

SLEEP IN ALIGNMENT & DEEP SLEEP Workshop

1. #1 toxicity is _____.
#1 deficiency is _____.
2. Read something _____ before going to bed.
3. True or False:
____ C1, T9 and L3 are related to stresses that cause difficulty sleeping.
____ Eat “close to the vine” and have a *1-hour* time gap between your meal and bedtime.
____ Exercise before going to bed.
4. Poor posture can decrease your energy by _____ %!
5. Circle the answer:
The best sleeping posture is on your _____ with a contoured pillow under your neck and a pillow under you knees to the support your lumbar.
 - a. stomach
 - b. side
 - c. back
6. Establish a _____ to be asleep at the same time every night.
7. Sleep in complete darkness. Do not watch the TV or use the computer _____ hour prior to bedtime.
8. Do not drink _____ hours prior to bedtime.
9. If you are having trouble sleeping, what can you do?
 - a. Take a salt and/or hot bath
 - b. Write down what’s on your mind
 - c. Turn the a/c down to 69 or 70 degrees
 - d. All of the above