download and use a bluelight app on your phone, computer and TV OR
- wear yellow sunglasses
- Stop working and all stimulatory activities 2 hours before bed
- Perform a relaxation technique 15-30 minutes before bed

What 2-3 strategies will you prioritise?

Consider Supplements

Choose 2-4 supplements

- Magnesium

AND

- Potassium: if intolerant to exercise
- Ashwagandha and/or Phosphatidylserine: if stressed out and/or anxious
- Chasteberry or natural progesterone: if you have cyclical insomnia & PMS/PMDD
- GABA: if anxious and/or have cyclical insomnia
- Melatonin

What 2-4 supplements will you trial?

Medical

- Review medication and supplement checklist (module 1 & 6)
- Get blood tests done (vitamin D at a minimum. Download testing letter from module 2 or 5)
- Get tested for sleep apnoea if you have symptoms

Do you need to consider medications, health conditions or deficiencies?

Bedroom

- Make your room and bed a restful and comfortable environment
- Buy or make a weighted blanket
- Use a white noise app or machine

Do you need to improve your sleeping environment? Which strategies would you like to implement?

Lighting

- Make your bedroom very dark at night or use a facemask
 - Buy and use bluelight filtered or red lightbulbs in lamps or bathroom lighting
- AND/OR
- Buy and use yellow glasses AND/OR
 - Use low wattage bulbs in sidelamps in your bedroom
- Buy and use a brightlight therapy lamp OR
 - wakeup lights for the bathroom OR
 - spend 10-30 mins in the sunshine in the morning

What 2-3 strategies will you prioritise?

Diet

- Totally eliminate caffeine (coffee, tea, cocoa, chocolate, cola)
- Eat 3 main meals throughout the day
- Use the plate planner to plan your meals
 - Include protein
 - Include healthy carbohydrates
- OPTIONAL: Have a healthy snack before bed if you wake up early or through the night in panic
- IN FUTURE: Consider an elimination diet to find potential food chemical intolerances

What changes will you make to your eating habits?

3 things to focus on this week:

Supplements, bedding, amber glasses and lightbulbs to purchase:

For supplement recommendations see the separate supplement guide.

For recommendations for weighted blankets, amber glasses, lighting options, noise machines, protein powders and caffeine free coffee alternatives see the resource guide at the end of this workbook.

RESOURCES

Module 1: Introduction

Caffeine free coffee alternatives:

- [Teccino Coffee Alternative](#)
- [Four Sigmatic Mushroom Elixir with cordyceps](#)

Blue Light Blocking Amber or red glasses:

NZ, UK & Australia

- [NightFall Blue Blocking Glasses](#)
- [NightFall Premium FITOVER Blue Blocking Glasses](#)
- [Kids NightFall Wrap Blue Blocking Glasses - Blue](#)

US & International

- [THL Blue Light Blocking Reading Glasses for Better Sleep - Amber Orange](#) (prescription lenses available)
- [Swanswick classic night swannies amber Blue Light Blocking Glasses](#)

Module 2: Bedroom Environment and Light

Weighted blanket

- [WONAB bamboo with glass beads weighted blanket](#)
- [WONAB bamboo weighted blanket duvet cover](#)

White noise phone apps

- [White noise lite](#)
- [White noise deep sleep sounds](#)

White noise machine

- [Yogasleep Dohm Classic White Noise Machine](#) (fan noise)
- [Magicteam White Noise Machine with 20 Non Looping Natural Soothing Sounds](#)

Blue Light Blocking Amber or red glasses:

NZ, UK & Australia

- [NightFall Blue Blocking Glasses](#)
- [NightFall Premium FITOVER Blue Blocking Glasses](#)
- [Kids NightFall Wrap Blue Blocking Glasses - Blue](#)

US & International

- [THL Blue Light Blocking Reading Glasses for Better Sleep - Amber Orange](#) (prescription lenses available)
- [Swanswick classic night swannies amber Blue Light Blocking Glasses](#)

Lightbulbs with bluelight filter

NZ, UK & Australia

- [Sweet Dreams Sleep Lights](#)

US

- [MiracleLED 604592 Miracle LED Blue Blocking Night Time Sleep Bulb](#)

Red lightbulbs with bluelight filter (great option for bathrooms & lamps for use in the middle of the night or just before bed)

NZ, UK & Australia

- [Twilight Red Light Bulb](#)

US

- [Red Night Light Bulbs for Sleep](#)

Amber Reading light with bluelight filter

NZ, UK & Australia

- [NoBlue Amber Book Light](#)

US

- [Blue Light Blocking Clip-On LED Reading Light by Hooga](#)

Bluelight filter screen for TV

- [39-40 inch VizoBlueX Anti-Blue Light TV Screen Protector](#)

Directions to turn down blue light on TV

- [Samsung TV](#)

Bluelight filter app for cell phones

- [Twilight app for android](#)
- iPhones and iPads: To activate the blue light filter, go to Settings > Display & Brightness > Night Shift.

Wakeup lighting for the bathroom

- [Miracle LED Boost Morning Wake Up Light](#)

Bright light therapy lamp

US

- [Carex Day-Light Classic Plus Bright Light Therapy Lamp](#)
- [Verilux® HappyLight® Luxe - UV-Free LED Therapy Lamp](#)

Australia and NZ

- [HappyLamp UV free Light Therapy Lamp](#)

Module 3: Diet

Caffeine free coffee alternatives:

- [Teccino Coffee Alternative](#)
- [Four Sigmatic Mushroom Elixir ix with cordyceps](#)

Protein powder

- [Great Lakes Collagen Hydrolysate](#)

Module 4: Medications, Health Conditions & Deficiencies

Epsom salts:

- [Epsosak Epsom Salt 19 lb. Bulk Bag Magnesium Sulfate USP](#)

Module 5: Hormonal Imbalances

Mindfulness and relaxation Apps:

- Insight timer: <https://insighttimer.com/>
 - sleep resources:
<https://insighttimer.com/meditation-topics/sleep/guide-healthy-sleep-habits>
- Calm: <https://www.calm.com/>
- Headspace: <https://www.headspace.com/>

Period tracker:

- [Clue period tracker -smart phone app](#)

Module 6: Food Intolerances

- Fedup Website www.fedup.com.au
- Failsafe Diet information
<https://fedup.com.au/information/failsafe-booklets>
- Recommended Failsafe dietitians:
<https://fedup.com.au/information/support/failsafe-friendly-dietitians-and-other-health-professionals>
- Additives to Avoid List
<https://fedup.com.au/information/information/nasty-additives>
- [Fed Up Book: by Sue Dengate](#)
- [Failsafe Cookbook by Sue Dengate](#)