



Tips to keep you airborne!



December 2017 - 'Twas the night
before Christmas...'

I'm sure you all know how the sentence from this well-known poem by Clement Clarke Moore ends.

If your memory is a little hazy, let me remind you...

*'Twas the night before Christmas, when all thro' the house, not
a creature was stirring, not even a mouse.*



If your memory is a little hazy, let me remind you...

Hang on...did I just write that line? Am I repeating myself???

Yes, the joke's on me as I hammer home the message that deep sleep is crucial for the consolidation of memory, declarative memory in particular, which consists of facts and events that can be consciously recalled or "declared."

As you might remember from last month's post, (or not, as the case may be...yes, there goes that hammer again), sleep is crucial for the disposal of toxic waste from the brain and plays a critical role in the prevention of neurodegenerative diseases.

What's more, the accumulation of amyloid protein waste is associated with the disruption or reduction of slow wave, deep sleep, which has been shown to reduce the ability for memory consolidation in older adults.



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So, are you getting enough deep sleep, and if not, where to from here?

Well, sleep hygiene is a handy place to start. It's essentially about cleaning up your act to set the stage for your night time performance!

Whilst the silly season is upon us and your opportunity for sleep may be a tad compromised, keep the following tips up your sleeve for a great start to the New Year. They will definitely provide a great foundation to help fix any sleep issues you might have.

Whilst they may not solve all your sleep issues and you may have to dig a little deeper, they will certainly point you in the right direction.

So, consider the following:

1. Routine, routine, routine...a simple yet powerful tip. You can't beat a great sleep routine. The brain loves it. We are creatures of habit.
2. Humour melatonin, the Dracula of hormones, and make your room really dark. I mean really dark. Block out all light and turn off electronic devices.
3. Ditch the TV from the bedroom. Keep the bed for sleeping and sex!
4. Have a hot bath or shower an hour before bed. Raising core body temperature will help you 'chillax'.
5. Make yourself really comfortable in bed. Got a great mattress, pillow, high thread-count sheets and duvet? Good. You'd do Goldilocks proud!
6. Avoid alcohol, caffeine and nicotine before bed...if you're after quality sleep that is.
7. Finish your evening meal at least 2-3 hours before you hit the hay. If you feel like a post dinner snack, make sure it's sleep promoting...more on that later!



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8. At the mercy of a snoring, snorting, teeth-grinding, leg-kicking partner? Don't put up with partner disturbance. Get it sorted!

9. Thoughts about all that you have to do before Christmas driving you nuts? Get out of bed, get a list going and prioritise.

10. Know that exceptional healing happens to the body when you get zzzz's between the hours of 10pm and 2am. Aim to span these hours when you sleep.

So, there you have it...some clues to point you in the right direction, which I'll leave you to sleep on.

I'd love to finish the year out by wishing you all a wonderful Christmas and New Year and to say thank you for being supportive followers over the year. Your comments and feedback have been truly appreciated.

The very best!

Caroline



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