



**Eldercare
Services**

EXPERTISE MATTERS

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Newsletter

November 2017

THIS MONTH

The Elusive Thing Called Sleep

Recently I did a lecture on sleep and was surprised by the turnout and the waiting list for the next class. In further exploration, I found that 75% of us have trouble either falling asleep or staying asleep. That is a lot of us wandering around or being frustrated in the middle of the night!

We need good healthy sleep to be alert, have energy, have an excellent immune system, improve memory, heal, and also to regulate our weight, our mood and our wellbeing.

Medical providers are telling us to get a good night's sleep, but often we are not sure how to do that! Each of us might differ on the amount of sleep that we need; it could be five to nine hours a day. If you feel refreshed after a night's sleep, you are probably getting what you need. If you don't feel great the next day and know that the long restless night is affecting your mood, energy, health, memory and more, then it is time for you to change some old habits or get a sleep evaluation.

Many of us also neglect to tell our medical providers that we are having trouble sleeping.

What needs to be aligned to sleep well? The answer is body, mind, and bed! In this newsletter, I am going to give you twelve tips to improve sleeping. I am also doing the next lecture on this subject in our office on Friday, November 17th (that class will fill quickly - it is free, so sign up soon).

12 Tips to Help with Sleep

1. Dim all the lights in your house for at least two hours before bedtime. This allows the body to produce melatonin, a neurotransmitter that induces sleep, but is only produced in the dark. Melatonin is what moves our circadian clock that regulates the timing of sleep. The circadian clock is in almost all living organisms.

About our Founder



Linda Fodrini-Johnson, MA, MFT, CMC is a Licensed Family Therapist and Certified Care Manager. She has been practicing professional care management (now

called aging life care) since 1984. Linda founded Eldercare Services, a full-service care management and home care company in 1989, which now employs over 200 caring people. Eldercare Services has been providing Bay Area families with care management, home care services (caregiving), advocacy, counseling, support groups and education for 28 years.

MONTHLY AFFIRMATION

**"I am grateful for good sleep
and find joy in every day."**

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2. No blue light activity for 1-2 hours before bedtime. That means no electronics (cell phones, iPads, computers, etc.)
3. No alcohol 4 hours before bed.
4. Stop drinking and digesting caffeine – or at least stop after noon.
5. Cut out refined sugars or at least after noon. Use fruits for night time desserts.
6. Don't eat large meals before bed. If you need a light snack – choose a carbohydrate which leads to sleepiness. A protein leads to energy and alertness and would not be a good choice.
7. Stick to a sleep and wake time schedule – even on the weekend.
8. Practice a relaxing bedtime routine – such as meditation, listening to soft music, or reading with a book light as opposed to a big lamp overhead. Sometimes a warm bath infused with Epsom salts and lavender essential oils will work – for others, warm baths are stimulating.
9. Stay active during the day – daily exercise helps with sleeping.
10. Drink at least ½ gallon of water a day. Don't get dehydrated.
11. Remove stressors from your life. If you are worrying all the time with an active mind, you might benefit from Cognitive Behavioral Therapy. We have five therapists on staff if you need some re-programming to help you sleep.
12. Make your bedroom a magnet for sleep. Bedrooms are for sleep and sex and nothing else. Have a good mattress and pillow – bedding might need to be cotton or organic. No television or electronics in the bedroom.

Good sleep will keep you healthy and allow you to have the energy to enjoy each day. You can change old patterns, but lack of sleep could mean that you have a body structural issue that might need some medical interventions or a short course of Cognitive Behavioral Therapy.

To learn more about sleeping, sleep needs, cycles, and behavioral techniques, register for our free class on November 17th, 2017, and if it fills up, I promise to do another one in early December – my gift to all of you for the holidays!

Upcoming Events

Transforming the Dark Days of Winter Into Positive Growth

 Nov 16th  11:30pm – 1:00pm
lunch included

Presented by: Linda Fodrini-Johnson

Gain Knowledge to Change Old Thought Patterns



- ▶ Learn what causes seasonal depression
- ▶ Learn how light and diet can affect your moods
- ▶ Make new friends and create a plan for a joyful winter

This is a FREE event and lunch is provided!

Sponsored by the Walnut Creek Village

Visit <https://walnutcreek.helpfulvillage.com/events/81> to register or call 925-956-1990.

The Elusive Thing Called Sleep

 Nov 17th  2:00pm – 3:30pm

Presented by: Linda Fodrini-Johnson

Good Night, Sleep Tight!

- ▶ Learn ways to help achieve that deeply desired REM sleep.
- ▶ What is keeping you awake at night
- ▶ What needs to be aligned to sleep well
- ▶ Learn about medical issues that effect sleep
- ▶ Breaking old habits

No fee. Advanced registration required here: <https://eldercareanswers.com/event/elusive-sleep/>

Classes are intended for family caregivers or those dealing with the challenges of aging.

Questions? Call 866-760-1808 or email info@eldercareanswers.com

Location of Events:

Eldercare Services, 1808 Tice Valley Blvd., Walnut Creek, CA 94595