



ALISHA LYNCH ON SLEEP

Lisa: Hi everyone. Whoo-who! It's time for another masterclass, and today I'm not only talking to one of the smartest women I know, I'm also talking to a friend, and I'm so excited to have Alisha the Naughty Naturopath Mum here. Hey, Lish.

Alisha: Hi. Glad to be here.

Lisa: We didn't quite know what we were going to be talking about until I found out about something new that you have been working on, and I was like, "Wow, I've been looking for someone to talk to small steppers about sleep." Because it's kind of confusing, there's lots of moving parts, and I wasn't too sure who to talk to, but you've just been deep diving on this issue. So can you just explain just quickly a little bit about what it is that you have been working on?

Alisha: Okay. Well, it's a couple of things-

Lisa: And who you are and what you do, for the people who don't know who that is.

Alisha: Oh, sorry, you want me to say-

Lisa: And who you are, yeah.

Alisha: Oh. Me. Okay, I'm Alisha. I'm Naughty Naturopath Mum. I'm only naughty because I don't like to be a full health guru. I'm not one of those people. I'm normal, make-mistakes kind of naturopath, so naughty. And I'm a mum to a five and six-year-old. And I have had a lot of sleep issues ... Oh, so I blog, and I have a Facebook page, and I sell flower essences, which are like homoeopathic remedies that you drop under your tongue. But we can talk about that later.

Anyway, so I'm excited to talk to you about sleep today because, I've had a lot of sleep issues in the last couple of years, so I've personally been researching sleep more than I ever have before. I have always known what affects sleep and how to create better sleep for my clients, but I have never worked on sleep so much until I myself had an issue with it. And then, of course, that all led to one of my new flower essences blends which is called Sweet Dreams, but I had to research the energy of essences and how they will help with sleep. So again, I learned even more on why sleep can be an issue for some.

Lisa: So interesting. So can we just start with the basics? Is there a magic number hours of sleep that people should be getting?

Alisha: Okay, so this is a yes and no answer for me. Yes, eight hours would be lovely. Eight hours, seriously, is a really good block of sleep for an adult. Kids need even more, depending on their age, it sort of changes as we grow. But once we hit adulthood, eight is the magic number. But through my research I have found out that we are - surprise, surprise - all very different. And some of us actually survive quite well, quite healthily, on less sleep than that magic eight number. And I can't tell you what



makes that person different from the next, but there are very different magic numbers for many different people.

And I think that's great news because I myself thought that if I wasn't hitting eight hours, and I'm never near eight hours, that actually created a stress in me. "Oh my God, I'm not sleeping enough." And then I started to realise, "Oh, actually, my body is waking up after it's had the right amount of sleep." But there are so many things that affect our sleep pattern, which I'm sure we'll go into, but that's my yes and no answer on the magic number, Lisa.

Lisa: Okay, and before we go into how food affects sleep, can I just ask, is it - that whole "hours before midnight is worth double" thing - an actual thing?

Alisha: Yeah, well, if you're asleep by 10pm, you actually have a lot more restoration and repair going on in the cells of your body, as well as energetic settling, which sounds like a weird term, but we have energy that settles in different places in different parts of the evening. And the most restoring and repair that happens in the body is between 10pm and 2am, so that is a really good time to have fallen asleep by. You don't want to be waking up at 2am and going, "Oh, I'm all healed, I've had my 10 til 2." Not so great to be on four hours sleep every night. But falling asleep by 10pm is wicked. Look, now, if it doesn't happen, it's not going to mean you don't have restoration and repair go on, just not the amount that maybe your body needed.

Lisa: Right, okay. I mean, we've got so much to talk about, but can we just talk about how ... because some people will be going, "Wow, I'm just not tired at 10:00," or whatever. Throughout the day, does the food that we eat impact on our sleep at night? And I'm not just talking about if you've had 10 coffees, obviously. That's going to mess you up there. But what role does food play?

Alisha: A big role, because what helps us sleep is a hormone. You might have heard of the hormone melatonin. Now, hormones all talk to each other. When you affect one hormone, you affect others. There's always a domino effect. Now, if we eat a lot of sugar or anything that converts to sugar rapidly like a simple carbohydrate, so it doesn't have to be sweet to be a sugar, remember. It could be some hot chips or ... yum, hot chips. Sorry, tangent. You spike your blood sugar, which then has an effect on our blood sugar regulating hormone, insulin. So insulin then affects cortisol, which is our stress hormone, and then cortisol does a dance with melatonin. That is the most intricate relationship when we're talking about sleep and hormones is the cortisol-melatonin dance. They do this beautiful dance, if you look at melatonin and cortisol on a graph, and all going well, you have these lovely levels of cortisol during the day, and they dip down in the evening for melatonin to come in and rise and take the lead, be the lead dancer to keep us sleepy and going into a sleep and staying asleep overnight. So if you can imagine disturbing that dance with another hormone by eating sugar and carbs and having this constant fluctuation in insulin, and that's going to affect cortisol, which then affects melatonin, if that makes sense.

Lisa: Yeah, right, okay. So it's the up-and-down from sugar spikes during the day means that the melatonin isn't getting the proper signals from cortisol. And is that also why after that happens sometimes, if cortisol spikes ... because you know how we can feel so tired after a slump? Is that what's going on? Is it kind of like the-



Alisha: Yes, it can be, but it also can be just that we're a bit exhausted after a cortisol spike as well. It might not be melatonin's rushed in, into the dance, it might just be that we're coming out of fight-or-flight mode, which can be quite exhausting for our poor little body. But other things affect it. So it's not just the sugar, but that is the main one that I think of to tell people when they're trying to get their diet around sleeping better.

But the other thing is if you're having intolerances or reactions to foods, that will be affecting your sleep later, which I hope we get into about what happens as we sleep. Because if we've been eating things that are inflaming our body and causing a food intolerance or reaction, that is going to perhaps wake us up at certain points of the night, which affects our REM sleep. So dairy and gluten and all those big triggers to people, if there's intolerances going on, you generally don't have as good a sleep.

Lisa: Wow. So bad sleep could be a signal of food intolerances.

Alisha: Yes. Yes.

Lisa: That's crazy.

Alisha: Yes, among a lot of other things, but yes, that's another one.

Lisa: Yes, okay, so excess sugar and feeding your body food that makes it inflamed are the two biggest things. What about when you eat? Is there a time, like eating after certain times? I mean, obviously, you probably shouldn't be eating sugar at night-time anyway, but of the things that we eat right before, is there any things that would help sleep or would hinder us being able to fall off to sleep?

Alisha: Yes. And this, again, varies for different people, so there's not one definitive answer here, but you don't want to overload your digestive system in any way later in the evening, because digestion will impact your sleep. So if you're still digesting a meal close to that 10pm mark, you're not going to be able to go into an REM sleep easily. So having dinner as early as possible is great, like if you can eat with the kids, do. Sometimes I just want to feed the kids and have a bit of time while my husband deals with dinner, because he walks in the door at six and I'm, "Want to take care of the children?" And then I like to eat once they're in bed, but that will generally be a later dinner time for me, and I do notice my sleep not being as good that night. So I try to eat around the 6:30 mark with the kids now. And look, if I don't, and eat later at 7:30, that's still okay. As long as it's before, I think, 8pm, like a proper main meal, then you're generally okay.

And then there's people who might be having fluctuating blood sugar issues and might need a nice protein snack right before sleep to keep their blood sugar levels more even, which will help their sleep. But that, again, is another dependent issue and a more personal way to keep your sleep better. So it's always good not to have a big meal right before bed, but sometimes some people might need a complex carb and a protein before sleep. Never sugar, but something that keeps their blood sugars okay until the next morning. You'll know if you're one of those people or not, basically.



Lisa: Sometimes if I don't think my kids have had enough to eat for dinner, we don't really offer desserts, it's just like, that's dinner, but sometimes if I'm like, "Ah, it's going to be a late night for me, I'm just going to give them a banana," but I guess that's sugar, isn't it?

Alisha: Well, it's also got tryptophan, which is lovely, because tryptophan helps you sleep, and it's in certain foods like bananas and turkey. I don't know if anyone knows that whole really, really tired sleepy feeling after a turkey dinner. That's generally a nice tryptophan overload. I sometimes do the banana before bed, too, if my kid's like, "Oh, I'm really hungry still," because we don't do dessert here, either, but they generally have massive main meals. But they go to bed around 7, 7:30, so I try and keep it as light as possible before I send them off to bed. But look, a banana's not so bad. I know that fruit is sugar, but fruit is also so many other things other than sugar, so yeah. And kids work differently, as well, than us, as far as their blood sugar levels. It can get pretty complicated.

Lisa: Yeah. Let's stick to things that we can understand today. So we've talked about food, then, throughout the day, but what about ... Because I guess it sort of seems so obvious, but on those days that we've had that are really stressful, how does our stress impact our sleep? Because sometimes I can feel like the days after a really busy full-on day, I just crash. But then other times, I'm like, "I'm so tired. Why haven't I gone to sleep?" So how does stress impact our sleep?

Alisha: Exactly in the way that, say, eating sugar and fluctuating your insulin does. Because if we've had a stressful day, it means we've been in sort of that fight-or-flight mode and having high cortisol levels for most of the day. Now, even though we need cortisol during the day to get things done - we want a good level of cortisol - there's a very bad level of cortisol when we're in that stress response state. And that really throws out melatonin more than anything.

So if, even though you do crash some nights because you're just that exhausted, it often will be quite erratic sleep. If you were to study your sleep patterns on the night after a stressful day, there won't be those lovely pockets of REM sleep. REM just stands for Rapid Eye Movement, in case everyone's going, "REM, I love that band." But that's just these pockets of sleep where it's a deeper quality sleep. That's the ones we try and get to, and even though you might crash after a stressful day and have a long period of sleep, there might not have been long REM pockets, because melatonin just wasn't there to get you there, because it's being affected by that cortisol agitated state. And then the nights where you're exhausted but you're wide awake, you just actually haven't had that cortisol come down and that melatonin rise yet. So you're just wired still. You're still in fight-or-flight mode, and the mind just goes round and round. So much fun. We've all been there, I'm sure.

Lisa: You know, I have been so lucky with sleep. It hasn't been a huge issue for me, really, ever. I should touch some wood, because that'll change now tomorrow. But Nick really, he is the one who has that overactive mind and can't shut off. And it's actually really annoying sleeping next to someone who is just tossing and turning and sighing and putting on headphones. And I never know what to do for him when he's sort of in that state. And he often takes himself away to the downstairs spare room for just a change of scenery to just try and be in a different space. But it is, it's horrible. Like



jet lag, everything is all messed up. Okay, so we will talk about the steps to better sleep, and I think probably something to do with what to do in that state will come in. But before we move on ... okay, I've got about 400 extra questions now in my brain. This always happens when I talk to you.

Alisha: That doesn't sound like you, Lisa. Extra questions? No.

Lisa: And like, "We'll just sort of go through these questions, yeah?" And then now there's always just so much more.

Alisha: Hit me, hit me.

Lisa: Okay, so before we move on to what happens in sleep, which I think is really important to talk about, can we just now nail off the other sort of key factors that affect sleep? So I wrote things like how does movement, access to daylight, our beds or our bedroom. What are other things, the big-ticket items that affect our sleep?

Alisha: Yeah, so you've touched on some really good ones. The light that comes in our eyeballs is another determination of how much melatonin and when it comes in for us to get sleepy. So I don't know, probably your audience may have heard about blue light, which is a light that actually comes from screens, so whether it's your phone or your iPad or a television, you can put devices now into a sleep mode setting, which changes it from the blue light more to a natural light, which can help. But blue light after, say, when the sun goes down, tricks the body into thinking, "Oh, it's still daylight, still need that cortisol, still need to keep doing our thing." So decreasing blue light, and even natural light after sundown, is a really good idea. I'm not saying get off your phones and everything right at sunset, but as close to possible.

If you've got dimming apparatus in your houselights, dim the lights in rooms just to calm things down. That's really good for kids too. And just help the body get into a more natural rhythm. Because back when we lived on the land, it was the land that actually determined when we slept by that rising and setting of the sun. Nowadays, we have artificial light keeping us awake, so it gets a bit tricky. I do say really minimise lights, blue light especially, before bed.

And the other things that do affect is that the temperature of our rooms and our bed, if we're too warm it's really hard to sleep. The body needs to be actually just a little bit colder to have a better sleep. So people tend to sleep a bit better in the winter when they can feel a little cold and rug up. But you don't want a really stuffy hot bedroom at any point. There is a lot to do with how much thinking and cognitive material we're still using and partaking in at night. I'm talking about still working and emailing and contacting people. That's all, again, showing our body that we're still more in a work mode, not a sleep mode. Yeah, there's quite a few different things.

Lisa: Is there kind of like a time between when the shutting down happens, and then when our body will know it's time for sleep, we'll get sleepy?

Alisha: Generally, if you give your body the signals that it's night time, it generally comes on a couple of hours afterwards. So the best thing to kind of keep in mind is set what



time you'd like to be asleep, and you might factor that on by what time you usually wake and kind of count back the hours. "Oh, I really should be asleep by 10, especially if I want to do a lot of repairing and restoring." And try and wind down all this activity by 8pm to give you a couple of hours for the body to get the messages. And I know myself, in the past, before I had these sleep issues, I'd be on my devices or watching screens right up until bedtime. Look, and if sleep's not an issue for you, hey, that's maybe not something you need to factor in, but for anyone listening who's going, "Yeah, I need more sleep, I'm not getting the sleep I'd like," trying to change habits here and having 8pm onward sort of relaxation downtime with dimmed lights, reading a book, like actual paper book, or colouring in, or I mean, you know ... you might want to ask your partner to go to bed a couple of hours earlier; I don't know why, maybe just ... Things like that, to actually ease any-

Lisa: To receive a massage? But see, I was actually just about to ask about sex, because usually it's something that happens at night time, but I'm sure that most people watching are like, "I'm just tired by the end of the day," and Nick and I have this thing where we sort of ... Now this is getting personal, but we'll just kind of set a day where we're like, "Yes, yes, yes," and so we won't turn on the TV once the kids go down. We'll actually just go to our bedroom and lie there and talk and whatever. But is it something that kind of ... Is it better for sleep to do it at night, or is it ...

Alisha: I didn't look at those studies, Lisa, to be honest, I didn't, but you'd think that sex would be something that raised cortisol and got everything crazy and kind of almost like exercising at night, I guess, which they're also saying is probably not a good idea if you're not having great sleep. But I don't think there's been ... Well, I haven't come across the studies that are saying whether sex is better at morning or night for your sleep patterns. I don't know, but I do know that it's a connexion with someone, which actually does completely change how your energy's going.

I mean, again, if we want to get personal, I'm often way too tired to be thinking about this sort of thing at night, but I do know that even just going to bed and cuddling and talking can actually help soothe me and help me feel like I'm decompressing and getting out of my fight-or-flight mode. So whether or not it does turn into that, yay if it does, because who doesn't want to spark that up? I think it's one of those, "Ah, who's got time?" But changing those habits and creating an earlier bedtimes some nights won't hurt, and it will certainly help you feel ...

Because I think sleep has got a lot to do with how stressed we are, almost more than anything else, as in ... Sorry, sleep issues ... And so downgrading that stress to increase sleep is always going to be improved by connecting and sharing with your partner, and that can just be that cuddle and a talk, and just some time together instead of staring at the telly, which is all too easy and I do it still, but it's nice to have this issue to force you into some new habits, because I might not have actually created these habits, again, without my sleep problems.

Lisa: Yeah, and if you think about it, when we're fighting with someone, when we're angry, when there's unresolved stuff, and that's often the things that are ticking around in our mind, it's because that's a stressful thing to do, to be thinking those sorts of ... To be in that fight-or-flight mode, which means our cortisol stays up. So is that why some people say "Never go to bed on an argument," or something?



Alisha: Yeah, and I think that stems from ... Because we don't know what's going to happen each day. Why leave things in a bad way? But it very much well could also be like it's going to help your sleep if you actually don't have ... Because one of the biggest things that does wake you earlier than you need to wake is unresolved emotions and energies from the previous day, the previous weeks, or the previous months, or however long you haven't sort of ... Yeah, that sort of stuff is all churning away in our subconscious. And it's the subconscious that's in charge overnight. And also, we have two nervous systems. So we have a sympathetic nervous system and a parasympathetic nervous system. Now, the parasympathetic nervous system is in charge overnight, and subconscious is all related to that. So stuff that's unresolved could come out in dreams and also wake you up as well.

Lisa: We could go down this path of talking about energy ...

Alisha: I know.

Lisa: But before we get to, can you explain a little bit more, because I think this is really interesting, because I've always been confused about dreams. When my kids are like, "Mum, I had a dream that a policeman took me away and you didn't come and get me." And I'm like, "What is going on in your brain?" And I'm a person who I can't ever really remember my dreams. But I want to know, when you were talking about what actually happens to our body in sleep, I think that's really important to understand, because getting that melatonin to a point where it kicks in and we go off to sleep I guess is only half the story then, isn't it?

Alisha: Yeah, it's a pretty big part of the story, but yeah. There's a lot that goes on when we go to sleep. So we don't need our sympathetic nervous system in charge anymore.

Lisa: Which is fight-or-flight.

Alisha: Yeah, which is our conscious thought, like I want to move my arm so I just- Ooh! Sorry about that. I moved my arm and then moved the whole cord. So yes, the parasympathetic nervous system is the one that runs our body without us knowing that we're running. So it keeps our heart beating and our lungs going in and out. It's doing all the things that we don't consciously get it to do. So that's all you need overnight when you're asleep, because you don't consciously need to do anything, you're just there to be repaired. So yes, this parasympathetic nervous system is the boss during the night time, and the sympathetic nervous system is the boss in the daytime.

Lisa: And when you say repair, what is being repaired?

Alisha: Our cells. Every single thing in our body. We have cellular repair go on every night. So if we didn't sleep, that's why we would die. Because we need a detoxification process every 24 hours to be able to keep living, keep going. We actually repair cells, we remove debris, we detoxify. That's why the 10 until 2 sleep time is really important if you have health issues especially, because you want to give your body as much chance to repair and restore as possible.



Lisa: Okay, so we're aiming for that. If we're aiming to be in bed, or asleep, by 10:00, what advice do you have for people who might be having sleep issues? And sleep issues could be just not able to fall to sleep or just in that habit of falling asleep late, waking up tired every day. What would you advise?

Alisha: Okay. Because there's also people that wake at certain times-

Lisa: Oh, talk about that.

Alisha: -and I'd love to talk about that.

Lisa: Talk about that, talk about that, and then we'll offer some small steps, yeah.

Alisha: Okay, because yeah, they're the sleep issues, right? There's the full insomnia, which is basically "I cannot go to sleep when I get to bed, and I won't have much sleep at all when I wake up and do it all again." Then there's the people who are waking at times in the night that they don't really need to be awake. The kids haven't woken them, it's just their eyes are opening and they're coming out of sleep, and they're, "Oh, shit, I'm awake, and I don't need to be awake." And then, yeah, the people that go to sleep but feel like they haven't slept when they woke up.

And I can't not talk about emotions and feelings here, because things that we don't process do wake us up at night, and we have this amazing clock. Some people might have heard of it, it's a Chinese meridian clock or the Chinese organ clock. So it's when energy moves through the body at certain times of the day, and it's a whole 24-hour clock. And the most common times people wake up are 11 til 1. Now, that's if you go to sleep quite early and you might wake up between 11 and 1. That's when energy's moving through your gallbladder meridian, so people might even have gallbladder pain in this time or they might have gallstones, but that's something to look at.

And then the next slot of time is the ... So 1am til 3am is liver time. Now, that's when the energy that's moving through the liver meridian, which means a lot of detoxification is happening. And if there is toxic issues with that person, they might wake up between 1 and 3, because they're actually not even able to sleep though the detoxification process, they're getting woken up because there's just too much going on in that time. But again, there's an emotion related to every period of time and every organ as well, and liver is anger. So if there's unresolved anger, frustration, people might be waking up between 1 and 3, you might want to look at journaling or talking to someone about anything you've got going on that feels like it's simmering underneath. Again, that's when I use flower essence blends a lot. I'd use Let It Go for anyone who's waking up at the 1 to 3 time slot, because they just might need some help shifting that anger energy through.

Then you've got a 3am til 5am time slot, that's a very common time for people to wake as well, and that is your lung meridian. That's when energy's moving through your lungs. So people might wake up coughing at this point anywhere between 3 and 5 if they've got a persistent cough. It's just something they've learned to live with. That's the energy increasing through the lung meridian at that time. Now, lungs is grief and sadness. So if something hasn't been resolved with these



emotions, again, I'd urge people if you're waking between 3 and 5 to workshop that a bit. Look at anything that might be really stuck, and look, we've all got grief and sadness, and we're not going to let everything go, but it's good to use our body as a barometer. It's obviously not happy with the state of energy at this point, so we need to clear these things through. Just dealing with emotions can help people get a longer sleep. Sorry, I've been talking for a while, and I've almost forgotten the question.

Lisa: So you were at 3 til 5, is there another one after that, 5 til 7, or is that just a normal time for people to wake up then?

Alisha: Yeah, there's more organs and meridians happening there, but I think if people are waking between 5 and 7, that might be a good time to actually go, "Okay, I'm awake, what can I do for me before everyone else wakes up?" Because back at the beginning, remember, I said sometimes there is a different amount of sleep for each person, and I think if you've gotten through til 5, it might be your body just waking you up saying, "You're okay." And if you think it's too early to be up and you just lie there worrying, I would really do some journaling. Because if a thought's woken you up or a feeling's woken you up, I would start to get that out on paper or even get up and do some exercise or meditation, yoga, whatever you can fit in before everyone else is up.

Lisa: Do you believe in having an alarm go off?

Alisha: Like an internal body alarm?

Lisa: No, like a set-

Alisha: Or an actual alarm clock?

Lisa: An alarm, yeah. Being woken up. Or should we always just let our body wake out of sleep? A lot of mums are going to be watching this going, "Well, if I could sleep in, I would." Do you know what I mean?

Alisha: No, I know, because I haven't been able to sleep past about 5 for a long time. Because again, habits have been formed from raising little ones. We've had broken sleep. I'm speaking to the mums now, of course. But we've gone through periods where we're actually not in any kind of sleep cycle. And maybe you're not in any kind of sleep cycle right now, and I just send you so much love, because I-

Lisa: It's so [crosstalk 00:32:52].

Alisha: But it's something that, yeah, the body does form new habits, and then sleep may never be as quality as it was pre-kids. And I know that sounds terrible, but I do believe we can train our body back to get it again. I just haven't got there yet, but I do know of people that do, and it just takes time and years to actually form better sleep habits again and train that body to sleep longer. Because the body always thinks that what you're doing is what it's supposed to be doing, so it keeps in a pattern until you train it otherwise. And yeah, that can be the tricky point sometimes, but yeah, I have an internal alarm clock. It's like I can't get past a certain



amount of sleep and my eyes just being open. I haven't needed an actual alarm clock for years, since I don't know when. But I think if you're someone who sleeps deeply and you need to wake up by a certain point and it's only an alarm clock that will wake you, by all means use it, and I'm very jealous. Lucky, lucky you.

Lisa: But I'll set my alarm for 5 or 5:30. I actually like getting up at that time, and now my body is getting used to it, because it's the habit that I'm forming. But for a long time when kids were waking up during the night or you're feeding or whatever, I wouldn't have even thought of that. It's just where I am at now in my life and wanting that extra hour before everyone wakes up. But something you said just blew my mind before about how the body thinks what you're doing is the right thing. What was it that you just said, and could you just say that-

Alisha: Well, this is more of a personal belief, and watching many, many people in clinic, and now listening to people. This is just my belief. I think the body really has to be shown what to do if it's been going down a certain path for awhile. It will just think, "Oh, this is what is needed to keep me safe and alive." Because the body, our primal brain, is just that. It's very primal. It doesn't make sense of anything. It just goes, "Oh, this is what's happening, this must be what we need to keep happening." And it's, again, getting into neural pathways being created in the brain. If we do something over and over and over it creates a new thought pathway. And that is how the body will keep us going until we actually re-wire that pathway and take it down another track, which is why some people might need a lot of meditation and a lot of working on their sleep for years to get it back to where it once was, if they've been through a rough patch with sleep. Yeah, that's just how our very clever bodies are designed.

Lisa: They're just so smart. And I just love thinking of that. It's like, well, my body is doing this because it's been the way things have been done, and if I mentally know this isn't the response that I want my body to be having or this isn't the way I want to do things anymore, but it will keep pulling us back to the way that it's been doing it, because it's like, "Well, I'm just trying to do my best here."

Alisha: Yeah. "I'm just doing what you've been telling me to do all these years."

Lisa: Yes, okay. Right, that's blown my mind. Right, there's going to be a bit of journaling on that one. But can we now, because we've both got to go and get our children soon, can we talk about maybe three small steps, three top tips to help people improve their sleep?

Alisha: Perfect, okay. So touched on it before, getting ready for sleep a couple of hours before you actually want to be asleep is a great habit to start. And even if you don't do it every night, just start with some nights where, as you and Nick are doing, just don't need to turn the TV on every night, start creating some more peaceful activities before you want to be asleep.

Okay, it's hard to only pick three, but diet is probably a really important one to address. Remember when I spoke about food intolerances actually waking you up at night? That might be in between sort of in liver time, because you cannot detox the inflammatory markers that have been created from constantly eating something



that's inflaming you. So again, that liver time could be a time you're waking up if you're having food intolerances. And I've noticed that people who react with dairy, they wake in lung time. Dairy does create a lot of congestion in the chest area, and that can cause cough and post nasal drip and sinus issues. They're often people that wake in the 3 to 5 time slots. So getting your diet as clean as you can. Look, every day you're going to muck up; that's life. And I'm Naughty Naturopath Mum, remember. I don't expect everything to be all perfect after this talk. But just keep reminding yourself, "Well, this might affect my sleep," and you might start making different decisions or choices, especially with the sugar bingeing. I know I had to cut my sugar down so much to get my sleep better. It really makes a difference.

And then addressing the emotions that we actually don't have time to process during the day. Sometimes we just go from one thing to another, reacting and pushing that down for later, and we might not even know we're doing it because we're actually now in a habit of not being aware of what's making us feel what. So journaling and talking and ... That's why I have to show you this one. I don't know if you can see.

Lisa: Sweet Dreams.

Alisha: That's some essences to help calm the mind and settle the energies of the body, which can help you sleep a bit longer, but any emotional work you can do, whether it is flower essences, whether it is yoga, anything that's actually settling the energy down and concurrently addressing emotions that are going on is going to be a huge help. Oh, and I haven't talked about exercise, but it's huge.

Lisa: Oh, exercise! Do it, quick.

Alisha: Okay. It's a really, really big thing. I can tell you from personal experience too. If my body movements starts to, like it hasn't been daily, my sleep is affected. So even though you're exhausted, forcing yourself to do a walk, or just even if it's 15 or 20 minutes of movement. You could dance with your kids. You could just do anything, because actually moving things through and exhausting the body, fatiguing the body, and so it's not just the mind that's fatigued, but fatiguing the body, your sleep is a better quality. Those REM pockets will be deeper. Exercise as much as you can for getting better sleep as well.

Lisa: And you haven't mentioned-

Alisha: Just not at night time.

Lisa: Just not at night time, unless it's sex, and that's okay because it's connection.

Alisha: Yeah, so you know, you're connecting, and there's endorphins, and ... unless it's yoga. Yoga's fine at night as well.

Lisa: Yoga. Well, maybe it's like sexy yoga.

Alisha: Yeah. Tantric yoga, baby. I haven't gone there myself, don't know if I can, but if you're into it, do it.



Lisa: We're not judgmental.

Alisha: No.

Lisa: So the only thing that you didn't mention that I thought you might have was about being outside.

Alisha: Oh, of course. Oh God, it's so hard when you're cramming everything in.

Lisa: I know, I'm so sorry.

Alisha: But yes, getting that sunlight ... No, don't say sorry, I'm so glad you're reminding me, because I get a bit like, "Camera's on me, am I saying everything right?"

But getting back to how we used to be before we lived in houses and had a lot of electricity around us, having sunlight go into our eyeballs at a time you want to be awake actually really helps with the sleep cycle as well, because it's, again, re-training the body. It's like, "Oh, look, sun's coming in." And outside and fresh air really does wake the body up properly. And it will help that cortisol-melatonin dance, maybe, because later on in the evening it'll say, "Oh, but we had sunlight way back at 6am, so now we might need to shut this person down by about 6, 7, 8pm," and then it starts to work like that as well. There's so many beautiful intricacies of how melatonin works. But getting outside in the morning is a beautiful way, even if you're just going out into the backyard and have a look at the sun and take a deep breath and put your bare feet on the grass, or whatever it is to sort of go, "Okay, I'm awake." So that can help with your sleep patterns, definitely.

Lisa: It's like when you go overseas and to try to get over jet lag, one of the things that I've always done is just be outside as much as possible so your body's just getting those natural cues.

Alisha: Yes, adjust. Adjust to your new time.

Lisa: Yeah, it's so fascinating.

Alisha: Yeah, adjust to the new time zone. If you're sleeping in or in the dark until 9 or 10pm, your body's not even going to think about making melatonin til like 11, midnight, that night, because it hasn't had those signals. And, again, this doesn't happen in a day. It's a period of time of retraining.

Lisa: It's a small steps approach. This has been amazing. Always so many more nuggets of gold than I ever expect from you. So thank you so much. I feel like we crammed a lot in. And people might have questions, so we might have to ask you some of those. And I'll put a link to the beautiful [Sweet Dreams](#) blend in case people want to check that out, and we might even offer a little special or something.

Alisha: Oh, that would be fun. Let's do that. And I could send you a link for one of those Chinese meridian clocks so people can have a bit more of a read about when they're waking up and that sort of stuff.



- Lisa: Because, let me just tell you, my-
- Alisha: Or you can just Google it, because they're everywhere.
- Lisa: And then link to it, okay. Because my sister kept on waking up every single night at exactly the same time and it was between that 1 and 3. And then a naturopath told her to stop having a low fat ice cream. She just used to have one scoop after dinner, and she stopped that straightaway, and there was something in that ice cream that obviously, literally, woke her up. And she would then have heart palpitations. And so she was having a physical response, but it was obviously her body just trying to deal with that nasty, and it couldn't. It was waking her up in liver time.
- Alisha: Yeah, well I think straightaway low fat ice cream, oh my God, imagine the thickeners and the weirdo stuff in there, the numbers and the chemicals. So the liver at 1:00's going "Oh, wait, this is a bit hard." And yeah, once the energy gets too blocked and congested at a certain time, the body just wakes, because it just sends us out of our rhythm, our sleep rhythm.
- Lisa: So smart, bodies are so smart.
- Alisha: They're amazing.
- Lisa: I have six minutes to get to Kindy pickup and it has now just started pouring.
- Alisha: Raining! I know, I'm here, because I walked to school. I'm only a k away, so I may have to get the gum boots and umbrella out now.
- Lisa: Thank you so much. Appreciate you so much.
- Alisha: Bye. Pleasure, bye.
- Lisa: Bye.