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### **Better Sleep Protocol**

1. Maintain the same bedtime and rising time as much as possible. Calculate what time you need to begin sleep to get 8 hours of sleep. There are phone apps that calculate and track this for you.
2. Avoid looking at a computer screen, TV or your phone 1 hour before bed. Aim for 20 to 30 minutes of a quiet activity before bed. Try one minute of meditation before turning out the light or a few minutes of gentle stretching.
3. Take 300 mg to 500 mg of Magnesium at bedtime to calm the nervous system and aid sleep. I recommend Chelated Magnesium by Douglas Labs (MAG29) or Triple Magnesium by Vital Nutrients (MAG37)—at Emerson Ecologics.
4. Add Melatonin 1 to 3 mg 30 minutes before bed if needed. I recommend BioTech 1 mg (MEL36) or Pure Encapsulations 3 mg (MEL24). Do NOT increase over 3 mg. This tells the brain that it is time to sleep.
5. Optional are Lavender oil—Lavela WS 1265 gels (I06620) 1 gel at bedtime and L Theanine 100 mg by Integrative Therapeutics (THEA9) 1 cap at bedtime. Both calm the nervous system to aid quality sleep.

\*To order products with 17% discount and free shipping from Emerson Ecologics either click on the Butterfly on my home page to be directed to the new account registry page or go to [www.elevate.me](http://www.elevate.me)

Remember to check with your health care provider to rule out other causes of sleep problems such as, but not limited to, Sleep Apnea, Thyroid or other Hormone Imbalances, Menopause, Stress and Physiologic Sleep disorders.

Be Well, Dr. G.