



Sleep Your Way Out of Overwhelm



Kimberly Burnham, PhD

Sleep Your Way Out of Overwhelm

**By Kimberly Burnham, PhD
The Nerve Whisperer**

2016

"Sleep is the best meditation."
—Dalai Lama

Work with Kimberly Burnham, PhD contact her at
NerveWhisperer@gmail.com or (860) 221-8510
www.NerveWhisperer.Solutions

January 2016 Special 10 one hour session for \$500

≈≈≈≈≈≈

A University of Toronto study showed, simply preventing health twenty-year-olds from sleeping well for a couple of nights contributed to fibromyalgia-like pain.

If you have sleepless nights and wake up tired, help is on the way. In this book, you will learn some quick and easy exercises to help you get a solid night's sleep, including a simple trick that guarantees a more interesting and productive day. Everything you need to know is inside

In part one, you will learn how to reset your cyclical nature in as little as 10 minutes a day so you can sleep better at night and be more relaxed and productive.

Even if your time were worth only \$10 an hour, sleeping better for one extra hour a night and being more productive for two additional hours during the day will save you \$40 after just two nights. These exercises can save you more than thirty hours of tossing and turning in the first month alone—and what you can do with those extra hours of productivity is priceless.

In part two, you will explore how to work a few brief activities into your day that will help you not only sleep better, but will make it easier for you to focus, learn, read, drive, and accomplish your dreams. If you spend five to ten minutes a day exploring how you feel, what you see, hear, and sense the world around you, the value and quality of your waking and sleeping hours will increase significantly.

In part three, the focus is on three easy ways to increase your comfort levels while both sleeping and being awake, so you can move freely and enjoy life. Pain can significantly decrease your quality of sleep. You will learn specific tips about changing the level of comfort and ease with which you use your body, whether you are sleeping, walking, SCUBA Diving or listening to the birds outside.

Part four focuses on "what's new," and the effect noticing and creating opportunities for novelty and learning has on sleep and waking productivity.

Whether you live for another 40 or 80 years, this program will increase the quality of a third of your lifetime—yes, we are talking about time spent sleeping, but more importantly, this time greatly influences the other 16+ hours a day, 365 days a year, so you can feel better, think more clearly, and enjoy every moment of your life. Create your ultimate life today.

~~~~~

### **The Five Whys and the Other Half of the Cycle**

My friend Dianne came to see me at my clinic last week. She wrote “Better Sleep” as one of her ten goals. So I asked her, “WHY? Why do you want to sleep better?” She’s familiar with my unique perspective on therapeutic and complementary medicine approaches.

“Because I have a hard time getting to sleep, and, when I finally do, I only sleep a few hours at a time.”

“I understand that part. But WHY do you want to sleep better?”

As if a light bulb went on she said, “Because I want to feel good when I wake up and have energy during the day.”

I asked again, “WHY?”

“Why do I want to feel good and have energy?”

"Isn't that what everyone wants?"

“Yes, but why do you want it?”

“So I can get things done.”

“If you woke up next Saturday morning, happy and full of energy, what would you do?”

After thinking for a few minutes, she answered, “I would clean the house and then go to a museum.”

“WHY?”

She laughed. “Different reasons. I would clean because I haven’t had the energy to clean for a while, and I feel better when my place is tidy. I feel like I can invite people over. At the museum, there is a new show on Chihuly glass that I haven’t had the energy to see.”

“WHY do you want to go to a glass exhibit?”

“It is beautiful, and I feel relaxed when I imagine running my hand over the smooth, curved edges.”

“WHY do you want to invite people over?”

She thought a bit more, and then replied, “I have interesting friends, and I feel loved and appreciated when I am with my friends.”

“WHY?” Okay, okay, just kidding. I didn’t really ask why again, but you get the picture.

≈≈≈≈≈≈

## **The Value of Asking Why and Exploring What We Really Want**

So what can you learn from the previous conversation? What is the value of questioning why you want what you want?

This exercise is designed to help you, as it helped Dianne, to start thinking about the positive aspects of your goals and to spend several minutes imagining what it would be like to feel good and have energy. There is great value in what is called “mental time traveling”—developing the ability to imagine healing yourself or feeling good or feeling happy. Each of us can do it, but some of us need more practice.

As a healthcare practitioner, it is really important to know the whys of what a client wants, because then you can tailor your solutions to each client’s individual needs.

When we are in touch with what we really want, we can find a variety of ways to meet our needs. This activity stimulates and energizes brain pathways and brings us closer to achieving our real goals. For example, other than cleaning, going to a museum, and having a party, how else can Dianne be comfortable in her surroundings, appreciate beauty, and feel loved and appreciated?

By understanding the feelings and experiences you desire, you can find creative ways to achieve those experiences and feelings. Dianne, for example, can invite a few friends over to help with the cleaning, go online to see an exhibit, or perhaps clean just one room in her house and then call a friend while sitting in that room. She could ask her friend to describe the most beautiful thing she has seen that week. Whichever activity Dianne chooses depends on her current energy levels, but each choice helps her, to some degree, meet her desired goals. There are lots of opportunities for success when you know what you want, and with success comes better sleep, increased energy levels, and yet more success.

Recent brain research has shown that it is far easier to grab what you want than to let go of what you don’t want. For example, if pain is causing sleeplessness, most people will set a goal such as “have less pain so I can sleep better.” It makes sense, but from a brain-health perspective, we are much better off creating a goal more like “I want to have comfortable

shoulders, sleep well, and wake up refreshed in the morning so I can clean, see a beautiful glass exhibit, and have a party, and then I will feel productive, loved, and appreciated.”

For most of us, what is important is that our needs get meet and we feel good, but each of us has to start where we are and with what we can do in order to shift the sleep-wake cycle and change the pattern.

When you really understand what you want, you can reverse engineer the solution. Sometimes the way to sleep better is to enjoy a day in which you are productive, interested, or mentally stimulated and happy with your surroundings. Sometimes looking for ways to move even a few steps closer to your real goals will help you feel better, shift the old patterns and redirect the cycle.

≈≈≈≈≈≈

## **The Sleep-Wake Cycle**

Sleeping and waking exist as a cycle, a rhythmical balance. The quality of your sleep influences your waking hours. That is obvious. Less perceptible but just as true is that the quality of your waking hours influences sleep.

What you eat during the day influences your “resting and digesting,” or the parasympathetic nervous system, during the night. Your activity level and relationship with light during the day influences your motionless time in the dark. The sensations you experience and notice during the day—including the comfort of touch, the quality of your vision and hearing— influences your comfort level at night and how you respond to light and sound in the quiet darkness of night. How interesting, productive, and emotionally-regulated your day was influences the quality of your dreams and neural processing at night.

It is a cycle: night flowing into day flowing into night. There is no on-off switch, where you are fully awake one minute and completely asleep the

next, dozing until someone or something switches you back on. That is not how it works. It is a flow and here are some exercises to better connect with that flow.

≈≈≈≈≈≈

### **Exercise: The Five Whys**

Time: 10 minutes

Step 1: Think about 10 goals you have in your life, goals about your health, how you function, your relationships, your productivity, and so on. Try as hard as you can to consider each goal in terms of what you want more of, not what you want less of.

Step 2: Take each goal, and write it out on a separate piece of paper.

Step 3: Under each goal, write “Why?” Consider why you want to achieve each goal, and write your answer.

Step 4. For each answer, ask yourself “Why?” Once again, write your answer, and then ask “Why?” again for the new answer. Ask “Why?” 5 times for each goal.

Step 5: Finally, make a few notes about how you feel about these new goals now that you’ve explored them more fully. Are they easier to achieve? Are they more interesting? Are you more hopeful?

Why do you want what you want?

≈≈≈≈≈≈

## **Nature's Sensational Medicine**

The aim of Sensational Medicine is healing the sensory system with new activities. You know the saying, "you can't teach an old dog new tricks. But remember the second half?"

"The fastest way to become an old dog? ... Stop learning new tricks." So this year learn something new, a new trick, observe a new sensation, or notice something old in a new way. These are the ways to improve your brain health, your nervous system function, and decrease your pain while improving the quality of your life and the way you move and contribute to your community. Do something unique today to feel better, accomplish your goals and bring a smile to your face.

Pick something up every day and notice the shape, color, texture, sound, taste, smell, temperature, and consistency. Notice how the parts make up the whole and how it is connected to its surroundings. How is it similar or different from the other things around you? What changes in you when you truly see your natural environment and the people around you.

Here are exercises that help you to see others, your connections and relationships while noticing your surroundings. These activities connect you to the cycles and rhythms of life.

One purpose of vision is to see the support and resources available to you whether that is in the form of food from nature, a smile on a friend's face or a tree that brings beauty and shelter into your life.

What is the purpose of your sense of sound, taste, smell, and all the information, vibrations, and energy coming from the outside, meeting all your internal sensations and creating meaning in your brain?

What is the purpose of your memory of past learning, your sense of accomplishment in "The Now", and your hopes and imagines of a brighter, more colorful future?

Please enjoy these exercises but most of all let them help you enjoy life and love more fully.

Kimberly Burnham, PhD, The Nerve Whisperer

Author of *Our Fractal Nature, a Journey of Self-Discovery and Connection*, *Live Like Someone Left The Gate Open*, and the forth coming book: *Harnessing the Placebo Effect, It Is Not What you Think, It Is What You Expect*

~~~~~

"The woods are lovely, dark and deep. But I have promises to keep, and miles to go before I sleep."

—Robert Frost

~~~~~

Hey, Kimberly Burnham here. I help visionaries see the world, with improved eyesight; in a more positive and hopeful way, with increased insight and intuition and with more energy and comfortable movement. My process is backed up by my PhD in Integrative Medicine, my childhood as a global nomad, and my own vision recovery despite a genetic eye condition and migraines.

I am passionate about helping you see, feel seen and glimpse ways to impact inner peace, outer harmony and abundance.

Albert Camus, author of one of my favorite books, *The Stranger* wrote, "Life is a sum of all your choices."

Robert A. Heinlein coined the term "grok" in his novel *Stranger in a Strange Land*. Merging their bodies with water, Martians grok water, a symbol of how two entities can combine to create a new reality greater than

the sum of its parts. The water becomes part of the drinker, and the drinker part of the water. By groking separate realities become entangled in the same experiences, goals, history, and purpose.

What do you grok in the world around you? How do your choices support your experiences?

Dr Wayne Dyer, put it this way, "Our lives are a sum total of the choices we have made."

Where are you going in your life with the choices your are making about what you see and experience in the relationships and communities around you?

Who are you surrounding yourself with?

What are you willing to try to be more successful and experience a more positive life?

How are you helping yourself be more independent and loved?

More than nine million Americans over the age of 40 have macular degeneration. They are losing their vision, their ability to drive safely, watch transformational movies, and to read inspirational works like my chapter, *The Eyes Observing Your World* in Christine Kloser's *Pebbles in the Pond, Transforming the World One Person at a Time*. Their world is getting smaller. I understand because I was threatened with blindness and have now recovered my vision so that I see better than ever. To hear my story and enjoy a free replay of my presentation on vision visit the *Global Raising Consciousness Now Summit* at <http://consciousnessnow.tv/video/interview-with-kimberly-burnham-phd-on-the-2012-consciousness-raising-summit/>

Perhaps you are one of the ten million people worldwide affected by Parkinson's disease. At the end of *Parkinson's Disease? Walk Better, Sleep*

*Deeper and Move Consciously, Solutions from Nature's Sensational Medicine Workbook*, I have included a summary of my PhD research on the use of hands-on therapies, like Integrative Manual Therapy (IMT) and Osteopathic Manual Medicine to decrease the symptoms of Parkinson's disease. You can read how one man significantly decreased his back and hip pain, life altering tremors, improved his walking stride length and balance while he increased the range of his daily activities with the help of manual therapy.

My grandfather died of diabetes. My uncle lost his leg to the disease shared by 18 million Americans. Avoiding their footsteps at age 55, I enjoyed a thousand shades of green in the Connecticut Berkshires in 2012, raising money for sustainable living with Hazon ("Vision" in Hebrew). As I crested the last hill my bicycle odometer read 53 miles. I never expected to be able to finish the ride. The experience unleashed my inner "I can do it" activist. Less than a month later, five pounds lighter, I rode 71 miles. Yes, I was sore but I see brilliant beauty in my health and surroundings. Now, I can imagine 50 long Cross-USA days that begin with dipping my bicycle wheels in Seattle's Pacific Ocean and setting off on a 3300 mile journey to Washington, D.C. raising \$10,000 and sharing magnificence with everyone I meet. To follow my 2013 summer bicycle ride visit <http://hazon.kintera.org/2013usa/kimberlyburnham>

When I am not training or writing, I continue to work individually with clients in my private practice in West Hartford, CT as well as consulting in clinics in places like Eugene and Portland, Oregon; Houston and Austin, Texas; Spokane, Washington; Salt Lake City, Utah; Norfolk, Virginia; Portland, Maine as well as Vancouver, British Columbia; Toronto, Ontario; Munich, Germany; Verona, Italy; and Hong Kong.

Please contact me directly for a phone or skype consultation anywhere in the world and for conference presentations on Brain Health, Eliminating Chronic Pain and Igniting Vision. Check out my past presentations online and my full program at <http://www.KimberlyBurnhamPhD.com> or <http://www.NerveWhisperer.Solutions>

Enjoy these exercises. Use common sense. If you are concerned about the effect of these exercises, please consult with your healthcare practitioners. I am not a medical doctor and these exercises should not replace your current health and wellness strategies. They are meant to inspire you to help yourself, empower you with interesting action steps and educate you about your amazing and potent, Mind, Body and Spirit.

Enjoy! Please give me feedback on the Amazon page for this book, in your social media channels or in a personal email. Thanks for playing, Kim

Kimberly Burnham, PhD, The Nerve Whisperer 2011

~~~~~

Contents for Sleep Your Way Out Of Pain

Balancing the Sleep - Wake Cycle

The Five Whys and the Other Half of the Cycle

The Value of Asking Why and Exploring What We Really Want

The Sleep-Wake Cycle

Exercise: The Five Whys

Nature's Sensational Medicine

Chapter 1: Understanding and Using the Sleep-Wake Cycle System

Exercise: The Perfect Night's Sleep

Why You Aren't Sleeping and How You Can

Exercise: Evaluate and Understand Your Pattern

Where Are We as a Society?

Exercise: Staying Alert and Noticing Color

What Do You Want?

Chapter 2: The Cyclical Nature of Diet

Exercise: Explore your Diet

2008 Nutrition, Complementary Medicine, and Sleep Study

The Caffeine Solution

Sleep, an Early Warning Sign

How can you benefit from this research?

The Nourishing Effect of Environment

Exercise: Balancing the Earth Elements

Regulating the Flow of Sleep

Chapter 3: The Circadian Rhythm

Exercise: Cyclical Physical Activity

Exercise: Quick Start Tip

Brain Chemistry and Yoga

Wisdom Healing Qigong Affects Mood and Sleep

Exercise: How can you benefit from this research?

Bedtime in Japan

Exercise: How Can You Benefit from this Research?

Chapter 4: Go Towards the Light

Exercise: Assessing Your Relationship with Light

How Flexible Are Your Pupils?

Exercise: Push Ups for Your Pupils

Kimberly Burnham's Vision Recovery Story

Really Look, Really See

Chapter 5: Sensory Awareness

Exercise: Sensory Awareness and Incoming Information

Exercise: One Thing at A Time to Success

What Are You Perceiving

Chapter 6: REM Sleep and Quiet, Restful Legs

Exercise: Feeling Inside

What Changes Inside Every Minute

Chapter 7: Visualization and Mind-Body Approaches

Doorways into the Hypothalamus and the Orexin Systems

Kimberly Burnham's Story of Migraine Solutions

Exercise: Consider these questions

Exercise: The Value of Imaginary Sleeping

Pain, Fatigue, and Sleep in Health Issues

Chapter 8: Touch Sensation and Sleep

Heal More Quickly with Better Sleep

Acupressure and Acupuncture Points Decrease Sleep Disturbances
in the Elderly and Due to Sleep Apnea

Exercise: Self-Acupressure to Head and Neck

The Gallbladder, Liver and Sleep

Chapter 9: The Affect of Sleep on Digestion

Exercise: Assessing Diet, Sleep, and Digestive Health

SAD, Emotions, and Sleep

Chapter 10: Sleep Better, Develop Easier, and Decrease Symptoms with Balanced Brain Chemistry, Touch, and Massage Therapy

Chapter 11: Cycling Energy Through the Acupuncture Meridians: The Governing and Conception Vessels

Exercise: Balance Yin & Yang Cycle of Acupuncture Meridians

Chronic Back Pain Limits Brain Power

Exercise: Strategies to Improve Memory and Sleep

Exercise: Increase Comfort, Improve Sleep

Music, Relaxation, and Sleep

Exercise: What Kind of Music Do You Like?

A Brief History of Sleep Conversations

Overall Brain Health

Chapter 12: Novelty, or Doing New Things, Increases Brain Health

Exercise: New Feelings = Alertness, Then Sleep

Exercise: Novelty to Increase Adaptability & Flexibility of Your Brain

Exercise: New Visual Input

Where to Start?

Enjoy These Coaching Questions

Kimberly Burnham's Bio

Work with Kimberly Burnham, PhD Today

Do You Need a Speaker for Your Next Conference?

How to Get a Free Health and Wellness Session

Other Books by Kimberly Burnham, PhD

Look Who's Talking

Free Audio Cyclical Exercise Program

The Creating Calm Network Media Blast Opportunity

<http://creatingcalmnetwork.com/become-a-host>

Are you an author with a new book coming out? Or a book that needs some media sizzle?

Are you a coach who wants to get your message out to a new audience?

A speaker looking for new venues?

The Creating Calm Network - A Global Multi-Media Group can be your blast into a larger audience sharing your message with engaging listeners around the globe. We offer a choice of programs to meet your needs and we can tailor a plan for you.

Chapter 1: Understanding and Using the Sleep-Wake Cycle System

"The best cure for insomnia is to get a lot of sleep."

—W. C. Fields

Now let's explore ten areas to focus on so you can sleep deeply, wake up refreshed, and enjoy a productive day. This training provides an opportunity to understand how to regain balance, or homeostasis, in your life. It will change the impact sleepless nights have had on you and allow you to confidently negotiate your life and each project you want to complete. Step-by-step exercises enable you to create new sleep habits and focus more successfully on your goals. You will also understand better what your current sleep patterns are and why you want to shift them and reset the cycle.

Explore the Sleep-Wake Cycle so You Can . . .

1. Understand your diet and its impact on your brain health. Use diet to balance restorative sleep and active waking hours. Improve your diet by eating more protein and fewer carbohydrates or sugars. Ensure that you're drinking enough water, and minimize alcohol intake. Eat more fresh fruits and vegetables.

As Michael Pollan says in *In Defense of Food: An Eater's Manifesto* "Eat food. Not too much. Mostly plants."

2. Evaluate your activity and exercise levels. Discover the impact on your recovery and productivity cycle. Implement an exercise program with physical activities and mental visualization.

3. Change your relationship with light: sunlight, artificial light, visual information, and your sight or sensory experience of light.

4. Implement a sensory-awareness program. Pay attention to what your senses are telling you. Connect with your internal being and internal environment. Consider the impact you can have on your brain chemistry, the pressure inside your body and head, the amount of oxygen flowing to your sciatic nerve, and so on.
5. Visualize your unique needs and your rest-and-productivity cycle, so you can better understand yourself and what you want.
6. Regulate your emotions, improve your liver health, and reset your internal Chinese clock as well as your circadian rhythms.
7. Assess your relationship with touch and the amount of tactile experiences in your life. Consider how the kinds of touch you experience in your life—past, present, and future—impacts your sleep.
8. Evaluate your level of comfort in your physical body, both while you are sleeping and while you are awake.
9. Develop your relationship with sound. How is your hearing? How quiet is your sleeping area? What kind of music do you like?
10. Notice how many of your waking hours are spent doing enjoyable, satisfying, and interesting things. Increase the percentage wherever you can. What is new and exciting in your life? Create your life the way you want it.

Learn how to sleep better, wake up happy, and be more productive. Change your sleep routine and create healthier habits with easy, step-by-step exercises that take 10–15 minutes a day. Discover 10+ ways to make changes and have more energy and clarity today.

This exploration of the sleep-wake cycle will help you release the symptoms of insomnia (not sleeping well), narcolepsy (sleeping at the wrong time), fibromyalgia (chronic pain and fatigue), and restless leg syndrome

(movement disturbing sleep). Start with one exercise and sleep better tonight. You will learn solutions in several categories:

Cycle Balance: You will sleep better, wake up energized, and be productive by resetting your cyclical nature.

Novelty Is the Key: You will sleep better at the end of an interesting and enjoyable day.

Pain Free: You will achieve comfortable, restful, restorative sleeping.

If you have any health concerns or concerns about doing any of these exercises, please consult with your primary healthcare provider before doing new exercises and changing your sleep-wake pattern.

≈≈≈≈≈≈

Exercise: The Perfect Night's Sleep

Time: 10-15 minutes

Step 1: Imagine what the Perfect 10 of sleep feels.

What does it feel like?

How do you look while experiencing it?

What does it sound like?

What color is the room where your perfect sleep happens?

How do your eyes feel?

How do your toes feel?

What is the texture of the mattress?

What is the air temperature in the room?

Imagine all the details of the perfect 10 of sleep.

Step 2: Imagine what you will do with the extra energy you have as a result of the perfect night's sleep.

What time will you get up?

What will you eat?

Where will you go?

Who will you talk to?

What will you accomplish?

Step 3: What does your "here and now" sleep feel like?

Step 4: Do one exercise of the exercises in this book for a week.

Step 5: Notice what changes.

Step 6: At the end of the week, write down five ways in which you are closer to the Perfect 10 sleep night.

~~~~~

## **Why You Aren't Sleeping and How You Can**

In general, people sleep 20 percent less than they did 100 years ago. Medical and social research supports the idea that, as a society, we are not sleeping well enough. Here are some strategies to change that in your own life.

Some people will say, "I don't have an extra 10 to 15 minutes a day to spend on something else." But if these people apply the secrets I reveal here, they will increase their productivity and have plenty of free time to enjoy other activities, perhaps including a few of the exercises presented here.

When I work with clients who have sleep issues, they very rarely just want to sleep better, although that is often a specific goal. Usually they want much more, and the way to start getting what you want is to first evaluate what you already have.

≈≈≈≈≈≈

### **Exercise: Evaluate and Understand Your Pattern**

Time 10–15 minutes

Step 1: Think about your sleep habits and sleep patterns.

Step 2: Write down your answers to the following questions:

1. What time do you usually go to sleep?
2. Do you sleep through the night?
3. What time do you usually wake up?
4. Is your bedroom dark when you are sleeping?
5. Does morning sunlight come in and wake you?
6. Typically, how much time passes between eating and sleeping for you?
7. What percentage of your diet is a) protein, b) fresh fruits and vegetables, c) carbohydrates, d) healthy fats (essential fatty acids, like avocado, olive oil, salmon, or cashews), e) sugar, diet sodas and alcohol, f) water, or g) coffee, green tea, or other caffeinated beverages?
8. How much exercise or activity do you have in a typical day?
9. What percentage of your day is filled with interesting, enjoyable activities?
10. What have you done to try to sleep better? What has worked, and what has not worked?
11. Have your sleep patterns changed in the last year? Do you know why?

Step 3: Write down anything else you noticed or thought of during this exercise.

≈≈≈≈≈≈

## **Where Are We as a Society?**

According to the National Sleep Foundation, approximately 10 million people in the U.S. use prescription sleep aids, and, according to the U.S. Surgeon General, insomnia costs the U.S. government more than \$15 billion per year in healthcare costs. More than 30% of the population suffers from insomnia. More than half of all Americans lose sleep due to stress and anxiety. Sleeplessness is not evenly spread throughout the population because between 40% and 60% of people over the age of 60 suffer from insomnia, and women are up to twice as likely to suffer from insomnia when compared to men.

Sleeplessness is a huge burden on the healthcare system. The Institute of Medicine estimates that hundreds of billions of dollars are spent annually on medical costs directly related to sleep disorders. Employers spend approximately \$3,200 more in healthcare costs on employees with sleep problems than for those who sleep well. That is 3,200 dollars in lost productivity, lost earning potential, disability and sick day costs per employee with insomnia every year. When absenteeism and lost productivity due to sleep problems are taken into account, statistics show that U.S. industries lose about \$150 billion each year because of sleep-deprived workers. In other words, our economy would have an extra \$150 billion dollars if people were alert, present, and productive. What is the financial impact of your sleeplessness? What else in your life does it impact?

Besides age and sex, there are other conditions that make it more likely you will have insomnia. For example, 90% of people who suffer from depression also experience insomnia. Sleeplessness has been linked to obesity and sleep apnea, or a lack of sufficient oxygen reaching your brain and tissues while you sleep.

Daytime function can be significantly affected by sleepless nights. A National Sleep Foundation Poll showed that 60% of the population drove

while feeling sleepy--and 37% admitted to having fallen asleep at the wheel!--during the past year in the 1999 poll. That is like the guy who said, "I want to die peacefully in my sleep, like my grandfather, and not screaming and yelling like the passengers in his car."

Seriously, though, it is not something to laugh about. The National Highway Traffic Safety Administration's statistics show that 100,000 vehicle accidents occur annually due to drowsy driving--and an estimated 1,500 people die each year in those collisions.

I spoke with a police officer whose shift ran from ten at night to six in the morning. His main job was to catch drunk drivers. However, he has found himself increasingly pulling over tired drivers instead. He can't impound their cars, so he usually ends up scaring them enough that they stay awake till they get home. And it is scary, because according to this officer, there is little difference between the weaving of a drunk driver on the highway and the weaving of a tired driver.

Fatigue even affects people in the bedroom. A recent Consumer Reports survey showed that the top reason given by couples for avoiding sex was "too tired or need sleep."

Sources for insomnia statistics: National Sleep Foundation, Better Sleep Council, Gallup Polls, Institute of Medicine, National Highway Traffic Safety Administration, US Surgeon General's Office [Full Text] [Better-sleep-better-life.com/insomnia-statistics.html](http://Better-sleep-better-life.com/insomnia-statistics.html).

~~~~~

Exercise: Staying Alert and Noticing Color

1. If you are driving during the night, ask yourself a question about what is around you. This focuses your mind and keeps you more alert, so you can drive more safely.

For example:

Do you see any colored light other than red? What colors do you see?

How many maple trees can you see? or How many trees can you see?

What is round? What can you see that is a particular shape?

By focusing on what is unique in your visual field you expand your field and attention.

2. If you are driving during daylight, focus on colors, shapes, textures.

How many light green cars do you see?

What do you see that is made of metal besides signs and buildings?

≈≈≈≈≈≈

What Do You Want?

What I find is people really want is to sleep well through the night so they can be active and accomplish things when they are awake. They want to wake up relaxed and refreshed in the morning. They want to be able to think clearly as they prepare for the day, drive safely as they head out into the world, and have the ability to pay attention and work productively throughout the day. They want to wake up happy and be able to maintain a good mood while calmly focusing on the tasks at hand. They want to end the day feeling like it was productive and successful, and that they contributed to the quality of their own lives, the lives of their families, and the lives of those around them. They want to be able to wind down easily and get ready for another great night of sleep.

These are the outcomes desired by the majority of people, people who want to be able to focus confidently and successfully on their projects or work.

These solutions are for people who want to have some steam left at six in the evening so they can enjoy the last part of the day without feeling like they are going to pass out from exhaustion. They don't want to be like a friend of mine, who says, "I know I am too tired when, at night after work, I find myself stopping at a stop sign and waiting for it to turn green."

Read the pieces of research that interest you, and implement the exercises into your daily routine. If you make even one change, it will be a change that affects your life and moves you closer to your goals. Start with the ones that feel easiest to you.

Chapter 2: The Cyclical Nature of Diet

"One cannot think well, love well, sleep well, if one has not dined well."
—Virginia Woolf

Exercise: Explore your Diet

Time: 2 weeks

Step 1: Explore your diet and its impact on your brain health. What relationship do you see between what you eat, how you sleep, and how you feel when you wake up?

Step 2: Keep a daily diary of when and what you ate, as well as what time you went to bed, how you slept, what time you woke, and how you felt.

Step 3: Use diet to balance restorative sleep with active waking hours. Improve your diet by eating more protein and less carbohydrates, sugars, or artificial sweeteners. Ensure that you're drinking enough water and minimizing alcohol intake. Eat more fresh fruits and vegetables. Increase the good fats in your diet with olive oil, avocado, salmon, fish (fish oils), cashews, coconut oil, and so on.

Step 4: Consider what else is in your diet is negatively affecting your sleep, as well as what your diet lacks that might be helpful.

Step 5: Notice how changes to your diet change your sleep pattern.

~~~~~

## **2008 Nutrition, Complementary Medicine, and Sleep Study**

There are a number of complementary and alternative medicine (CAM) approaches that are useful for better sleep. "There is a growing body of well-designed clinical trials using CAM that have shown the following:

(1) Melatonin is an effective agent for the treatment of circadian [cira-about, dian-a day] phase disorders that affect sleep; however, the role of melatonin in the treatment of primary or secondary insomnia is less well-established.

Most of the melatonin in the human body (except for the intestine) is secreted by the pineal gland, a small pine-cone-shaped gland at the center of the brain. The pineal gland receives information from the eyes via the optic nerve. This information about the environmental light is used to adjust melatonin output.

In the production flow melatonin is downstream from tryptophan and serotonin. This means there has to be adequate levels of tryptophan and serotonin in order for melatonin to be produced. Decreasing stress levels has a balancing effect on hormonal levels.

(2) Valerian has shown a benefit in some, but not all, clinical trials.

(3) Several other modalities, such as Tai Chi, acupuncture, acupressure, yoga, and meditation, have improved sleep parameters in a limited number of early trials."

Source: Gooneratne, N. S. (2008). "Complementary and alternative medicine for sleep disturbances in older adults." Clin Geriatr Med 24(1): 121-138, viii. [Full Text].  
[www.ncbi.nlm.nih.gov/pmc/articles/PMC2276624/pdf/nihms36701.pdf](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2276624/pdf/nihms36701.pdf)

~~~~~

The Caffeine Solution

One lab keep rats up all night partying and then feeds them caffeine. The researchers want to see if caffeine helps them function better. "The results suggest that long-term use of a low dose of caffeine prevents impairment of short-term memory and early long-term potentiation in acutely sleep-deprived rats."

Source: Alhaider, I. A., A. M. Aleisa, et al. (2010). "Chronic caffeine treatment prevents sleep deprivation-induced impairment of cognitive function and synaptic plasticity." Sleep 33(4): 437-444. [Full Text].
www.ncbi.nlm.nih.gov/pmc/articles/PMC2849782/pdf/aasm.33.4.437.pdf

~~~~~

### **Sleep, an Early Warning Sign**

In another study, rats were fed a diet that damaged the brain (basal ganglia) and created brain chemistry imbalances (decreased dopamine production). Researchers found that these rats couldn't stay awake during the day and exhibited what researchers called "early non-motor symptoms of Parkinson's disease." Symptoms in the rats included sleep disorders, such as excessive daytime sleepiness (EDS) and REM behavioral disorder (RBD). This hypersomnolent behavior suggested an inability to maintain arousal.

Source: McDowell, K. A., M. M. Hadjimarkou, et al. (2010). "Sleep alterations in an environmental neurotoxin-induced model of parkinsonism." *Exp Neurol* 226(1): 84-89. {Medline Abstract}.

~~~~~

How can you benefit from this research?

1. Chronic sleep deprivation causes brain imbalances and memory loss.
2. Caffeine can help, but maybe only if you are a rat.
3. Diet matters. Look at what you ate during the day before those nights when you slept well compared to what you ate when you slept poorly.
4. Brain health and brain chemistry matter to sleep. The easiest way to balance brain chemistry is to eat well.
5. Iron, found in high amounts in cashews, is a precursor to dopamine. Eating a few cashews 30 minutes before going to bed can support brain health and brain chemistry.

~~~~~

### **The Nourishing Effect of Environment**

In Traditional Chinese Medicine and Sensational Medicine approaches the flow of energy is associated with meridians, organs and sensations.

The hormone, melatonin, produced in the pineal gland and in the intestines is associated with brain health and sleep as well as the ability of your digestive system to recover from inflammation, injury and food poisoning.

Specifically, melatonin balance is associated with the Earth elements. The Traditional Chinese Medicine elements are Wood, Metal, Earth, Fire and Water.

The organs associated with the Earth elements are Spleen (melatonin, GABA), Pancreas (insulin) and the Stomach (acetylcholine).

≈≈≈≈≈≈

### **Exercise: Balancing the Earth Elements**

1. Rest quietly, either laying down or sitting. Place one hand (left) on your spleen (lower left rib cage) and the other hand (right) over your pancreas and stomach (central abdominal area just below the rib cage).

2. Look around and see what you see that is yellow. Are you wearing any yellow clothes? Can you see outside? Anything yellow there? Yellow is the color associated with the Earth elements.

3. Imagine surrounding yourself in a yellow light then notice the change in how you feel.

What differences does the yellow light stimulate?

4. The Earth element's emotional associations are worry, disappointment and faith.

Take a few minutes and think about what worries you. What is disappointing? What do you have faith in?

Remember: "Worrying is like praying for what you don't want." — Anonymous

5. Imagine yourself telling a friend about a person who has increased your faith in the world or a process or a community.

How does your body feel as you talk?

How are you standing or sitting as you share your perspective?

6. The Earth elements are most active between seven and eleven am. What are you eating during that time period?

How is your focus and attention during that time period?

Does it change depending on how you sleep, what you eat and whether you exercise?

~~~~~

Regulating the Flow of Sleep

If you are one of the millions of people with sleep issues, you have probably already tried to make sure the room is quiet and dark where you sleep. You have probably already tried to go to bed earlier or later to see if that will change something.

You have tried to exercise and made sure to soak up plenty of sunlight during the day. You may have even modified your diet by trying to eat earlier in the evening and ensuring that you drink enough water throughout the day. For some people, these changes still aren't enough to make a big difference.

It took me several years to find a solution for my migraines and for the jetlag I experienced due to a crazy schedule flying across the country and around the world.

I was six when I first got on a plane, and what I quickly learned is that if you are trying to avoid jetlag, never, never sleep when it is light. I have spent plenty of early evenings wandering unfamiliar neighborhoods because I knew, if I went back to the hotel, I would go to bed and fall asleep while it was still light out. Then I wouldn't wake up refreshed and ready for my day.

Walking around as the sun sets has two positive effects. First, I get some exercise after having sat on a plane all day, and it is well-known that exercise during the day helps us sleep better at night.

Using the Pittsburgh Sleep Quality Index (PSQI) assessment, one study found that the "exercise group scores on the PSQI decreased significantly over time (indicating improved sleep quality). Sleep actigraphy [a chart of sleep and wake cycles] also showed significantly shorter actual wake time and less movement in the exercise group. Serotonin levels also were significantly affected by the intervention."

So when you exercise, you not only sleep better, but your serotonin levels are better and you feel happier. Researchers concluded, "A walking exercise intervention improves sleep in older women receiving hormonal treatment for their breast cancer. Serotonin levels may be a useful biomarker when assessing sleep disturbances in this group. Clinicians need to be aware that older women receiving hormonal treatment for their breast cancer may experience fatigue, sleep disturbances, and depressive symptoms. Home-based walking activity may reduce symptom severity in this group."

Source: Payne, J. K., J. Held, et al. (2008). "Effect of exercise on biomarkers, fatigue, sleep disturbances, and depressive symptoms in older women with breast cancer receiving hormonal therapy." *Oncol Nurs Forum* 35(4): 635-642. [Medline Abstract].

The second positive aspect of walking around the neighborhood at sunset is that the change in light levels registers in my eyes and in my brain, telling my system to reset my internal clock. Even if you are not flying across the country, there is value in seeing the sun go down and waking up in the morning with sunlight streaming through the window.

~~~~~

### Chapter 3: The Circadian Rhythm

"Have courage for the great sorrows of life and patience for the small ones; and when you have laboriously accomplished your daily task, go to sleep in peace." —Victor Hugo

It is well-known that as we age, we seem to need fewer hours of sleep and wake up much earlier in the morning. "This change has been attributed to a shortening of the period of the human circadian pacemaker [our internal clock]. However, Robert Moore explains in a perspective that new findings demonstrate it is not the pacemaker itself that is altered but rather the way it is entrained to the day-night cycle. The period of the circadian pacemaker is very similar (24.2 hours) in both young and old people, suggesting that this is one physiological function that does not alter with aging."

Source: Moore, R. Y. (1999). "Circadian Rhythms: A Clock for the Ages." *Science* 25 June 1999: Vol. 284. no. 5423, pp. 2102 - 2103  
[Lifewaves.com/CircRhyScArt.html](http://Lifewaves.com/CircRhyScArt.html)

In other stop-start rhythm-based research, scientists noted, "for decades researchers have emphasized steady-state locomotion, bringing organisms into the laboratory and watching them move at a steady pace. But recent results are showing that animals from aquatic invertebrates to humans move like window shoppers, stopping and starting as they seek out food, mates, or shelter. Probing the fitful nature of locomotion is helping researchers understand how various organisms' bodies and biochemistry are adapted for movement, and it may even have applications in human medicine."

Source: Pennisi, E. (2000). "In Nature, Animals That Stop and Start Win the Race." *The Journal Science* 7 April 2000: Vol. 288. no. 5463, pp. 83-85:  
[Lifewaves.com/NatRhyScArt.html](http://Lifewaves.com/NatRhyScArt.html).

One application of this research into circadian rhythms and movement is to create an exercise or activity schedule that has a cyclical nature: a sleep-and-wake, start-and-stop, go-and-rest cycle. This schedule can be used to train your body to fully rest while resting and give 100% while going.

≈≈≈≈≈≈

### **Exercise: Cyclical Physical Activity**

Time: 10–15 minutes a day.

Step 1: Evaluate your activity and exercise level. Discover its impact on your recovery and productivity cycle. Implement an exercise program with physical activities and mental visualization.

Step 2: Determine which kinds of exercises or physical activities you like best.

Step 3: Create an exercise schedule that stops and starts in a cyclical or rhythmical way. For example, walk for one minute, and then sit and rest. While you are resting, be sure to fully rest: focus on your breathing, meditate, or do something else that quickly returns your heartbeat to a calm, resting rate.

Step 4: Exercise again for one to two minutes.

Step 5: Rest fully again for one to two minutes.

Step 6: Repeat Steps 4 and 5 as often as feels comfortable to you. I have seen benefits from doing a total of just 10 minutes of this kind of on/off cycle.

Step 7: Notice how this exercise program influences your sleep pattern.

~~~~~

Exercise: Quick Start Tip

Time 4 minutes

Step 1: Sit or stand relaxed. Notice how you feel, especially your mental alertness.

Step 2: Open and close your hands vigorously for 1 minutes.

Step 3: Rest for one minute focusing on slowing your "in and out" breathing.

Step 4: Open and close your hands vigorously for 1 minutes.

Step 5: Rest for one minute focusing on slowing your "in and out" breathing.

Step 6: Notice how you feel, especially your mental alertness and shoulders.

~~~~~

There is more detail on cyclical exercise in *The Rhythm Cure, Diabetes Sensational Medicine Solutions, Reconnecting to the Cycle of Self-Awareness* by Kimberly Burnham, PhD, The Nerve Whisperer and Troy Cypress Broadnax, Licensed Massage Therapist, Sound and Music Expert.

Enjoy a free MP3 Download of the Cyclical Exercise Timing Audio (Diabetes Workout Program)

[http://momentumtherapiesllc.com/Policies\\_and\\_Links.html](http://momentumtherapiesllc.com/Policies_and_Links.html)

~~~~~

Brain Chemistry and Yoga

Yoga represents a fascinating mind-body approach, wherein body movements (asana), breathing exercises (pranayama), and meditation are integrated into a single multidimensional practice.

When researchers studied the effects of this ancient holistic activity, they found yoga affected both Subjective Sleep Quality—what a person says about how well they sleep and feel—and stress levels (several hormonal parameters of the hypothalamus-pituitary-adrenal (HPA) axis were measured).

When all the testing was done, they concluded that "long-term yoga practice is associated with significant psycho-biological differences, including better sleep quality as well as a modulatory action on the levels of cortisol."

Source: Vera, F. M., J. M. Manzanque, et al. (2009). "Subjective Sleep Quality and hormonal modulation in long-term yoga practitioners." *Biol Psychol* 81(3): 164-168. [Medline Abstract].

≈≈≈≈≈≈

Wisdom Healing Qigong Affects Mood and Sleep

In a study of Qigong, an ancient Chinese psychosomatic (mind-body) exercise, researchers found that the integration of movement, breathing, and meditation had an effect on mood and subjective sleep quality. In other words, practitioners had enhanced psychological well-being, including sleep duration.

Source: Manzanque, J. M., F. M. Vera, et al. (2009). "Serum cytokines, mood and sleep after a qigong program: is qigong an effective psychobiological tool?" *J Health Psychol* 14(1): 60-67. [Medline Abstract].

Exercise: How can you benefit from this research?

1. Practice yoga or Wisdom Healing Qigong.
2. The studies were specifically about yoga and Qigong, but results from other forms of exercise, breathing, and visualization can also be considered helpful.
3. Move, breathe, and meditate.

~~~~~

### **Bedtime in Japan**

In recent years, bedtime for young students in Japan has gotten progressively later. The result is that sleep duration has gotten progressively shorter. With these changes, more than half of young Japanese students complain of daytime sleepiness, while approximately one quarter of junior and senior high school students report suffering from insomnia.

"Although social factors are often involved in these sleep disturbances, a novel clinical notion--asynchronization--can provide a deeper understanding of the pathophysiology of these disturbances. In essence, asynchronization is a disturbance in various aspects of the biological rhythms (cycle, amplitude, phase and interrelationship) that normally exhibit circadian oscillation, presumably involving decreased activity of the serotonergic system. The major trigger of asynchronization is hypothesized to be a combination of light exposure during the night and a lack of light exposure in the morning. In addition to basic principles of morning light and an avoidance of nocturnal light exposure, potential therapeutic approaches for asynchronization are presumed to involve both conventional ones (light therapy; medications, such as hypnotics, antidepressants, melatonin, and vitamin B12; physical activation; chronotherapy) and alternative ones (kampo, pulse therapy, direct contact,

control of the autonomic nervous system, respiration [Qigong, tanden breathing], chewing, and crawling). A morning-type behavioral preference is described in several of the traditional textbooks for good health."

Source: Kohyama, J. (2009). "A newly proposed disease condition produced by light exposure during night: asynchronization." *Brain Dev* 31(4): 255-273. [Medline Abstract].

### **Exercise: How Can You Benefit from this Research?**

Time: 10 minutes

Step 1: Consider what you have used to improve your sleeping.

Step 2: Consider what influence, if any, social pressures have on your bedtime. Who, other than you, influences when you go to sleep and when you wake up?

Step 3: Try an activity that you haven't tried before. Choose from previous exercises or try one from the following list based on Japanese Bedtime Research.

- a. Increase the activity of the serotonergic system. Serotonin levels can be influenced by a healthy gut and a gluten-free diet. Improve your gut health.
- b. Avoid light exposure during the night. Yes, that includes the screen on your smart phone.
- c. Get light exposure in the morning either by letting the sunlight stream in as you get up and ready or for a few minutes outside.
- d. Try a conventional approach (light therapy, substances and nutrition (hypnotics, antidepressants, melatonin, Vitamin B12).
- e. Use physical activation. Exercise.

f. Explore chronotherapy or cyclical activities.

Enjoy a free MP3 Download of the Cyclical Exercise Timing Audio (Diabetes Workout Program)

[http://momentumtherapiesllc.com/Policies\\_and\\_Links.html](http://momentumtherapiesllc.com/Policies_and_Links.html)

g. Try an alternative approach (kampo, pulse therapy, or control of the autonomic nervous system).

h. Use breathing exercises (Qigong breathing).

i. Use chewing or crawling exercises (affects the balance of the nervous system and the autonomic, or fight-or-flight, part of the nervous system). Consciously chew your food. Crawl around your house.

≈≈≈≈≈≈

## **Chapter 4: Go Towards the Light**

"Each day is a little life: every waking and rising a little birth, every fresh morning a little youth, every going to rest and sleep a little death." —Arthur Schopenhauer

Light enters our eyes so we can see, but researchers have begun looking more closely at the non-visual affects of light: the way light affects our brains, moods, body rhythms, and even digestive systems.

Research has revealed that light can optimize brain function during specific cognitive tasks, especially those tasks that require sustained attention. Scientists found that "light elicits robust non-visual effects on numerous physiological and behavioral variables, such as the human sleep-wake cycle and cognitive performance. Light effects crucially rely on properties such as dose, duration, timing, and wavelength. A thorough understanding of how

light affects sleep and cognitive performance may help to improve light settings at home and at the workplace in order to improve well-being."

Source: Chellappa, S. L., M. C. Gordijn, et al. (2011). "Can light make us bright? Effects of light on cognition and sleep." *Prog Brain Res* 190: 119-133. [Medline Abstract].

The light in our environments, our homes, our work places, profoundly influences our health, sleep, and well-being. Our adjustments to light and dark cycles, as well as other hormonal, nervous system, and behavioral rhythms, depend on our brains for signals and information.

Recently, a part of the eye called the photoreceptive retinal ganglion cells (pRGCs) was found to mediate, or regulate, numerous circadian responses (daily rhythms, such as sleep and wakefulness), neuroendocrine responses (our hormones and neurotransmitters, such as dopamine and serotonin), and neurobehavioral responses (why we do the things we do). The pRGCs provide lighting information to diverse non-visual, non-seeing, non-image-forming brain centers, including the suprachiasmatic nuclei (SCN), which serve as the body's master biological clock.

Source: Turner, P. L., E. J. Van Someren, et al. (2010). "The role of environmental light in sleep and health: effects of ocular aging and cataract surgery." *Sleep Med Rev* 14(4): 269-280. [Medline Abstract].

One of the jobs of the suprachiasmatic nuclei (SCN) or master biological clock is to regulate our sleep-and-wake cycle, as well as the fluctuations of brain chemistry, hormones, and energy in our bodies. The SCN's ability to do its job is affected by light exposure. Light deficiency may decrease the SCN's function and cause a series of problems, including insomnia, depression, and impaired cognition.

In this review, researchers (1) summarize circadian physiology, emphasizing light's critical role as the most important geophysical timing cue in humans; (2) analyze evidence that typical residential lighting is

insufficient for optimal pRGC requirements in youth and even more so with those of an advanced age; (3) show how ocular aging and cataract surgery impact circadian photoreception; and (4) review some of the diverse morbidities associated with chronodisruption in general, as well as those which may be caused by light deficiency in particular.

Recent work with blind human subjects has confirmed the presence of a non-visual ocular photoreceptive mechanism similar to that described in blind mice. This system appears to subserve [work under the guidance of] circadian photic entrainment, the pupillary light response, and a number of other aspects of neurophysiology and behavior.

Source: Van Gelder, R. N. (2008). "Non-visual photoreception: sensing light without sight." *Curr Biol* 18(1): R38-39. [Medline Abstract].

Light influences sleep and alertness, either indirectly through a well-characterized circadian pathway, or directly through as yet poorly-understood mechanisms. Melanopsin (Opn4) is a retinal photopigment crucial for conveying non-visual light information to the brain.

Researchers add, "Our study, furthermore, demonstrates that lack of melanopsin alters sleep homeostasis. These findings call for a reevaluation of the role of light on mammalian physiology and behavior."

Source: Tsai, J. W., J. Hannibal, et al. (2009). "Melanopsin as a sleep modulator: circadian gating of the direct effects of light on sleep and altered sleep homeostasis in Opn4(-/-) mice." *PLoS Biol* 7(6): e1000125. [Full Text]

<http://pubmedcentralcanada.ca/picrender.cgi?accid=PMC2688840&blobtype=pdf>

~~~~~

Exercise: Assessing Your Relationship with Light

Time: 10 minutes

Step 1: Think of light as a food item that either nourishes you or does not.

Step 2: How much of your day is spent in sunlight? How much of it is spent under fluorescent light, which is like junk food for your eyes?

Step 3: How is your vision affected by light? Do you blink and squint when you go out on a sunny day? Do you see well at night? Can you read the menu in a romantically lit restaurant?

Step 4: Change something about your relationship with light.

Step 5: Notice the impact on your quality of your sleep.

≈≈≈≈≈≈

How Flexible Are Your Pupils?

The pupil is the black circle at the center of each eye. The following exercise will help increase the flexibility of your pupils.

The pupil's job it is to allow light into your eye or to keep it out. Pupil size is regulated by the autonomic nervous system and a balance between the neurotransmitters norepinephrine and acetylcholine. Pupil response is less active in people who are depressed or have seasonal affective disorder (SAD). The autonomic nervous system is the automatic part of your nervous system. It is further divided into two parts: The sympathetic nervous system, known more-commonly as the fight-or-flight response, helps us survive by responding to our environment. However, when it is on all the time, it decreases our immune, digestive, and hormonal functions, all of which affect sleep. The other part of the autonomic nervous system is the parasympathetic nervous system, more commonly known as the rest-and-digest part.

≈≈≈≈≈≈

Exercise: Push Ups for Your Pupils

Time: 3–4 minutes.

These exercises are adapted from the work of Meir Schneider, PhD. LMT, Self-Healing.org, located in the San Francisco Bay area of California.

Part One: Outside in the Light

Step 1: Notice the cyclical nature of this exercise. Outside and Inside, Light and Dark, Pupil Dilated and Constricted, Right side and Left side, Hands-on and Hands-off, etc. You are resetting your cyclical nature.

Step 2: Preferably to be done in the morning, outside on a sunny day. It can also be done inside with a full-spectrum light bulb. Notice your relationship with the light. Does the light seem comfortable?

Step 3: Close your eyes. They will be closed the whole time.

Step 4: With your eyes closed, face towards the sun. Feel the sunlight on your face. Notice the brightness, even through your closed eyelids.

Step 5: After five or so seconds, turn your head towards the right side, and cover your closed eyes with your right hand. It should be dark, relatively speaking.

Step 6: After five or so seconds, remove your hand and again face the sun. It should be quite bright while facing the sun, even with your eyes closed.

Step 7: After five or so seconds, turn your head towards the left side, and cover your closed eyes with your left hand. Once again, it should be relatively dark.

Step 8: After five or so seconds, remove the hand covering the eyes, and again face the sun. It should be quite bright while facing the sun, even with your eyes closed.

Step 9: Repeat Steps 4–8 about 10 cycles (forward, right, forward, left is one cycle).

Step 10: Face away from the sun, and open your eyes. Notice how your relationship to the light has changed.

Part Two: Inside in the Dark

Time: 10 minutes to several hours

Step 1: Go into a dark room. Notice the darkness. Notice what you can see.

Step 2: Close your eyes. Gently, very softly, place the heels of the little-finger sides of your hands over your eyes, with the right hand on the right eye and left hand on the left eye.

Step 3: Notice what you see. Is it completely black under your hands and eyelids in the dark room? Are there any flashes or lights or colors or lines or yellowish clouds? Anything you can “see” is the firing of a less-than-relaxed eye, because without any light, you shouldn’t be seeing anything.

Step 4: After a few minutes, notice what has changed. Is there more black in your field of vision? Do your eyes feel more relaxed? Is there a temperature difference between your eyes?

Step 5: Continue to cover your eyes, and notice all the other sensations you are experiencing. Do you hear anything? Smell anything? How does your body feel? Your neck? Your head?

Step 6: After several minutes (some people do this for several hours), remove your hands and look around. Has your relationship with the darkness changed? What has changed about what you see in the dark room?

Step 7: Leave the dark room and go to a normally-lit area. How does that feel different?

Step 8: Notice how your sleep patterns change after doing this exercise for a couple of days.

≈≈≈≈≈≈

Kimberly Burnham's Vision Recovery Story

My own journey to better eye health did not begin in my twenties when I was diagnosed with keratoconus, a genetic eye condition, characterized by severe light sensitivity and a thinning cornea with the potential to rupture. I didn't know there was anything that could be done. I didn't know I could do anything. In my 40s, after a hands-on Integrative Manual Therapy (IMT) treatment, I looked through my glasses, confused, thinking I had picked up someone else's glasses. Then I understood, my sight can change. And this realization changes my view of my potential, forever. Following up with hours of self-care, hands-on healing for my own eyes, healthy eating, and continued exploration of my inner vision, my vision steadily improves. That moment set me on a path of healing and also resulted in the elimination of my nystagmus (twitching of the eyes often seen in autoimmune diseases) and the severe, weather-related migraines I had suffered six or seven times a year.

Now, at the age of 54, I have better vision than I did at 40—in fact, I probably have better vision than when I was 12 and started wearing glasses!

Developer of Matrix Energetics, Richard Bartlett puts it this way, "Change now, because there is no right, no left, no time left, no space left. Only you, change. Then notice what has changed." Each moment of my life I can change how I see this world. You can, too.

Source: Kimberly Burnham, 2011

~~~~~

### **Really Look, Really See**

We don't always understand the meaning of what we are looking at. One way to sleep better is to really see what is around us in our lives while we are awake. This can be a challenge, as this anecdote from Sherlock Holmes illustrates:

Sherlock Holmes and Dr. Watson go camping. About three o'clock in the morning, Holmes nudges Watson and says, "Look up. What do you see?"

Watson replies, "Millions of points of light."

"What does this mean?," asks Holmes.

At this point, Watson launches into, "Well, if I look at it from an astronomical point of view, I know that each point of light is a star around which planets are revolving. If I look at it from an astrological point of view, I see that Cancer is rising. And further, I can tell from the arrangement of the constellations that we are in the Northern Hemisphere and it is about three o'clock in the morning."

Holmes's reply is quick and to the point: "You idiot, somebody stole our tent!"

Remember, Sherlock Holmes is the one who said, "Looking is not the same as seeing." My job is to help people see.

~~~~~

Chapter 5: Sensory Awareness

"A well-spent day brings happy sleep."
—Leonardo da Vinci

We experience the world through our senses but everything changes and is interpreted once the vibrations, bits of light and sound enter our body and our brain. Inside is where meaning is assigned to the color red, the sound of a blue jay, a pat on the back, or the smile of a stranger. Inside is where we each decide what is food, what is a threat, what represents an opportunity, where there is love. The clearer those channels are the better we feel and function ... and sleep restfully in peace.

~~~~~

### **Exercise: Sensory Awareness and Incoming Information**

Step 1: Implement a sensory-awareness program, like the previous light-and-vision exercise. Pay attention to what your senses tell you.

Step 2: Each day, choose a specific sense—touch, sight, hearing, taste, smell, or your intuitive gut sense—and spend a few minutes paying particularly close attention to it.

Step 3: Write down what you notice. Tell someone what you noticed and how your sleep patterns are changing.

### How Many Channels of Sensory Awareness Are Working?

Most people default to vision as the dominant sense, but it is just one of several and the others should be given equal significance. Sometimes we behave as if we can take in information through only one channel, or sense, at a time. We might feel that if we pay attention to everything happening around us and everything responding to us, we will become overwhelmed.

~~~~~

Exercise: One Thing at A Time to Success

Step 1: Do one thing. Make one change today that will improve your sleep tonight. Do one exercises. Read one page. Do one thing that will move you forward towards your goal of sleeping better, waking up refreshed and being productive.

Step 2: Notice what has changed after you do one thing. Noticing teaches you that you can have an impact on the quality of your life. Sometimes questions make noticing easier.

Are your shoulders more relaxed?

Is the vibrancy of the colors around you brighter?

Is it easier to wake up?

Do you get more done?

Are your clothes fitting differently?

Do you have more energy at the end of the day?

Did you notice what was different?

Do you feel like you can do this?

Can you better imagine that you can change your sleep and wake pattern?

Are you closer, by even a step or two, to accomplishing your goals?

Do you feel more connected to those around you?

Do you perceive more?

≈≈≈≈≈≈

What Are Your Perceiving

This story illustrates how ridiculous it is to act as if, without vision, nothing else works.

A man walks into a bar and orders a drink. The bartender says, "Hey, you can't bring a dog in here."

To which the man replies, "It is a seeing-eye dog. I am blind."

Apologizing, the bartender offers him a free drink. He takes it and sits down by the door.

A little while later another man comes in with a dog, and the man by the door says, "Hey, they won't let you in unless you say it is a seeing-eye dog."

The man goes up to the bar and orders a drink. Predictably, the bartender says, "Hey, you can't bring a dog in here."

The man replies, "It is a seeing-eye dog. I am blind."

To which the bartender responds, "Ah, a Chihuahua?"

And the man says, "They gave me a Chihuahua?"

≈≈≈≈≈≈

Chapter 6: REM Sleep and Quiet, Restful Legs

"Man should forget his anger before he lies down to sleep."
—Mahatma Gandhi

In a study evaluating the frequency of periodic leg movements in idiopathic REM sleep behavior disorder, researchers concluded, "Periodic leg movements are very common in idiopathic REM sleep behavior disorder, occurring in all stages of sleep. In idiopathic REM sleep behavior disorder, the reduction of cardiac and EEG activation associated with periodic leg movements suggests the presence of an impaired autonomic and cortical reactivity to internal stimuli."

Source: Fantini, M. L., M. Michaud, et al. (2002). "Periodic leg movements in REM sleep behavior disorder and related autonomic and EEG activation." *Neurology* 59(12): 1889-1894. [Medline Abstract].

The key here is that restless less syndrome or movement that disturbs your sleep is due to a lack of response by the brain, spine, and autonomic nervous systems to internal signals. In other words, people are not listening closely enough to what is going on inside. By doing the exercises in this book, by focusing on your breathing or by really feeling what each of your toes feels during a reflexology treatment or foot massage, you are training your nervous system to listen more closely to the internal signals.

An x-ray or ultrasound image might seem like a blur of incomprehensible colors and shapes. Consider for a moment, what is the difference between the average person and a radiologist? Training.

A nervous system that doesn't know how to read the signal or has forgotten how to listen and quiet your legs at night, just needs some training. Listen. Notice. Train your nervous system. Change your pattern. Change anything you want to be different in your life.

~~~~~

## **Exercise: Feeling Inside**

Time: 5–10 minutes

Step 1: Sit quietly or lay down. Connect with your internal being and internal environment. Consider what impact you can have on your brain chemistry, the pressure in your body, how much oxygen is flowing to your brain, and so on.

Step 2: Take a deep breath, in and then out.

Step 3: Breathe again, this time noticing how your ribcage moves with your breath.

Step 4: Breathe again, this time noticing how your shoulders and upper arms move as you breathe.

Step 5: Breathe again, this time noticing:

- a. the lengthening of your spine and then how its curve comes back.
- b. the top of your head rising and falling.
- c. the rise and fall of your abdomen, massaging your organs with each breath you take.
- d. the change in your relationship to gravity, the weight of your body sitting on a chair or lying on a bed.
- e. the lengthening and then shortening of your legs
- f. the change in pressure inside your chest, abdomen, and toes as you breathe in and out.

Step 6: Notice what is going on inside your body from time to time during the day.

~~~~~

What Changes Inside Every Minute

Japanese researcher Kinsaku Inamura describes "The One-Minute Wave" as one-minute oscillations in various chemistry levels, the girth of the legs and abdomen, and muscle rhythms.

It is possible to "feel" these changes, these fluctuations, in a one-minute cycle, but even if you don't, you can benefit from just paying attention. It can help reset your mind-body connection.

These are the things that fluctuate on a one-minute cycle:

- a) the amount of oxygen in the blood (oxygen saturation level of blood)
- b) the hemoglobin (the oxygen-carrying component in blood) volume in calf muscular tissue
- c) the amount of fluid in the legs (body-fluid volume change is the spontaneous constriction of blood vessels triggered by an elevation of pressure)
- e) an increase in calf-fluid volume
- f) a decrease in chest (intrathoracic) fluid volume and a slight increase in the circumference of your abdomen and chest.
- g) an increase in venous pressure at the top of the foot (dorsum pedis veins)
- h) an increase in the soleus (calf muscle) electromyography involved in testing the electrical activity of muscle activation
- i) an activation of muscle sympathetic nerve activity (MNSA) (It is concluded that sympathetic nerve activity, as well as cardiovascular variables, have a cyclic rhythm with a duration of one minute in order to maintain balanced blood flow, or hemodynamic homeostasis.)
- j) a decrease in calf-fluid volume
- k) an increase in intrathoracic-fluid volume.

Other researchers found a correlation between superslow components of pulse rate and the coefficient of brain potentials synchronization.

Source: Frolov, M. V. (1986). "[Superslow oscillations of the indices of the state of a human-operator as a result of monotony]." *Zh Vyssh Nerv Deiat Im I P Pavlova* 36(3): 419-425.

In other words, a relationship exists between blood pressure/pulse/heart function/the cardiovascular system and the brain and brainwaves. Or, put another way, there is a mind-body connection.

≈≈≈≈≈≈

Chapter 7: Visualization and Mind-Body Approaches

"For disappearing acts, it's hard to beat what happens to the eight hours supposedly left after eight of sleep and eight of work." —Doug Larson

A character in the book *The Speed of Dark* once asked, "If there is no light inside of our heads, how can we see what is happening in our dreams?" An increasing number of scientific investigators are looking at visualization research and comparing it with actual physical activity. There are a lot of similarities.

Imagining you are sleeping is not the same as actually sleeping, but visualizing the step-by-step process before you go to sleep and picturing yourself sleeping, and then following that with a visualization of awaking relaxed and refreshed, can have a positive impact on your real sleep.

The biological clock sits deep inside the head. It is called the suprachiasmatic nucleus, and it is part of the hypothalamus. Supra means "above," and the supra-chiasmatic nucleus sits above the optic chiasm, where the nerves from the right eye cross the nerves from the left eye as they both make their way to back of the head where visual information is interpreted.

This spot is quite an interesting piece of brain real estate. The optic chiasm is at the center of a large, horizontal X. The front arms of the X lead to the eyes, and the lower arms of the X reach out to the occipital lobe, or visual

cortex, at the back of the head. This describes the X lying flat and running from front to back through the head.

From bottom to top we follow the spinal cord up into the head, where it merges with the brainstem. Just above the brainstem is the thalamus, which is our sensory and pain control center. Slightly in front of and below—or hypo—the thalamus sits the hypothalamus. The suprachiasmatic nucleus of the hypothalamus sits above the optic chiasm, which in turn sits above the pituitary gland—your body’s master hormonal gland. The pituitary sits, as if it were in a little saddle, within the sella tursica of the sphenoid bone.

The sphenoid bone forms the bottom and back part of the orbit of the eye, and the only part of it you can feel is at the temples on either side of your head. Above the hypothalamus and thalamus is the corpus callosum, which are nerve fibers joining the right and left sides of the brain.

I have gone into a lot of detail here, haven’t I? I’ve done this so you can visualize the area clearly, but why is it important? I want you to clearly understand that this is a very busy neighborhood! It is the point of connection between the center of your brain, the bones of your skull (sphenoid), the master of your hormonal system (the pituitary), the center of your visual system (optic chiasm), your sensory and pain control system (the thalamus), the master regulation and homeostasis (balance) organ (hypothalamus), and the coordinator of the right and left sides of your body (the corpus callosum). And running along either side of this real estate are the middle cerebral arteries.

~~~~~

### **Doorways into the Hypothalamus and the Orexin Systems**

Describing another way to look at the region, researchers put it this way: “The hypothalamus is a key neural region in the regulation of sleep, its

anterior [front] part implicated in sleep facilitation, while the posterior [back] hypothalamus acts in a balanced way to maintain wakefulness. The hypothalamus forms part of the so-called central autonomic network, regulating body homeostasis and controlling pain. To this effect, it is strongly wired to more rostral [above] and caudal [below] areas, in particular the brainstem periaqueductal grey, the locus coeruleus and the median raphe nuclei, all involved in sleep mechanisms and also in the descending control of pain perception. The hypothalamus, especially its posterior regions, becomes activated during attacks of the so-called trigeminal autonomic cephalalgias (TACs) [painful headaches], while brainstem, especially dorsal pontine, activity shows up during migraine attacks. The hypothalamus and interconnected brainstem areas likely represent the neural sites responsible for the chronobiological [wake/ sleep cycle and more] features of some headaches, in particular the sleep-related attacks typical of the TACs, migraines and the hypnic headaches.”

Source: Montagna, P. (2006). "Hypothalamus, sleep and headaches."  
Neurol Sci 27 Suppl 2: S138-143.

A key signaling molecule in the hypothalamus is hypocretins or orexin. Orexin, produced in the hypothalamus promote wakefulness and arousal. It also regulates reward-related behaviors, including craving tasty foods and drugs. Orexin is also responsible for the balance of energy metabolism, autonomic function [rest / digest and fight or flight], hormonal balance, the regulation of body fluids or water retention and even has a small role in reproductive health. Researchers noted the presence of hypocretin-immunoreactive fibers in the medulla of the brainstem also indicates cardiovascular regulatory effects.

It is also involved in narcolepsy or suddenly falling asleep during the day. "Hypocretin-containing cells are located exclusively in the lateral hypothalamus, with widespread projections to the entire neuroaxis. Hypocretin abnormalities cause narcolepsy in humans.."

Source: Hungs, M. and E. Mignot (2001). "Hypocretin/orexin, sleep and narcolepsy." Bioessays 23(5): 397-408.

So here we have a neuromodulator - orexin, a part of the brain - the hypothalamus and a communication process that regulates a number of important functions. Processes in the brain often function like doorways into the room, where you can change something and everything in the room works better.

~~~~~

Kimberly Burnham's Story of Migraine Solutions

"I moved my head from side to side as slowly and quietly as I could. I had to finish the mid-term exam and I couldn't read the paper clearly. Two hours earlier I was telling myself, "You shouldn't have skipped lunch but this isn't a migraine. This is just missing lunch." I call it migraine denial. Have you ever had that, where you know it is a migraine but it is not severe enough for you to believe that it is and go home and lay down.

Now there was a big black hole in the middle of my vision and I had to move my head to be able to read the massage therapy test questions. Finishing the test, I took a taxi home and laid down in a dark quiet room, gently pressing on the back of my neck, thinking, "Enough! I have to find a solution to the migraines. Five or six severe migraines a year for ten years is too long."

About finished with massage school at Sutherland-Chan, one of the best massage schools in Canada with a 2200 hour program, I started taking CranioSacral Therapy and SomatoEmotional Release classes from John Upledger at the Upledger Institute; Cranial Therapy from the Milne Institute, plus Cranial Osteopathy classes in the Canadian College of Osteopathy's five year Toronto, Ontario program. I studied Specific Osteoarticular Adjustment & Soft Tissue Technics with Harold I. Magoun, Jr. His father is famous for his book Osteopathy in the Cranial Field..

I studied other things too like, Lymphatic Drainage from French Osteopath, Philippe Druelle, DO; Process Acupressure, Endermologie, Paul Chauffer's Mechanical Link and Visceral Manipulation with Jean-Pierre Barral, Frank Lowen and Sharon W. Giammatteo and then hundreds of hours of Integrative Manual Therapy classes with Sharon W. Giammatteo, Tom Giammatteo, Kris Albrecht, Carol Gordon, Nancy Ortolani, George Giannoni, Frank Gentile, David Berenbaum, Sue Leger, Kris Godiksen, and many other wonderful instructors.

One year, 1999, I literally spent 100 plus days in class, but the studying, training, self-treatment, treatment exchanges with friends (and my friends have amazing hands), has totally been worth it, because in the last 12 years, I have had one migraine. And that migraine was during a stressful time with the exact weather pattern that would trigger my migraines, a bright sunny, sunny day followed by a thunder and lightning storm.

And that one, was three years ago so I have invested thousands of hours of training, tuition dollars and treatment costs but migraine-free – priceless."

Source: Kimberly Burnham 2011

≈≈≈≈≈≈

Exercise: Consider these questions:

Which of the following are easiest for me to influence?

My sleep pattern?

My waking up pattern?

My productivity pattern?

My focus during the day?

My going to sleep routine?

My autonomic network, including my breathing?

My ability to regulate the balances within my body?

My sensitivity to pain? What increases my sensitivity to pain? What decreases it?
The blood flow, nutrients and the space my hypothalamus and brain has?
The new connections my brain lays down?
My appetite and cravings?
My response to stress?
My kidney function and water retention?
My reproductive health?
My heart rate?
Where am I the most in control?
What system in my mind-body connection has the greatest challenges?
How can I support that system?

What can I do to open a door and change my sleep - wake pattern?

≈≈≈≈≈≈

Exercise: The Value of Imaginary Sleeping

Time: 10–15 minutes.

Step 1: Rest quietly with your eyes closed.

Step 2: Visualize the inside of your head, starting at the eyes and moving to the optic chiasm and on to the occipital lobe at the back. Imagine what you would see if you were small enough to walk along the nerve pathways leading from your right eye, back through your head, to the interchange of the optic chiasm, and then across and back to the left side of the occiput, or the back of the head.

Step 3: Consider what is working and what could be better connected. Ask yourself, “How well does light information flow from my eyes, through the optic chiasm and suprachiasmatic nucleus of the hypothalamus (internal clock), and on to the back of my head, where visual information is interpreted by my brain?”

Step 4: Feel the back of your neck and visualize your spinal cord as it merges into your head and brainstem. Imagine information from your hand traveling along your arms and shoulders, into your neck and spinal cord, and then into the head and brainstem. From there, visualize the information moving into the area of the thalamus and hypothalamus, where it is interpreted as pain or other sensations, and as it determines whether anything needs to be regulated, such as temperature.

Step 5: Feel the front of your neck, where the thyroid lies and the internal carotid arteries run along either side. Imagine blood flowing from your heart, up into your neck, past the thyroid, and into the area of the head where the pituitary gland sits, sending out signals to the entire hormonal system. Just above the pituitary are the optic chiasm and the hypothalamus, regulating the autonomic nervous system along with fluid flow, appetite, and temperature controls of the body.

Step 6: As you touch the outside of your head, the forehead, the back of your head, the top of your head, and each side at the temples and above the ears, notice any changes occurring inside your head. Imagine how even the slightest pressure impacts the hypothalamus, the pituitary, the blood flow, the flow of visual information.

Step 7: Write a few lines about what you noticed and what changed about your sleep patterns.

≈≈≈≈≈≈

Pain, Fatigue, and Sleep in Health Issues

In this study, researchers looked at 45 studies of mind-body approaches that address pain, fatigue, and sleep disturbances occurring in patients with cancer. This is what they found:

Imagery and hypnosis, along with cognitive-behavioral therapy and coping-skills training interventions, have produced improvement in all three cancer-related symptoms individually: pain, fatigue, and sleep disturbance.

Relaxation has resulted in improvements with pain and sleep disturbance.

Meditation interventions have demonstrated beneficial effects on fatigue and sleep disturbance.

Music interventions have demonstrated efficacy for pain and fatigue.

Source: Kwekkeboom, K. L., C. H. Cherwin, et al. (2010). "Mind-body treatments for the pain-fatigue-sleep disturbance symptom cluster in persons with cancer." *J Pain Symptom Manage* 39(1): 126-138. [Full Text] www.ncbi.nlm.nih.gov/pmc/articles/PMC3084527/pdf/nihms286299.pdf

How Can You Benefit from This Research?

1. Try to use guided imagery, cognitive-behavioral therapy, methods for increasing your coping skills, relaxation techniques, meditation, and listening to relaxing music.
2. Many libraries carry guided-imagery audios, meditation programs, and music CDs.

≈≈≈≈≈≈

Chapter 8: Touch Sensation and Sleep

"It is a common experience that a problem difficult at night is resolved in the morning after the committee of sleep has worked on it." —John Steinbeck

Whether it is the soothing effect of a loved one rubbing your back or a mother rocking a baby to sleep, touch influences how we feel and how easily

we fall asleep. Many touch therapies can also affect pain symptoms and how comfortable we feel in our bodies. Whether it is a professional massage therapist, a friend, or our own hands massaging our feet, massage can be relaxing and improves the quality of sleep.

A good night's sleep decreases symptoms of fibromyalgia, including generalized pain, joint rigidity, intense fatigue, sleep alterations, headache, spastic colon, craniomandibular [jaw and TMJ] dysfunction, anxiety, and depression. In this study, researchers found that massage and myofascial release therapy (a specialized hands-on treatment) can improve pain, anxiety, quality of sleep, depression, and quality of life in patients with fibromyalgia.

Testing 74 people with fibromyalgia symptoms in a randomized, controlled clinical trial, researchers concluded that massage and myofascial release techniques improved pain and quality of life in patients with fibromyalgia.

Source: Castro-Sanchez, A. M., G. A. Mataran-Penarrocha, et al. (2011). "Benefits of massage-myofascial release therapy on pain, anxiety, quality of sleep, depression, and quality of life in patients with fibromyalgia." Evid Based Complement Alternat Med 2011: 561753.[Full Text]
<http://pubmedcentralcanada.ca/picrender.cgi?accid=PMC3018656&blobtype=pdf>

≈≈≈≈≈≈

Heal More Quickly with Better Sleep

Sleep problems are common after surgery or a major injury. Pain, stress, anxiety, and poor sleep quality may all be improved by massage therapy, gentle touch and increased sensory awareness.

In a study of 57 people who had undergone cardiopulmonary artery bypass graft surgery, researchers found that the "massage therapy group had fewer complaints of fatigue on Day 1 and Day 2. In addition, they reported a more

effective sleep during all three days when compared with the participants in the control group."

"Massage therapy is an effective technique for improving patient recovery from cardiopulmonary artery bypass graft surgery because it reduces fatigue and improves sleep."

Source: Nerbass, F. B., M. I. Feltrim, et al. (2010). "Effects of massage therapy on sleep quality after coronary artery bypass graft surgery." Clinics (Sao Paulo) 65(11): 1105-1110. [Full Text]
<http://pubmedcentralcanada.ca/picrender.cgi?accid=PMC2999703&blobtype=pdf>

How can you benefit from this research?

1. See a massage therapist or myofascial release practitioner on a regular basis.
2. Learn massage techniques, and exchange massages with a friend. Hand massage or foot massage are easy to learn and perform, and they can be very relaxing.
3. Experiment with self-massage techniques.
4. Notice how you sleep after getting a massage.

≈≈≈≈≈≈

Acupressure and Acupuncture Points Decrease Sleep Disturbances in the Elderly and Due to Sleep Apnea

If you have sleep apnea, you might be looking for non-drug options to ensure that the following won't happen to you:

"Bob was having trouble getting to sleep at night. He went to see his doctor, who prescribed some extra-strong sleeping pills. Sunday night Bob took the pills, slept well, and was awake before he heard the alarm.

He took his time getting to the office, strolled in and said to the boss. "I didn't have a bit of trouble getting up this morning."

"That's fine," roared the boss, "but where were you Monday and Tuesday?"

Traditional Chinese acupuncture is a noninvasive technique that promotes health and comfort. Recently, a study on the quality of sleep in elderly nursing home residents found "significant differences between the acupuncture group and the control group in subjective [what the person says] sleep quality, sleep duration, habitual sleep efficiency and sleep disturbance." It was particularly beneficial in lessening the number of times the person woke up during the night. Endorsing acupuncture as a non-pharmacological and complementary therapy for sleep-disturbed elderly people, researchers concluded that "acupuncture has an effect on improvement of sleep quality."

Source: Reza, H., N. Kian, et al. (2010). "The effect of acupuncture on quality of sleep in Iranian elderly nursing home residents." *Complement Ther Clin Pract* 16(2): 81-85. [Medline Abstract]

One of the problems with sleep apnea is that oxygen levels in the body decrease too much. In a study that looked at acupuncture for sleep apnea, researchers used reflex points at Shanglianquan (Extra), Fengfu (GV 16), Yamen (GV 15), and Fengchi (GB 20), and concluded that "acupuncture is one of the therapies that improves anoxia [lack of oxygen] in patients of obstructive sleep apnea-hypopnea syndrome."

Source: Xu, J., Y. X. Niu, et al. (2009). "[Effect of acupuncture on blood oxygen saturation in patients of obstructive sleep apnea-hypopnea syndrome]." *Zhongguo Zhen Jiu* 29(1): 84-86. [Medline Abstract].

The acupuncture points referred to above are on the head, along the Governing Vessel (GV), which is along the center of the head, and the Gallbladder (GB) meridians at the side of the head and face.

≈≈≈≈≈≈

Exercise: Self-Acupressure to Head and Neck

Time: 10–15 minutes

Step 1: Assess your relationship with touch, the level of touch in your life

Step 2: At least an hour or two before going to bed, get a massage, acupressure or acupuncture treatment, or perform self-massage to your head and neck.

Step 3: Press the Governing Vessel points (charts are available on the internet or in an acupuncture book) in a line along the center of the head, from the bridge of the nose back to where the center of the skull meets the neck. Press, rub, or massage the points.

Step 4: Press the Gallbladder points (charts are available on the internet or in an acupuncture book) in a line along the sides of the head from the eyes, along the area just above the ears, to the back of the head where the skull meets the sides of the neck. Press, rub, or massage the points gently.

Step 5: Press, rub, or massage the earlobe, which is thought to represent the head in auriculo-therapy, or ear acupuncture.

Step 6: Focus with your hands on any other points in the head and neck area that are tender or feel good to touch. Be sure to breathe as you do this.

Step 7: Press points at the back of the head, just above the place where the head meets the neck. In this area, inside the head, is the brainstem, where the sleep centers, the brain's basal ganglia and hypothalamus, are found.

Step 8: Do this several evenings in a row, then notice how your level of sleep increases.

≈≈≈≈≈≈

The Gallbladder, Liver and Sleep

Another study found that sleep disturbances are emerging as a sensitive sign of subclinical (not yet noticeable symptoms) encephalopathy (brain degeneration) in people with liver cirrhosis. In other words, liver and gallbladder problems due to alcohol or sugar can cause brain damage and sleep problems.

Source: Velissaris, D., E. Solomou, et al. (2006). "Sleep disorders and brain MRI as early indicators of subclinical hepatic encephalopathy." *Hepatogastroenterology* 53(67): 51-54. [Medline Abstract].

Another study found that jaundiced newborns, or babies with less-than-ideal liver and gallbladder function, tend to sleep more than the unjaundiced ones. They noted, "increased CO production in jaundiced newborns probably plays role in increased sleep state due to the regulatory effects on sleep circadian rhythm and REM-sleep, via cholinergic system activation."

Source: Ozkan, H., F. Tuzun, et al. (2008). "Increased sleep tendency in jaundiced infants: role of endogenous CO." *Med Hypotheses* 71(6): 879-880. [Medline Abstract].

An acupuncture study found that "stimulation of LU7 [Lung Meridian] acupuncture point counterbalanced naturally occurring sympathetic increase [fight or flight] over time and had relaxing and harmonizing effect on the heart rhythm without influencing subjective perception of increased anxiety. Stimulation of KD6 [kidney meridian] acupuncture point had sympathetic influence on heart rate variability (HRV) in subjects with low "trait" anxiety and this influence was nullified by simultaneous stimulation of LU7 acupuncture point.

Psychological factors such as anxiety level should be considered as having important influence on physiological response to acupuncture."

Source: Vickland, V., C. Rogers, et al. (2009). "Anxiety as a factor influencing physiological effects of acupuncture." *Complement Ther Clin Pract* 15(3): 124-128. [Medline Abstract].

Several acupuncture texts describe LU7 as one of the most powerful points of all the lung meridian points. It is the seventh point along the lung meridian, which starts in the upper chest and runs along the arm. It is commonly used to stop a persistent cough and relieve a sore throat. Besides treating those symptoms, LU7 is often used to treat conditions related to the head and neck, such as headaches, migraines, stiff neck, facial paralysis, toothache, as well as pain and/or weakness in the wrist. LU7 is considered to be the "command point" of the head and neck, and it is also used to improve circulation in the brain and to stimulate memory.

How can you benefit from this research?

1. See an acupressure practitioner or acupuncturist on a regular basis.
2. Learn some of the acupressure points. These are reflex points that shift the flow of energy within the body, release tension, and help regulate emotions.
3. Charts showing the location of specific acupuncture points are widely available in books and on the internet. Acupressure is pressing or rubbing an acupuncture point, and it can have a similar effect to using an acupuncture needle.
4. Take care of your liver and gallbladder. Alcohol and processed sugar both interfere with liver function and contribute to inflammation and sleep problems.
5. Massage LU7, just above the wrist, along a line that begins at the thumb and continues up the arm. Do this several times a day for one minute each time.

~~~~~

## **Chapter 9: The Affect of Sleep on Digestion**

"I am accustomed to sleep and in my dreams to imagine the same things that lunatics imagine when awake." —Rene Descartes

In a 2005 review of the relationship between sleep and digestive function, researchers found sleep-related gastroesophageal reflux (GER) is an important factor in the development of esophagitis (esophagus inflammation), breathing problems, and imbalances in autonomic functioning (fight-or-flight and rest-and-digest) during sleep, particularly REM sleep.

Source: Orr, W. C. and C. L. Chen (2005). "Sleep and the gastrointestinal tract." *Neurol Clin* 23(4): 1007-1024.

Sensation is also altered during sleep. Typically we hear fewer sounds while we asleep, but internal or visceral sensations are enhanced. This enhanced internal communication protects the lungs from inhaling and choking on food from the digestive system. People with digestive problems often find that they worsen at night because there is an imbalance in the communication system, and the protective mechanisms are not doing their job. This factor leads to digestive problems, breathing problems, and sleep issues.

~~~~~

Exercise: Assessing Diet, Sleep, and Digestive Health

Time: two weeks

Step 1: Assess how your diet and when you eat certain foods affect your sleep. There are an awful lot of factors to consider, but giving this some thought can often provide interesting information.

Step 2: Eat a smaller meal than usual, with more fresh fruits and vegetables, at least three hours before you go to bed.

Step 3: Evaluate how you feel the next morning.

Step 4: Repeat Steps 2 and 3 for four days in a row, and notice the changes in digestive health and sleep quality.

Step 5: Eat a normal dinner, and then go for a relaxing, 15–30 minute walk. Notice how your digestive system feels as you go to bed.

Step 6: Evaluate how you feel the next morning.

Step 7 Repeat Steps 5 and 6 for four days in a row, and notice the changes in digestive health and sleep quality.

Step 8: Eat a normal dinner, but ensure that it is 100% gluten-free.

Step 9: Notice how your digestive system feels as you go to bed.

Step 10: Evaluate how you feel the next morning.

Step 11: Repeat Steps 8–10 for four days in a row, and notice the changes in digestive health and sleep quality.

Step 12: Develop new eating habits based on what you learned from your body in these two weeks.

~~~~~

## **SAD, Emotions, and Sleep**

The quality of brain function while you are awake affects cognitive function, or how well you consider and make choices. How well your sleeping brain functions, along with specific sleep-stage physiologies, also affect the regulation of cognitive and emotional brain processes. There is evidence for the role of sleep in memory processing and in sleep-dependent plasticity (healing and change), and there is accumulating evidence for the role of sleep in associative memory processing. These suggest that the long-term goal of sleep may not be the strengthening of individual memory items, but, instead, their abstracted assimilation into a schema of generalized knowledge. There is also a newly emerging benefit of sleep in regulating emotional brain reactivity.

Source: Walker, M. P. (2010). "Sleep, memory and emotion." *Prog Brain Res* 185: 49-68. [Medline Abstract].

Our cyclical behaviors are not passive responses to changes in the environment. Rather, they are generated by an internal circadian pacemaker, set by a few environmental cues, like the light-and-dark cycle. Cycles of sleep and wakefulness are the most conspicuous of circadian rhythms. Since modern humans use artificial light to extend their period of wakefulness and activity into the evening hours, they adhere to a short night's sleep schedule and require a highly-consolidated and efficient sleep. As shown by studies in artificial long nights, modern humans may be sleep deprived. Humans have also increasingly insulated themselves from the natural cycles of light and darkness. Still, the human circadian pacemaker has retained the capacity to detect seasonal changes in day length.

"A mood disorder involving a recurring autumn or winter depression (seasonal affective disorder, SAD) is related to latitude, with the number of cases increasing with distance from the equator. SAD is ameliorated by using brilliant light. In non-seasonal depression, mood typically fluctuates daily, with improvement over the course of the day, and various physiological functions exhibit an altered circadian pattern, suggesting a

link with circadian disruption. Treatment of circadian rhythm disorders, whether precipitated by intrinsic factors (e.g., sleep disorders, blindness, mental disorders, aging) or by extrinsic factors (e.g., jet lag, shift work) has led to the development of a new type of agents called "chronobiotics," among which melatonin is the prototype."

Source: Cardinali, D. P. (2000). "The human body circadian: How the biologic clock influences sleep and emotion." *Neuro Endocrinol Lett* 21(1): 9-15.

In another study, researchers found that a nap blocked and even reversed negative emotional reactivity to anger and fear while conversely enhancing ratings of positive (happy) expressions. Most interestingly, only those subjects who obtained rapid eye movement (REM) sleep during the nap displayed this happy, less-reactive state. This study also showed that we don't have the same emotional stability throughout the day, but instead, the more tired we are the more we will react with anger or fear.

Source: Gujar, N., S. A. McDonald, et al. (2011). "A role for rem sleep in recalibrating the sensitivity of the human brain to specific emotions." *Cereb Cortex* 21(1): 115-123.

In other words, they are saying what anyone who has ever seen a tired child knows: How well we sleep and how we feel affects our brain's ability to regulate our emotions or maintain "the optimal homeostasis of emotional brain regulation."

How can you benefit from this research?

1. Notice how your own emotional regulation varies with the time of day.
2. Plan experiences or events that you know will challenge your emotional regulatory ability according to when you are most refreshed and able to regulate your emotions. In other words, return to a problem once you are well-rested if you can.

3. Naps are good when you can get them, especially if you attain rapid eye movement (REM) sleep.
4. When you catch yourself reacting with negative emotions or being influenced negatively by someone else's mood, find a way to change. Sleep if you can, or at least try to observe something new.

~~~~~

Chapter 10: Sleep Better, Develop Easier, and Decrease Symptoms with Balanced Brain Chemistry, Touch, and Massage Therapy

Rheumatologists, or healthcare practitioners who help people with joint problems move better and have less pain and inflammation, have named a specific symptoms picture fibromyalgia. The symptoms are characterized in people who have widespread pain and numerous tender points in specific anatomic regions, but they have no evidence for disease pathology. Other common symptoms include unrefreshing sleep, chronic fatigue, and psychological distress. Rheumatologists have “evidence from humans and animal studies indicating that there is an inter-relationship of disturbances in the physiology of the sleeping-waking brain with the widespread musculoskeletal pain, chronic fatigue, and psychological distress in patients with hitherto unexplained pain/fatigue illnesses, e.g., fibromyalgia and chronic fatigue syndromes.”

Source: Moldofsky, H. (2008). "The significance of the sleeping-waking brain for the understanding of widespread musculoskeletal pain and fatigue in fibromyalgia syndrome and allied syndromes." *Joint Bone Spine* 75(4): 397-402. [Medline Abstract].

In other words, the better you sleep the better your muscles and body feel. Balancing the brain's chemistry is one solution, and research is showing some of the most important neurotransmitters (brain chemicals that enable

communication between neurons) include pregabalin, serotonin/noradrenaline compounds, and sodium oxybate.

A 2010 study in *Infant Behavioral Development* on massage therapy and brain chemistry in pregnant women found problems, including brain chemistry imbalances, anxiety, substance use (caffeine), prenatal depression, elevated cortisol, premature babies, low birth weight, and even postpartum depression, have been reduced by prenatal massage therapy provided by the women's partners. Massage therapy, combined with group interpersonal psychotherapy, was also effective for reducing depression and cortisol levels.

Source: Field, T., M. Diego, et al. (2010). "Prenatal depression effects and interventions: a review." *Infant Behav Dev* 33(4): 409-418. [Medline Abstract].

Another study looked at the benefits of foot reflexology, or foot massage, on 25 seniors. Researchers found that twelve 30-minute sessions "improved sleep quality more than in the control group. The experimental group had less depression disorder than the control group and higher serotonin levels [the happiness neurotransmitter] than the control group."

Source: Song, R. H. and D. H. Kim (2006). "[The effects of foot reflexion massage on sleep disturbance, depression disorder, and the physiological index of the elderly]." *Taehan Kanho Hakhoe Chi* 36(1): 15-24.[Medline Abstract].

A 2001 study of 24 people looked at massage therapy and a progressive muscle-relaxation program for chronic lower back pain. Researchers found that 30-minute massage therapy sessions, twice a week for five weeks, are effective in reducing pain, stress hormones, and symptoms associated with chronic lower back pain. "Participants receiving massage therapy reported experiencing less pain, depression, anxiety and their sleep had improved. They also showed improved trunk and pain flexion performance, and their serotonin and dopamine levels were higher."

Source: Hernandez-Reif, M., T. Field, et al. (2001). "Lower back pain is reduced and range of motion increased after massage therapy." *Int J Neurosci* 106(3-4): 131-145. [Medline Abstract].

In a study of rats, researchers found that touch vibration balanced the organ systems, promoted muscle repair, and sped up healing. They used a mechanical vibration tool to massage the three yin channels and the three yang channels in the hand—presumably because no one wanted to massage the rats!

There are three yin meridian (lung, heart, and pericardium, or the protective covering of the heart) and three yang meridians (the endocrine and hormonal system's triple warmer, small intestine, and large intestine) in each arm. This touch vibration created a better balance between these meridians associated with the cyclical balance of yin and yang, light and dark, male and female. In the study, there was a mechanical vibration treatment group (MV group), a nerve growth factor treatment group (NGF group [medication]), and a model group. While comparing the nerve growth factor treatment group, the control group, and the mechanical vibration treatment group, researchers noted that "mechanical vibration treatment can effectively accelerate repair of injured brachial plexus, slow down atrophy of skeletal muscle, and promote secretion of natural nerve growth factor in submaxillary gland [jaw area]."

Source: Mei, R. J., Y. Y. Xu, et al. (2010). "Experimental study on mechanical vibration massage for treatment of brachial plexus injury in rats." *J Tradit Chin Med* 30(3): 190-195. [Medline Abstract].

~~~~~

## **Chapter 11: Cycling Energy Through the Acupuncture Meridians: The Governing and Conception Vessels**

The Governing and Conception Vessels are the main rivers or channels of the body's Yin and Yang energies. They are cyclical and polar aspects of the body, reciprocal balanced, like midnight and midday, with one flowing into the other along the front and back of the central part of the body. They represent, yin-and-yang, front-and-back as they connect the uterus and prostate with the kidneys, heart, and brain.

The duality of the Governing Vessel and the Conception vessel are also represented in the focused concentration used in energy cultivation meditations. One direction follows the Microcosmic Fire cycle along the Governing Vessel (up the spine and down the chest) to stimulate the emotional regulation of the acquired mind (Zhi Shen); the other direction follows the Microcosmic Water cycle along the conception Vessel (up the chest and down the spine) to stimulate spiritual intuition and activate the perceptions of the Yuan Shen.

Holding the tongue against the roof of the mouth connects the Governing and Conception vessels, and forms what is known as the Small Heavenly Circle, or the Microcosmic Orbit.

Source: Governing Vessel and Conception Vessel (2011).  
[Full Text] <http://lieske.com/channels/5e-gc.htm>

≈≈≈≈≈≈

### **Exercise: Balance the Yin and Yang Cycle of Acupuncture Meridians**

Step 1: Sit or lay quietly.

Step 2: Focus on your breathing.

Step 3: Consider the path of each of the 14 meridians through the arms, legs and rest of the head and body..

Step 4: Gently rest the tip of your tongue on the roof of your mouth just behind the upper teeth.

Step 5: Notice what changes in your body.

Are your shoulders more relaxed?  
Are your calf muscles more relaxed?  
Does it influence the feeling in your head?

Now let's get back to people. Another study found that a daily 30-minute back massage, "administered to 52 hospitalized children and adolescents with depression and adjustment disorders over a period of five days, resulted in less depression and anxiety and lower saliva cortisol (stress hormone) levels after massage. In addition, nurses rated the subjects as being less anxious and more cooperative on the last day of the study, and their nighttime sleep increased over this period. Finally, urinary cortisol and norepinephrine levels decreased, but only for the depressed subjects."

Source: Field, T., C. Morrow, et al. (1992). "Massage reduces anxiety in child and adolescent psychiatric patients." *J Am Acad Child Adolesc Psychiatry* 31(1): 125-131.[Medline Abstract].

In another study completed by Dr. Tiffany Fields, "Twenty-six pregnant women were assigned to a massage therapy or a relaxation therapy group for 5 weeks. The therapies consisted of 20-min sessions twice a week. Both groups reported feeling less anxious after the first session and less leg pain after the first and last session. Only the massage therapy group, however, reported reduced anxiety, improved mood, better sleep and less back pain by the last day of the study. In addition, urinary stress hormone levels (norepinephrine) decreased for the massage therapy group and the women had fewer complications during labor and their infants had fewer postnatal complications (e.g., less prematurity)."

Source: Field, T., M. Hernandez-Reif, et al. (1999). "Pregnant women benefit from massage therapy." *J Psychosom Obstet Gynaecol* 20(1): 31-38.

How can you benefit from this research?

1. Massage therapy and touch are beneficial for people with depression and anxiety, including pregnant women and their babies, people with chronic pain, and those with sleep disorders.
2. Foot massage can improve sleep, make you happier, and increase your serotonin levels, or the happiness neurotransmitter.
3. Massage can be done by a partner, friend, or family member.
4. Massage therapy helps you sleep better, makes you happier and calmer, and improves back comfort and flexibility.
5. Touch vibration helps us heal our muscles and create balance in our muscles and lives.
4. Brain chemistry influences how we sleep, develop, move, and function.
5. Brain chemistry can be influenced by what we feel, our sensations, or our physical experiences of life, i.e. touch.
6. Life is less complicated when it includes touch.

≈≈≈≈≈≈

### **Chronic Back Pain Limits Brain Power**

You don't need to be a scientist to know that chronic back pain can have a negative impact on your life. It often brings with it anxiety and depression. It can affect your ability to work, sleep, and perform other daily activities.

Recent findings by researchers from Northwestern University show that chronic back pain—defined as pain lasting six months or longer—can cause significant and long-lasting damage to the brain, aging it up to 20 times faster than normal.

In fact, chronic back pain actually shrinks the gray matter of the brain—the part responsible for memory and information processing—by as much as 11% each year. In contrast, normal aging of the brain results in just a 0.5% loss of gray matter a year.

Scientists compared 26 healthy volunteers with 26 patients who had been suffering with chronic lower back pain, some with sciatica, for more than a

year. Those with chronic back pain with sciatica had the largest decrease in gray matter. Another significant finding was that the longer a subject had had chronic back pain, the more brain loss he suffered. One theory on why there is such a large decrease in gray matter is that chronic pain forces nerve cells to work overtime, and they simply get tired.

The idea is that when pain kicks in, it triggers a region of the brain known as the lateral occipital complex (LOC). When this happens, it overrides a person's ability to concentrate and accurately recognize images.

Source: Cannone, J. (2008). "Chronic Back Pain Limits Brain Power." Alternative Mental Health: [Reference] Alternativementalhealth.com

~~~~~

Exercise: Strategies to Improve Memory and Sleep

Here are a few quick tips for improving your memory from J Cannone:

1. Read out loud. If you want to remember something, saying the words out loud will help burn the information into your brain. If you can turn it into a rhyme, even better.
2. Write down what you need to know. Mental clutter makes it hard to recall data. Use address books, datebooks, and calendars. Jot down notes on more complicated material, and reorganize your notes as soon as possible. The physical act of rewriting can help imprint facts into your memory.
3. Rehearse and review. Go over what you've learned the day you learn it, and review it periodically.
4. Be sure to include nutrients such as vitamins B, C, and E in your diet. They can nurture brain function. Dietary sources of B include spinach and

other dark leafy greens, strawberries, melons, and black beans. Vitamins C and E improve the flow of oxygen through the brain. Good natural sources are berries, sweet potatoes, red tomatoes, green tea, nuts, citrus fruits, and liver. Omega-3 fatty acids—found in cold-water fish such as salmon and tuna—are also associated with improved cognitive function.

5. Surprise your brain. Another way to help your brain perform better is to stimulate it through novelty.

~~~~~

### **Exercise: Increase Comfort, Improve Sleep**

Step 1: Evaluate the comfort level in your physical body while you sleep and while you are awake.

Step 2: Every night for a week, notice how your body feels when you go to bed.

Step 3: Then pay attention to how it feels when you wake up. Is there a difference from day to day?

Step 4: Do some light movements or physical exercises before going to bed. Swing your arms, rotate your ankles, move your back. Do something that relaxes the muscles and allows for better blood flow during the night.

~~~~~

Music, Relaxation, and Sleep

Music can help you relax before going to bed. After looking at five randomized, controlled trials, with six treatment conditions and a total of 170 participants in intervention groups and 138 controls, researchers found that "music-assisted relaxation [listening to music that is relaxing] had a

moderate effect on the sleep quality of patients with sleep complaints. They also noted, music-assisted relaxation can be used without intensive investment in training and materials and is therefore cheap, easily available and can be used by nurses to promote music-assisted relaxation to improve sleep quality."

Source: de Niet, G., B. Tiemens, et al. (2009). "Music-assisted relaxation to improve sleep quality: meta-analysis." *J Adv Nurs* 65(7): 1356-1364. [Full Text]. www.ncbi.nlm.nih.gov/pubmed/19456998?dopt=Citation

In another study, researchers noted that "sleep disorders may result in fatigue, tiredness, depression, and problems in daytime functioning. Music can reduce sympathetic nervous system activity, decrease anxiety, blood pressure, heart and respiratory rate and may have positive effects on sleep via muscle relaxation and distraction from thoughts." At the end of the study, they concluded that "relaxing classical music is an effective intervention in reducing sleeping problems. Nurses could use this safe, cheap and easy to learn method to treat insomnia."

Source: Harmat, L., J. Takacs, et al. (2008). "Music improves sleep quality in students." *J Adv Nurs* 62(3): 327-335. [Medline Abstract].

≈≈≈≈≈≈

Exercise: What Kind of Music Do You Like?

Time: 10–15 minutes

Step 1: Evaluate your relationship to sound. How is your hearing? How quiet is your sleeping area? What kind of music do you like?

Step 2: Listen to 10 different kinds of music for a few minutes each. Before and after each piece, notice how your body feels. Do you feel calmer, more relaxed? How do your shoulders feel? How do your toes feel? Which kind of music helped you unwind and relax the most?

Step 3: Notice how music in the evening or in the morning changes your relationship with sleep and with the contribution you can make to your community.

~~~~~

### **A Brief History of Sleep Conversations**

16,000 years ago: "It is dark, I am going to bed."

15,000 years ago: "I am going to sit by the fire for a little while longer."

300 years ago: "Early to bed and early to rise makes a man healthy, wealthy, and wise." Benjamin Franklin, author, diplomat, inventor, physicist, politician, & printer (1706 - 1790).

130 years ago: "How can we use this light bulb?" Thomas Edison, 1878.

110 years ago, Paris World's Fair: "I am just going to watch TV for a few more minutes." Russian, Constantin Perskyi

85 years ago: "I am just going to be on the computer for a few more minutes." The First Computer Geek, 1930

70 years ago: "Sleep is an excellent way of listening to an opera." James Stephens (1882-1950)

15 years ago: "I'll sleep when I'm dead." Warren Zevon (1947-2003)

5 years ago: "Remember happiness doesn't depend upon who you are or what you have; it depends solely on what you think." Richard Caridi, 2006, as quoted in *Plenty of Time to Sleep When You're Dead: A Compilation of Life-changing Quotes*.

Today: "Pay attention to your interesting world and sleep deeply tonight."

Source: Kimberly Burnham, The Nerve Whisperer.

<http://www.facebook.com/pages/Kimberly-Burnham-The-Nerve-Whisperer/207375335971612>

~~~~~

Overall Brain Health

Anyone with sleep problems knows this already, but here is some recent research that confirms the knowledge:

If you aren't sleeping well, how you feel in the morning isn't the only problem. Studies show that people with insomnia also have poor health outcomes, cognitive and functional impairments, lesser quality of life, and have a higher-than-average risk of ending up in a nursing home, falling, or worse. Researchers put it this way: "It is clear that poor sleep is associated with poorer functional outcome."

Source: Ancoli-Israel, S., A. D. Krystal, et al. (2010). "A 12-week, randomized, double-blind, placebo-controlled study evaluating the effect of eszopiclone 2 mg on sleep/wake function in older adults with primary and comorbid insomnia." *Sleep* 33(2): 225-234. [Full Text]
www.ncbi.nlm.nih.gov/pmc/articles/PMC2817909/pdf/aasm.33.2.225.pdf

~~~~~

## **Chapter 12: Novelty, or Doing New Things, Increases Brain Health**

Dante Chialvo describes behavior as the ultimate interface between brain dynamics and the environment. He addresses the issue of "how the very large conglomerate of interconnected neurons produce a repertoire of given behaviors in a flexible and self organized way."

Source: Chialvo, D. R. (2010). "Emergent complex neural dynamics: the brain at the edge." *Nature Physics* 6, 744-750 Department of Physiology, David Geffen School of Medicine, UCLA, Los Angeles, CA 90024, USA and Facultad de Ciencias Medicas, Universidad Nacional de Rosario, Rosario 2000, Argentina.

In other words, the fractal design of the brain allows for adaptability and flexibility. Our brains are built to be flexible and adaptable, but sometimes, due to injuries or disease, our brains lose that adaptability and flexibility.

Business entrepreneur, Eben Pagan put it this way, "Success is an emergent property." Meaning that success is not a result of doing one thing but depends on how you connect different ideas and activities. In his How to be an Entrepreneur seminar he asks, "What is the big picture? What do I need in order to be successful?" Put these ideas together and they multiple each other.

Source: Eben Pagan (2011) How to be an Entrepreneur. {Details]  
<http://www.getaltitude.com/cms/gurumasterclass/program.html?s=10033&e=1>

Connecting one to another one becomes much more than the two that results from simple adding one and one. Consciousness is also an emergent property of a healthy adaptable brain that flexibly responds to the sensations around you. Success and consciousness emerge from the way we connect with our internal environment and how we connect ourselves and other people to the ideas and experiences around us.

≈≈≈≈≈≈

### **Exercise: New Feelings = Alertness, Then Sleep**

One way to stimulate brain health, to have the ability to pay attention, to be alert, and then to be able to sleep when you want is by experiencing new things. This is a novelty exercise.

Time: 5 minutes

Step 1: This can be done once or several times throughout the day. For better sleeping, do it 30 minutes to an hour before you go to bed.

Step 2: Choose a physical object that is small enough to hold in your hands.

Step 3: Observe the item. Really look at it and sense it as clearly as possible for a minute or so.

Step 4: Describe the item out loud to yourself or to someone else, either in person or on the phone. Describe everything about it: the color, the shape, the texture, the temperature, the design, the smell or taste if appropriate, or the sound it makes or if you tap on it.

Step 5: Ask yourself whether someone else would recognize the item from your description.

~~~~~

Exercise: Novelty to Increase the Adaptability and Flexibility of Your Brain

Time: 10–15 minutes

Step 1: Notice how many of your waking hours are spent doing enjoyable and interesting things. Increase the percentage wherever you can. What is new and exciting in your life?

Step 2: Do activities that require adaptability and flexibility. Learn a new language, or investigate a new field of study. Sing with a choir, or listen to unfamiliar music. Take a different route to a familiar place. Travel to new places. Ask questions. Be curious. Find answers to things you have always been interested in but never took the time to discover.

Step 3: Notice your surroundings: the colors, smells, tastes, people, shapes, and textures. Stop and smell the roses.

Step 4: Encourage overall brain health. Eat healthy food, have good nutrition, and have a good water supply.

~~~~~

## **Exercise: New Visual Input**

Time: 15–20 minutes or longer.

Step 1: Get a new book, specifically a book of poems. If you usually read poems, get a book of puzzles. If you usually do puzzles, try a book about making paper airplanes, origami, or something similar. The point is, the book should make some demands on your brain, be different and have a series of passages so that you can read one each day.

Step 2: Look at the table of contents, and choose which pages you want to read today.

Step 3: Read the page or chapter.

Step 4: Use the information in a way that involves a sense other than vision. For example, reread the poem you chose out loud—really loud. Or use your hands to make the paper airplane or origami piece.

Step 5: Write about how the reading and doing felt to you. Be as descriptive as possible.

Step 6: Share the experience with someone else. Tell them how you felt, or read the poem to them and ask them how they feel about it.

Step 7: Use what you learn here: Take action, pay close attention to how the action feels, enjoy living, and notice how your actions change your life.

~~~~~

Where to Start?

We have covered a lot of information. But what it all boils down to is this: Are you going to use that information to do what it takes to change your sleep patterns, to wake up happy and be productive all day long?

Whether you meet this challenge with creativity or steadfast control is up to you.

Of all of the exercises in this training manual, which feels easiest to do first?

Which exercise is most appealing to you?

Which exercise will help you to make that connection between your inner being and your environment? Or between your mind and your body? Or between yourself and your friends, family, and colleagues?

Which exercises will help you regain the balance in your rhythms, in the cycles of restful sleep and wakeful focus? Will you increase your connection with your life by changing your diet, your sleep habits, your attention to the world, or your scheduling of time? Where will you start?

You have the keys to further unlock your human potential. Will you open the door and walk through to a new way of sleeping, waking, and contributing?

The main question really is, how will you enjoy your newfound energy, focus, and cognitive ability?

≈≈≈≈≈≈

Enjoy These Coaching Questions

Step 1: Answer them yourself.

Step 2: Ask them of your friends and family.

Step 3: Discuss the answers, and notice how each person is unique.

Who are you?

What do you stand for?

What is important to you?

Where are you in your life?
Where do you want to go?
How are you going to get there?
How do you feel about your competence?
How confident are you?
How much do you believe in yourself and your ability to succeed?
How have you set up your feedback loops and mentoring processes so you can be successful?
Where in your life do you feel out of control?
What would you love to change in your life?
Where do you feel competent in your life?
Where do you need more information to succeed?
What do you feel you have mastered?
Which challenges are you meeting?
Which challenges are helping you succeed—and even exceed—what you have previously done?
Are you creatively expressing yourself?
On a scale of 1–10, at what level are you currently creatively expressing yourself?
What aspect of your life has the most to do with your happiness?
Do you feel connected with your self?
Where in your life do you have the most congruency?
What do you care about?
Who do you take care of?
Who are you connected with?
How connected do you feel at home? At work?
Where in your life are you comfortable enough to be vulnerable?
Where in your life are you most conscious or have a deep awareness?
When do you feel most deeply aware of yourself and your desires?
Where are you contributing, giving, and making a difference?
What are you giving back to your community?

~~~~~

## **Kimberly Burnham's Bio**

Kim is passionate about changing the face of brain health worldwide and continues to do everything she can to promote a message of hope and practical solutions for conditions ranging from insomnia, chronic pain, and memory loss to traumatic brain injuries and Autism. Her message is supported by a PhD in Integrative Medicine, focused on recovery from Parkinson's disease symptoms. Her skill and motivation come from her own story of recovery and improved quality of life after a diagnosis of migraines and genetic and autoimmune eye disorders, as well as the success stories of thousands of clients she has helped during the last 15 years.

Author of the Messengers of Change mini-book *Our Fractal Nature, a Journey of Self-Discovery and Connection*, Kimberly also edited *The Burnham Review* and monthly newsletters covering complementary medicine approaches to more than 100 conditions. Her upcoming book is entitled *The Nerve Whisperer, Recover Your Life Through Brain Health*. Her teaching experience has taken her around the world, working in areas as various as teaching English in Japan to teaching Massage Therapy at her alma mater, Sutherland-Chan Massage Therapy School in Toronto, Canada. Kim has taught extensively for the Connecticut School of Integrative Manual Therapy and leads a Matrix Energetics Study Group in West Hartford, Connecticut.

~~~~~

Work with Kimberly Burnham, PhD Today

Kimberly Burnham, PhD, *The Nerve Whisperer*, Clinical Consultant, Vision and Nervous System Expert

Passionate about changing the face of brain health worldwide, I continue to do everything I can to get out a message of hope, practical solutions for conditions from sleep disturbances, insomnia, chronic pain, migraines, and

memory loss to traumatic brain injuries, Parkinson's disease, Huntington's, and autism.

My message is supported by a PhD in Integrative Medicine (2006) with my dissertation topic, *The Effect of Integrative Manual Therapy on Symptoms of Parkinson's Disease*. I am also happy to share my own story of recovery from migraines and vision issues and powerful examples of improved quality of life from the thousands of clients I have worked with over the last 15 years. I specialize in finding solutions for people with a diagnosis of Parkinson's disease, macular degeneration, multiple sclerosis, Huntington's ataxia and Lyme's disease.

Kimberly Burnham, PhD, The Nerve Whisperer & Victoria Carmona, Licensed Massage Therapist, CranioSacral Therapist and Nutritional Consultant

A Caring Touch Massage, Manual Therapy and Matrix Energetics
45 S. Main Street, Suite 307, West Hartford, CT 06107
(860) 221-8510 US EST

Appointments are available in West Hartford, Connecticut; San Diego, California; Munich, Germany; Belmont, NH; Eugene, OR; Portland, Oregon, Houston, TX; Norfolk, VA; Los Angeles, CA; Verona, Italy; Hong Kong as well as phone consultations & individualized research. I work and consult with Massage Therapists, Physical Therapists, Occupational Therapists, Chiropractors, and Acupuncturists.

In - Person session in the main office in West Hartford, CT are \$140 per hour. In - Person session in other offices where Kimberly Burnham is a visiting therapist / consultant – Price varies. Phone consultations to follow up on previous treatment sessions, self-care plans and Matrix Energetics session, Health Coaching and more. – \$140- \$200 / Hour

I believe, what we expect and observe, influences what we get. People in my practice can expect my full attention as well as positive changes and progress with their goals. It is best to come to the first session having

thought about your goals. If anything, truly anything, can shift about your health, your life, your relationships, your way of being in the world, what do you want? What does "better" look and feel like for you.

≈≈≈≈≈≈

Do You Need a Speaker for Your Next Conference?

I speak at large conferences, small focus groups, online summits and radio shows. Please contact me so I can help your audience, members or clients live with less pain and more success. Here is a replay of my presentation at the *Global Raising Consciousness Now Summit* at <http://consciousnessnow.tv/video/interview-with-kimberly-burnham-phd-on-the-2012-consciousness-raising-summit/>

Inspirational as well as step-by-step self-help books can be found on my Amazon Author's Page at <http://www.amazon.com/Kimberly-Burnham/e/B0054RZ4A0>

Please see my LinkedIn profile for a selection of upcoming presentations and clinical consultations at www.linkedin.com/in/kimberlyburnham

I would love to speak to your book club, health related gathering, or train you on the value of diversity, vision recovery, Parkinson's solutions, improving symptoms in genetic diagnoses, and more. Please contact me at <mailto:Sleep@VisualizeHealth.net> or 1 - (860) 221-8510 US EST to set up an in-person presentation or skype meeting. I also do a number of guest blogs every month.

≈≈≈≈≈≈

How to Get a Free Health and Wellness Session

From time to time I have special offers to encourage you to donate to my favorite causes. Today through August 2013, see my offer for a Phone/Skype consultation with a donation to Hazon for sustainable agriculture, food justice and to help eliminate hunger, obesity and food related illness. I am training for a 3300 mile bicycle ride from Seattle, Washington to Washington, DC. I will be dipping the wheels of my bicycle in the Pacific Ocean before launching across the United States on June 13, 2013. <http://hazon.kintera.org/2013usa/kimberlyburnham>

In fact, if you donate \$330 (Tax Deductible in US), I'll get on the phone with you for an hour. We can talk about your LinkedIn profile or your brain health or do a Matrix Energetics session. I am also happy to share one of my other eBook for a lesser donation.

I speak at large conferences, small focus groups, online summits and radio shows. Feel free to call in and ask a question so you can be more conscious, see clearly, and focus on your dreams. Here is a replay of my presentation at the *Global Raising Consciousness Now Summit* at <http://consciousnessnow.tv/video/interview-with-kimberly-burnham-phd-on-the-2012-consciousness-raising-summit/>

Inspirational as well as step-by-step self-help books can be found on my Amazon Author's Page at <http://www.amazon.com/Kimberly-Burnham/e/B0054RZ4A0>

~~~~~

### **Other Books by Kimberly Burnham, PhD**

Kimberly Burnham PhD, The Nerve Whisperer, Transformational Author and Speaker.

Here is How I Can Help You!

I write self-help articles, blogs and books in the area of vision recovery, nervous system improvements, and brain health, as well as on the benefit of

the stories you tell yourself and others about your past experiences, what the "Now" is like for you and what you expect to happen in the future.

There is more information about my writing and speaking below as well as on my Amazon Author's Page and Research Gate profile. many of my eBooks are free to Amazon Prime Members and occasionally free to the general public.

Kimberly Burnham PhD's books on Amazon Author's Page  
<http://www.amazon.com/Kimberly-Burnham/e/B0054RZ4A0>

Research Gate [https://www.researchgate.net/profile/Kimberly\\_Burnham/](https://www.researchgate.net/profile/Kimberly_Burnham/)

Blogs on Vision, Diversity, Brain Health, Bicycling, the Environment and Nature, Parkinson's Health, Manual Genetic Medicine, Manual Stem Cell Therapy, Fractals, Information Medicine and more at  
<http://www.KimberlyBurnhamPhD.com>

Free eBooks to Amazon Prime Members, Occasionally Free to the General Public

*Balancing the Sleep-Wake Cycle: Sleep Better, Learn Faster, Contribute More, and Enjoy Life to Its Fullest (Recover Your Life Through Brain Health)* by Kimberly Burnham (Oct 3, 2011)

*Regain Your Balance: Ataxia Solutions from The Nerve Whisperer, Find Health and Healing in Six Complementary and Alternative Medicine Arenas* by Kimberly Burnham (Sep 19, 2012)

*Parkinson's Disease? Walk Better, Sleep Deeper and Move Consciously, Solutions from Nature's Sensational Medicine Workbook* by Kimberly Burnham (Jan 6, 2013)

*What is Your Story? 21 Questions to Ignite a More Effective LinkedIn Story* by Kimberly Burnham (Nov 15, 2012) Enjoy a One Hour Consultation

on Your LinkedIn Profile \$97 plus a free copy of this book at  
[www.KimberlyBurnhamPhD.com](http://www.KimberlyBurnhamPhD.com)

*Our Fractal Nature, A Journey of Self-Discovery and Connection,  
Psychology Meets Science* by Kimberly Burnham (Jun 1, 2011)

*Live Like Someone Left The Gate Open* by Kimberly Burnham (Sep 18,  
2012)

*Raising Consciousness Now Global Summit.* Improve your vision, eyesight and insights today. Would you like to see the world better? Recognize our fractal nature and improve your brain health. Here are three easy Vision Exercises at about 28 minutes into this free video.

Use the blinking exercise, describing your way to better vision exercise and writing your sensory experience today to improve the way you see the colors and shapes in the world, the expression on a child's face, road signs at night and walk by the reading glasses counter at the grocery store.:-)

2012 World Consciousness Raising Summit Live video at  
<http://consciousnessnow.tv/video/interview-with-kimberly-burnham-phd-on-the-2012-consciousness-raising-summit/>

My bio, including a PhD in Integrative Medicine and my own vision recovery story is at Raising Consciousness Now  
<http://raisingconsciousnessnow.com/the-rcn-team/kimberly-burnham/>

In my private practice in West Hartford, CT, I specialize in helping people with Parkinson's disease, Huntington's ataxia, Migraines, macular degeneration and other chronic pain and brain issues.

Please let me know if there is anything I can do for you, Kim

Kimberly Burnham, PhD  
<http://www.KimberlyBurnhamPhD.com>

≈≈≈≈≈≈

## **Look Who's Talking**

A lot of people are going to miss out on sleeping better and developing better energy levels. They will say, “I don't have fifteen extra minutes a day,” “I don't have the money to put towards training and support,” or, “I can't change my diet and exercise.” None of those things are deal-breakers. What matters most is that you change something—today. Do something new today.

None of the reasons above stopped the following people from taking control of their sleep-wake cycles. Listen to what they have to say about the benefits of creating the lives they want.

“Lyme’s disease symptoms disrupted my sleep, and I was waking up tired, sore, and sluggish in the morning. With complementary medicine (Integrative Manual Therapy and Matrix Energetics), I feel so much better in the morning and am able to do more at work.” Elle N.

“Thanks for the baby massage tips. Michael is sleeping through the night now, nursing well and growing. You won’t believe the changes since you last saw him.” Michael’s mother

“My first experience of this type of phenomenon occurred to me after my first acupuncture treatment. Subjectively, I did not notice a difference in how I felt. However, I went to play basketball right after the treatment and, amazingly to me, I was completely "in the zone" without any explanation. I went from my usual of being a very average player to being "great for the day," making 5 three-point shots in a row to start the game. When I settled down to earth and tried to understand this miracle, I could only attribute this transcendent performance to my acupuncture treatment.

Since then, I have always been curious and drawn to the ability to transfer energy from practitioner to patient. I have witnessed this in a wide variety of modalities, including acupuncture, massage, physical therapy, craniosacral therapy, and energy work. Yesterday I was again fortunate enough to be the recipient of such a gift as I worked with a visiting massage therapist.

Her name is Kimberly Burnham. She is visiting Mission Hills Physical Therapy from her home in Connecticut. She practices Integrative Manual Therapy (IMT) and Matrix Energetics—modalities within the realm of physical therapy, but techniques which rely on energy and information transfer (as opposed to structural manipulation or strengthening of muscles).

I knew as I went through the experience that this was no average therapist. I could feel things happening in my body as we went through the process. When I stood up at the end of the session, I was different. My feet met the floor in a different way. I was more grounded. When I walked, I was sturdier and able to move with much less effort and energy. I went home and went for a real walk, and the changes persisted—subtle, but noticeably smoother. My herky-jerky gait was quieter, smoother, less neurologic.”  
Mark K., Medical Doctor

“Wow, what a book! [Our Fractal Nature, a Journey of Self-Discovery and Connection]. We swim in an ocean of endless possibilities, and it is on us to choose. Well done!” Reni S., Acupuncturist

"As I was reading Our Fractal Nature, a Journey of Self-Discovery and Connection, something resonated in me that illuminated all of the possibilities that I may not notice in life because I'm looking at things too closely ~ that just a tiny shift in perspective or shift of consciousness into looking at choices a different way and looking at choices inside of choices representing the fractals within fractals within fractals . . . and just in realizing that, I found myself shifting into a very positive place of infinite possibilities." Rachelle A, Matrix Energetics Certified Practitioner

"Thank you for this Sleep Tonight training. As I read through it, I found myself excited, saying WOW, the interconnectedness of the research, exercises, and what you are aware of. Thank you for this opportunity to work and get better sleep, a better day, and then better sleep again." David S.

~~~~~

Free Audio Cyclical Exercise Program

Enjoy a free MP3 Download of the Cyclical Exercise Timing Audio (Diabetes Workout Program)

http://momentumtherapiesllc.com/Policies_and_Links.html

~~~~~

### **Enjoy Your Ultimate Sleep and Wake Up Energized Keywords**

Better Sleep, More Alert, Day-Night Cycles, Rhythms, How to Focus, Ways to Relax, Self-Care Exercises, Self-Help for Insomnia, Create New Habits, Massage Therapy, Self-Massage, Matrix Energetics, Information Medicine, Novelty, Brain Health, Cycle Balance, Sleep Better, Wake Up Energized, Be Productive, Resetting Your Cyclical Nature, Insomnia, Not Sleeping Well, Narcolepsy, Sleeping at the Wrong Time, Fibromyalgia, Chronic Pain, Pain-Free, Fatigue, Restless Leg Syndrome, Restful Sleep, Restorative Sleep

~~~~~

Back Cover Copy

Kimberly Burnham PhD The Nerve Whisperer (2011). *Balancing the Sleep-Wake Cycle, Sleep Better, Learn Faster, Contribute More, and Enjoy Life to Its Fullest*. West Hartford, CT, The Nerve Whisperer Press from

<http://www.amazon.com/Balancing-Sleep-Wake-Cycle-Contribute-ebook/dp/B005SGIJ9K>

If you have sleepless nights and wake up tired, help is on the way. In this book, you will learn some quick and easy exercises to help you get a solid night's sleep, including a simple trick that guarantees a more interesting and productive day. Everything you need to know is inside.

Part 1: Learn how to reset your cyclical nature in as little as 10 minutes a day so you can sleep better at night and be more relaxed and productive.

Even if your time were worth only \$10 an hour, sleeping better for one extra hour a night and being more productive for two additional hours during the day will save you \$40 after just two nights and what you can do with those extra hours of productivity: priceless.

Next we explore how 5-10 minutes a day exploring how you feel, what you see, hear, and sense in the world around you influences you.

In part 3, you learn specific tips about changing the level of comfort (pain) and ease with which you use your body, whether you are sleeping, walking, SCUBA Diving or listening to the birds outside.

Part 4 focuses on "what's new," and the effect novelty on sleep and waking productivity.

Whether you live for another 80 years or less, this program will increase the quality of a third of your lifetime—but more importantly, this time greatly influences the other 16 hours a day, 365 days a year.

Excerpts:

"Sleep is the best meditation." —Dalai Lama, quoted in *Balancing the Sleep-Wake Cycle*.

"Pick something up every day and notice the shape, color, texture, sound, taste, smell, temperature, and consistency. Notice how the parts make up the whole.—Kimberly Burnham, PhD, The Nerve Whisperer in *Balancing the Sleep-Wake Cycle*.

"Change your relationship with light: sunlight, artificial light, visual information, and your sight or sensory experience of light."—Kimberly Burnham, PhD, The Nerve Whisperer in *Balancing the Sleep-Wake Cycle*.

"This exploration of the sleep-wake cycle will help you release the symptoms of insomnia (not sleeping well), narcolepsy (sleeping at the wrong time), fibromyalgia (chronic pain and fatigue), and restless leg syndrome (movement disturbing sleep). Start with one exercise and sleep better tonight."—Kimberly Burnham, PhD, The Nerve Whisperer in *Balancing the Sleep-Wake Cycle*.

"Employers spend approximately \$3,200 more in healthcare costs on employees with sleep problems than for those who sleep well."—The Institute of Medicine quoted in *Balancing the Sleep-Wake Cycle*.

"I spoke with a police officer whose main job was to catch drunk drivers 10 pm - 6 am. However, he has found himself increasingly pulling over tired drivers instead. He can't impound their cars, so he usually ends up scaring them enough that they stay awake till they get home."—*Balancing the Sleep-Wake Cycle*.

"These solutions are for people who want to have some steam left in the evening, not like a friend who says, "I know I am too tired when, at night after work, I find myself stopping at a stop sign and waiting for it to turn green." —*Balancing the Sleep-Wake Cycle*.

"The hormone, melatonin, produced in the pineal gland and in the intestines is associated with brain health and sleep as well as the ability of your digestive system to recover from inflammation, injury and food

poisoning. Specifically, melatonin balance is associated with the Earth elements. The Traditional Chinese Medicine elements are Wood, Metal, Earth, Fire and Water. The organs associated with the Earth elements are Spleen (melatonin, GABA), Pancreas (insulin) and the Stomach (acetylcholine)." —Kimberly Burnham, PhD, *The Nerve Whisperer in Balancing the Sleep-Wake Cycle*.

Remember: "Worrying is like praying for what you don't want." — Anonymous quoted in *Balancing the Sleep-Wake Cycle*.

The Creating Calm Network Media Blast Opportunity

<http://creatingcalmnetwork.com/become-a-host>

Are you an author with a new book coming out? Or a book that needs some media sizzle?

Are you a coach who wants to get your message out to a new audience?

A speaker looking for new venues?

The Creating Calm Network - A Global Multi-Media Group can be your blast into a larger audience sharing your message with engaging listeners around the globe.

We offer a choice of programs to meet your needs and we can tailor a plan for you.

Basic Blast

Here are the promotional opportunities in this package:

1. Included in the Creating Calm Network weekly program guide one time
2. Ad on one of our Creating Calm stations for one week - This reaches our listener audience of over 100,000 engaged listeners
3. We will promote you on FB, Twitter, LinkedIn, Google Plus and Pinterest three times during the week with a graphic and media copy
4. We will prepare a 5 minute audio of you talking about your work that will appear on one of our hosts programs with an audience that would resonate with your work.

Package: \$350

Silver Blast

1. Included in the weekly program guide two weeks in a row
2. Alternating ads on two different Creating Calm Network stations - one each week
3. Four days promotion of FB, Twitter, LinkedIn, Google Plus and Pinterest - two days each week including four different graphics (or staying with your logo, book cover or photo) and media copy for your work
4. Two five minute audios on two different Creating Calm Network programs

Package \$500

Gold Blast

Same as **Silver** except

One on one coaching with Ann White on how to best present your work - how to target you audience, be interviewed, present your best self.

And a radio interview by Ann or one of our hosts.

\$750

So You Want to Be a Radio Host Coaching with Ann White

GROUP COACHING

Includes 1/2 hour personal session with each participant at the beginning of the program

4 - Group Sessions

Prepare and broadcast a radio program -- Critique by Ann

Private Facebook page for group support and critiques and comments

1/2 hour personal session at the conclusion to help bring your ideas and learning into action.

Class size limited to 10 people. \$297

WORK WITH ANN INDIVIDUALLY

Personal coaching, production, mentoring by Ann @ \$95 an hour. Ann can help you prepare, promote, produce, run your control room with you, and second chair you as often as you need.

Amazon Author's Page Set Up and Social Media Coaching with Kimberly Burnham

Are you writing what appears on Google about you?

Are you taking advantage of free online space to get your message out?

If you have a book or chapter on Amazon, for less than \$500, Kimberly Burnham is happy to set up your Amazon Author's page which is free to any author on Amazon and consult with you on how to jump into the social

media arena, so you can get your message, ideas and books out into the world in a greater way. This package includes set up of your Amazon Author's page (\$250) and up to three hours of consulting and creating your online social media presence (\$360).

If you do not yet have a chapter or book on Amazon, the Creating Calm Network can also strategize with you and make that happen for you.

<http://creatingcalmnetwork.com/about-us>

