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### **Sleep Hygiene protocol**

Blue light can be a big problem caused by LED lighting, television screens and computer and cellphone screens turn your laptop settings - to nighttime settings it will go to an orange light. You can turn your cell phone also to a night mode that turns off the blue light. Keep your lights turned way down in the house. Think about a red nightlight for the bathroom and use that at night. This will allow your natural melatonin to work better.

In the morning be sure to get out into the sun for at least a short period of time - this will set your circadian rhythm for the day.

### **Purchase the following**

1. Calm Magnesium - use the single packets or use a rounded teaspoon mixed in hot water
2. Traditional Medicinals – Nighty Night Tea
3. Glycine Powder – take a level teaspoon and put it in Nighty Night Tea see *below*
4. Planetary Formula's – Liquid Ashwaganda - use 2 eyedropperfuls
5. Natrol – 1mg Melatonin sub lingual grape flavored tablets – break it in 1/2 and take it 30min before bed and if you wake up still break the tablet in 1/2 and take that to get you back to sleep as long as it is before 3:30 am. If your brain is busy take a level 1 teaspoon of Glycine with it.
6. If you still need more sleep support if you wake up in the middle of the night - try Herb Pharm - Sleep and Relax - 1 eyedropperful in some water ( it is bitter tasting because of the hops extract in it )

### **Before bed**

1. Get 4 – 5oz of boiling water – pour it over a packet of Calm Magnesium
2. Add 2 eyedropperfuls of Ashwaganda extract – about 60 drops
3. Make a cup of tea with the Nighty Night Tea – sweeten it with 1 level teaspoon of Glycine powder

### **Drink before bed**

Daytime Stress – remember if you have a stressful day keep the Ashwaganda extract in your purse and put 1 to 2 eyedropperfuls in a little water - take as needed

Daytime – energy and stress tonic – Herb Pharm Eleuthero extract – take 2 eyedropperfuls in a little water at breakfast – keep in your purse or your pocket– repeat the dose about 2pm – mid afternoon.