

Natural Help 4...

Sleep Routines



What are Sleep Routines?

Sleep is essential for a healthy body and mind. It is a basic human need and without it we would not be able to function properly. People often believe that they can get by with a little sleep but it catches up with you eventually. Getting a **good sleep benefits your mood**, memory and concentration. It also promotes growth and development, boosts the immune system as well as nervous system.

Understanding the [sleep cycle](#) is important to ensure that you get a peaceful, sounder sleep. When you sleep, **your sleep goes in cycles** between rapid eye movement (REM) sleep and non-rapid eye movement (NREM) sleep. REM sleep is a basically a light sleep where you will most likely awaken. In REM, you do most of your dreaming and your body does not move much, heart rate increases and your eyes move back and forth. In NREM your body slows down to **prepare you for your deepest sleep**.

Why are Sleep Routines important?

Developing healthy [sleep routines](#) can help make up for lost sleep and ensure that you function at your optimal best. Predictable **routines are especially important for babies and children** as child sleep problems can greatly impact a child's mental and physical wellbeing. You might encounter some resistance at first but with consistency and lots of practice, you will be able to reap the rewards at a later stage.

Initially, your newborn will sleep most of the time and **wake up for feedings many times during the night**. Parents are usually at their wit's end during the first few months of the birth of the baby and lack of sleep is definitely the order of the day. Expecting your baby to sleep through the night will depend on the baby and his or her age.

By the time your baby is two or three months old, you can start developing predictable [sleep routines](#). Babies welcome and respond well to any form of routine. A regular sleep routine allows your baby to experience the same thing every night, cues him or her that it is time to sleep and also **promote an easier, quicker sleep**. Like babies, children need plenty of sleep every night to function and perform better throughout the day. Children with healthy sleep habits tend to be happier, more alert, concentrate better, and have more energy.

What are healthy Sleep Routines?

Each person's sleep requirements are different. Infants may need 16 hours of sleep while babies and toddlers from the age of 6 months to 3 years may need

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between 10 and 14 hours per day. Children from ages 3 to 6 years need between 10 and 12 hours of sleep, ages 6 to 9 years need approximately 10 hours of sleep and ages 9 to 12 years need approximately 9 hours of sleep.

Most teenagers need about 9 hours of sleep per night while adults generally need between 7 to 8 hours per night. Older adults also need about 7 to 8 hours of sleep but this sleep may be for shorter time periods, be lighter and include a nap during the day. **Pregnant women may need more hours of sleep at night** and often catnap during the day.

Help for healthy Sleep Routines

Many people suffer from sleep disorders and often they may not only be as a result of **poor sleeping patterns** but also of an underlying disease such as arthritis or fibromyalgia. A variety of over-the-counter and prescription medications are available to treat disorders such as insomnia, restless leg syndrome, narcolepsy, sleep apnea or snoring that affect your **ability to have a good night's rest**. It is important to note that these medications are harsh and if the dosage is monitored correctly can become addictive.

More and more people are choosing natural remedies over allopathic medications. Herbal and homeopathic remedies can effectively offer symptomatic relief while at the same time they are safe to use for all ages. Certain herbs such as Avena sativa, Scutellaria laterifolia and Passiflora incarnata can safely be taken to treat chronic sleep problems and **maintain healthy sleep patterns**.

In addition, a combination of herbs and sleep facilitating nutrients such as Hypericum perforatum, Schizandra chinensis, Calcium lactate, Magnesium lactate and Vitamin B6 treats the underlying causes of sleep problems, balances serotonin levels naturally and induces a regular, satisfying sleep. Homeopathic ingredients such as Calcium sulphate, Magnesium phosphate and Calcium phosphate can also help to maintain a deep, restful sleep. For children, Matricaria recutita (Chamomilla), Passiflora incarnata, Coffea and Cina can successfully **promote healthy sleeping patterns in babies and children**.


Sleep Tips For babies

- Keep to a regular schedule by feeding or nursing, bathing and putting baby to bed at the same time every night and waking them at the same time each morning
- Bath and massage your baby to relax, calm him or her and also provide a soothing effect to prepare them for sleep
- Ensure that you have nursed or bottle-fed your baby before putting them to bed – babies who are hungry will not sleep for long periods and will wake up to be fed
- Read a story to your baby to promote sleep. Babies find it comforting when they hear the sound of your voice, learn to relate story reading as a cue for sleep time, pictures that are textured and have bright colors are appealing to them and encourages language skills and a passion of reading.
- Rock, kiss and snuggle with your baby before he or she sleeps because they need to know that you are there and feel safe and secure
- Sing a lullaby to the baby or play soothing music to promote easier sleeping patterns Introduce items such as a pacifier, stuffed animal or blanket that can be placed in the baby's crib and he or she can associate with you



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

Sleep Tips For toddlers and children

- Create a familiar routine for bedtime - feed, bath, cuddle, saying goodnight, a story or lullaby
- Establish regular daily routines by maintaining the same waking time, nap time, meal time, and play time for your child - this makes going to bed easier and also helps them to feel secure.
- Interact with your child in an affectionate but firm manner so that he or she becomes accustomed to the bedtime routine
- Find out when your child's ideal bedtime is by observing in the evening when he or she is starting to wind down and tire
- Ensure that children are physically active throughout the day and get plenty of fresh air
- Allow your child to choose his or her favorite stuffed animal or soft toy to sleep with
- Dim the lights in the evening as bedtime approaches and provide a night light if your child does not like the dark
- Avoid giving your child food, snacks or drinks that contain sugar and caffeine (chocolate, cola) as it disrupts the [sleep cycle](#)
- If your child is frightened of the "monster in the closet" or of being left alone, promise to return and check on him or her every ten minutes.
- Avoid sending your child to bed as a threat or punishment as bedtime should be an enjoyable experience

Sleep Tips For adults

- Establish and maintain regular bedtime and wake-up time patterns, including weekends – the circadian clock in our brain helps to balance sleep time and wake time
- Establish bedtime rituals such as relaxing in a hot bath, read a book or magazine or listen to soft, soothing music and drink warm milk before bedtime
- Talk to your spouse or partner about your day as this will enable you to stay connected to each other and clear the problems of the day
- Avoid working, participating in solving family problems or discussing finances before bedtime
- Practice relaxation techniques such as meditation, yoga or visualization to reduce stress and anxiety
- Create a comfortable, tranquil and relaxing sleeping environment
- Use the bedroom only for sleeping and sexual activity and remove distractions such as televisions, computers
- Eat a healthy balanced diet packed with fresh fruit and vegetables
- Exercise regularly as it helps to fall asleep easier – remember to exercise at least 3 hours before sleep time
- Spend time outdoors after waking as this regulates the body's biological clock
- Maintain a healthy weight as being overweight or obese also affects sleeping patterns
- Avoid stimulants such as caffeine, sedatives, alcohol and nicotine that may interfere with the [sleep cycle](#)

Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

Great Health Sites

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[The Natural Beat Blog](#)

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The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical



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evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

Serenite Plus: Natural sleep tonic for a restful night

SerenitePlus is an herbal formula specially formulated by a Clinical Psychologist for teenagers and adults. The natural ingredients are chosen for their soothing properties to **assist with occasional routine restlessness at night and to wind down naturally** after a busy day. Being in tincture form, Serenite Plus is quickly absorbed and gets to work almost immediately as a **natural sleep tonic to support the maintenance of night time harmony and rest.**

SerenitePlus has been used safely and effectively for many years. Using up-to-date scientific knowledge of natural [sleep patterns](#), SerenitePlus is a new and improved herbal formula.

SerenitePlus may also be combined with [Serenite-LT](#) for added benefits.

[Learn more about Serenite Plus](#)

herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).

Serenite Jr.: To promote healthy [sleep patterns](#) in children and babies

Serenite Jr. is a safe and effective herbal remedy specially formulated by our clinical psychologist to **promote junior night time harmony** and to assist parents in their task of naturally settling fussy little ones with occasional night time restlessness.

Serenite Jr. contains 100% natural herbal ingredients and can safely be used by all children and babies over the age of 6 months and is **gentle and non-addictive**. Together with consistent discipline, a regular routine and night time ritual and a loving home environment, Serenite Jr. can quickly help to **support healthy [sleep patterns](#) and restore peace to your home**.

Serenite Jr. is different because it is formulated especially for children and uses herbs in a natural tonic formula which is safe and effective. It is easy to administer in convenient drop form and may be used at night whenever needed. It may also be combined with our Triple Complex Sleep Tonic for every day use to promote ongoing sleep health.

[Learn more about Serenite Jr.](#)

Serenite-LT: Natural remedy supports healthy [sleep patterns](#) and sustained peaceful, restful nights

Many of our customers are already familiar with Native Remedies' SerenitePlus, which has been used safely for **evening support of healthy sleep**.

Due to ongoing product research and customer demand, it became obvious that there was a definite need for a remedy which could provide **ongoing, long-term support** of the sleep cycle. This led to the development of Serenite-LT - a unique herbal remedy with added nutrients, specially formulated to naturally support the sleep cycle and maintain healthy [sleep patterns](#).

Using up-to-date scientific knowledge of **natural sleep patterns**, Serenite-LT combines selected herbs and sleep-supporting nutrients in an effective formula, which will help provide support for a good night's rest on a regular basis.

[Learn more about Serenite-LT](#)

Read the testimonials for these quality products [here!](#)

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