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WELLNESS

BALANCE. HEAL. THRIVE.

The Rest & Restore Sleep Guide

Evening Nutrition • Acupressure • Supplements • Sleep Rituals

A gentle evening companion designed to help you create the conditions for deeper rest and a more restorative rhythm.

A gentle, practical guide designed to complement - not replace - individualized healthcare.

Create the Conditions for Rest

Quality sleep is supported by a steady circadian rhythm, a calming evening routine, appropriate nutrition and treatment of underlying sleep or medical problems when present.

What to Eat to Support Sleep

• Eat regular balanced meals: combine protein, fibre-rich carbohydrates and healthy fats to support satiety and steady energy.

• Try sleep-friendly foods: oats, kiwi, tart cherries, pumpkin seeds, almonds, yogurt or fortified soy yogurt, tofu, lentils and whole grains can fit into an evening pattern.

• Keep dinner comfortable: very large, heavy or spicy meals close to bed can aggravate reflux or discomfort for some people.

• Time caffeine thoughtfully: caffeine can linger for hours; consider an earlier cut-off if sleep is sensitive.

• Limit alcohol as a sleep aid: it may make you sleepy initially but can fragment sleep later in the night.

Supplements to Discuss With Your Healthcare Professional

• Magnesium: may be appropriate if intake is low; evidence for insomnia is mixed, and some forms can cause diarrhea.

• Melatonin: can be useful for specific circadian or short-term situations, but timing and dose matter; ask a clinician or pharmacist.

• Vitamin D or B12: correct a documented or likely deficiency rather than using them as sedatives.

• Herbal products: valerian, passionflower and other sleep blends can interact with medicines and may cause sedation. Review them with a pharmacist before use.

Three Simple Evening Nourishment Ideas

Kiwi + Yogurt Sleep Bowl
Ingredients: plain Greek or fortified soy yogurt, 1-2 sliced kiwis, 1 tbsp pumpkin seeds, cinnamon.
Simple method: Combine in a small bowl 1-2 hours before bed if you are genuinely hungry.

Warm Cinnamon Oats
Ingredients: 1/3-1/2 cup oats, fortified soy milk, cinnamon, 1 tbsp ground flax, a few walnuts.
Simple method: Simmer until creamy. Keep the portion light enough that it does not feel heavy before bed.

Calming Caffeine-Free Tea Ritual
Ingredients: caffeine-free herbal tea such as chamomile or rooibos; optional small pear or a few almonds.
Simple method: Sip slowly during a screen-light wind-down. Check herbal ingredients for allergies, pregnancy precautions and medication interactions.

The 60-Minute Wind-Down

• Dim bright overhead lighting and reduce stimulating work or scrolling.

• Keep the bedroom cool, dark and quiet; use a consistent wake time when possible.

• Try 5 minutes of slow breathing: inhale gently, then make the exhale slightly longer.

• If you are awake for a prolonged period and becoming frustrated, do a quiet activity in dim light and return to bed when sleepy.

Acupressure for Relaxation

Point	How to find & use it
HT7 - Shenmen	At the wrist crease on the little-finger side, in the small depression beside the tendon. Use gentle pressure for 30-60 seconds per side.
PC6 - Neiguan	About three finger-widths above the inner wrist crease between two tendons. Press gently while breathing slowly.
Yintang	At the midpoint between the eyebrows. Rest a fingertip there with very light pressure for 30-60 seconds.
KD1 - Yongquan	On the sole, in the depression in the front third of the foot that appears when the toes curl. Massage gently for 30-60 seconds per foot.

Use light, comfortable pressure. Avoid pressing broken, infected, swollen or recently injured skin. Acupressure is a relaxation practice and is not a treatment for sleep apnea or another sleep disorder.

When Sleep Deserves Medical Attention

- Loud snoring, witnessed pauses in breathing, gasping/choking at night or significant daytime sleepiness.
- Persistent insomnia that affects daytime function despite consistent sleep habits.
- New severe headaches, chest pain, breathing difficulty, fainting, or other urgent symptoms.

Important Wellness Disclaimer

This guide is for general education and wellness support only. It is not medical advice, diagnosis, or treatment and is not a substitute for care from your physician, nurse practitioner, pharmacist, registered dietitian, physiotherapist, or other qualified clinician. Supplements can cause side effects and interact with medications. Check with a qualified healthcare professional before starting supplements, especially if you are pregnant or breastfeeding, have a medical condition, take prescription medication, have kidney or liver disease, or are preparing for surgery. Stop any exercise or acupressure technique that causes pain, dizziness, shortness of breath, numbness, or worsening symptoms. Do not combine sedating supplements with alcohol or prescription/over-the-counter sedatives unless a clinician or pharmacist has confirmed the combination is appropriate.

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