



## *Sacred Sleep Resources*

### *Recommended Web Sites*

Medlineplus Sleep Disorders Information -  
<http://www.nlm.nih.gov/medlineplus/sleepdisorders.html>

Medlineplus – excellent general health information  
<http://medlineplus.gov/>

Web MD Sleep Disorders Health Centre – sign up for their free  
newsletter and sleep tracker  
<http://www.webmd.com/sleep-disorders/default.htm>

National Sleep Foundation - <http://www.sleepfoundation.org/>

Tips for Shifts Workers – National Sleep Foundation  
<http://www.sleepfoundation.org/article/sleep-topics/shift-work-and-sleep>

Take a Sleep Test! - Sleepnet.com  
<http://www.sleepnet.com/sleeptest.html?plmd=ON&plmd=ON&plmd=ON&plmd=ON&submit=Calculate+Score>

Sleep Apnea – National Institute of Neurological Disorders and Stroke  
[http://www.ninds.nih.gov/disorders/sleep\\_apnea/sleep\\_apnea.htm](http://www.ninds.nih.gov/disorders/sleep_apnea/sleep_apnea.htm)

National Centre of Sleep Disorders Research  
<http://www.nhlbi.nih.gov/about/ncsdr/>

National Heart, Lung and Blood Institute  
<http://www.nhlbi.nih.gov/health/public/sleep/>

The Better Sleep Council (a non-profit organization supported by the mattress industry) -  
tips for healthy sleep and buying a mattress  
<http://www.bettersleep.org/>



Harvard Medical School Division of Sleep Medicine, Sleep Performance and Public Safety - <http://healthysleep.med.harvard.edu/healthy/matters/consequences/sleep-performance-and-public-safety>

### **Recommended Books**

*The Harvard Medical School Guide to a Good Night's Sleep.* Lawrence Epstein and Steven Mardon, 2006.

*Full Catastrophe Living.* Kabat-Zinn, J. 1990.

*Say Goodnight to Insomnia: The 6 Week Solution.* Gregg D Jacobs PhD, 1999.

*No More Sleepless Nights.* Peter Hauri PhD and Shirley Linde PhD, 1996, and the *No More Sleepless Nights Workbook*, 2000.

*The Insomnia Answer: A Personalized Program for Identifying and Overcoming the Three Types of Insomnia.* Palu Glovinsky PhD and Arthur Spielman PhD, 2006.

*Learn to Sleep Well: A practical guide to getting a good night's rest.* Idzikowski, Christopher, 2000.

*The Promise of Sleep: A pioneer in sleep medicine explains the vital connection between health, happiness, and a good night's sleep.* William C Dement and Christopher Vaughan, 1999.



### **Recommended CDs**

*Real Relaxation, Yoga Nidra* – by Julie Lusk  
<http://wholesomeresources.com/details-real-relaxation-cd/>

*The Good Night Sleep Kit*, Deepak Chopra, 2006. Includes a diary, CD, scented candle, aromatherapy oil, and inspiration cards.

*The Delta Sleep System*, Dr. Jeffrey D. Thompson, 2001.

Jon Kabatt-Zinn, several CDs for mindfulness and relaxation.  
<http://www.mindfulnesscds.com/index.html>

#### ***Connect with Me:***

[www.chriscarruthers.com](http://www.chriscarruthers.com) 403-685-3565 [chris@chriscarruthers.com](mailto:chris@chriscarruthers.com)  
And link from my website to Twitter, Facebook, LinkedIn, and YouTube

# My Action Plan



It is time to make a firm commitment to improving your sleep. You will need to learn and practice the three key skills, and also choose three other factors to correct or improve from the list on the previous page.



Beginning tonight, I commit to the steps below to improve my sleep:

1. When preparing for sleep, I will spend a few minutes writing out my thoughts.
2. When it is time to sleep, when I wake during the night, or when I wake too early in the morning, I will do The 36 Breaths.
3. If The 36 Breaths are ineffective, I will do The Body Scan. If necessary I will repeat this over and over again until I fall asleep.
4. From my list of obstacles, I will focus on the easiest three to correct, and I will address them.

**Positive Health Change**

**Date**

1.

by

2.

by

3.

by





# My Action Plan

Review this list of obstacles again, and pick the top three factors that contribute to your unrefreshing sleep. Make the decision that, in addition to practicing the three key skills for better sleep, you are also willing to make some other changes that may be necessary to address each of these trouble areas. If you need some assistance with these, please contact me at [chris@chrisarruthers.com](mailto:chris@chrisarruthers.com).



- noise
- light
- bed partner
- temperature of bedroom
- uncomfortable bed
- use of caffeine
- diet
- alcohol
- smoking
- TV in bedroom
- use of computer/technology
- need to urinate at night
- dehydration
- pain
- mental activity
- life stress
- children
- pets
- physical activity
- shift work
- travel
- adverse drug effects
- nightmares
- menopause
- sadness/other emotions
- other physical symptoms