

THE SLEEP CHECKLIST



R.O.A.R

ROADMAP TO ATTENTION AND REGULATION

Module 5

Sleep is a non-negotiable from the perspective of Learning, Focus and Moods.

1. Blood sugar, and
2. Regular Bowel Movements,

Sleep forms the third pillar of optimal functioning.

My mentor Andrea Nakayama often says that unless sleep, poop, and blood sugar are optimized, further progress is hard to achieve.

In the first module you have learnt how to stabilize blood sugar, in this module you will learn how to optimize sleep, and bowel movements.



The guest interview in this module is from my friend, Deepa Kannan, a sleep expert who will lead you through common problems in children that prevent them from falling and staying asleep.

Make sure you scroll to the attached video with this lesson, and listen to Deepa's Interview.

Strategies and Supplements to help FALL asleep

1. Melatonin (start with 0.5 mg and increase until you see optimal sleep)
2. Magnesium Glycinate + B6
3. Adaptogens (Ashwagandha / Brahmi / Tulsi)
4. Herbs (Valerian, Lemon Balm, Lavender) - can be oral or essential oils
5. Guided sleep meditation apps (try Sattva)
6. No screen time 2 hrs before bed
7. Slow long Breathing - learn Ujjayi breathing
8. SKY-kids breathing in the morning
9. Dark room with minimal / no electronics
10. White noise
11. Warm Epsom Salt bath with Lavender Essential Oil before bed

Strategies to help STAY asleep

1. Eat a snack with protein before bed [Blood Sugar Balance] eg. nuts, nut butter, boiled egg, small serving of meat
2. No sugar at bedtime.
3. Adaptogens (Ashwagandha / Brahmi / Tulsi)
4. Slow release Melatonin
5. Dark room with minimal / no electronics
6. White noise
7. Cool room below 70 F
8. Don't drink too much water before going to bed.
9. SKY-kids breathing in the morning to balance cortisol

SLEEP TRACKER

	MON	TUE	WED	THU	FRI	SAT	SUN
Did your child sleep 9-11 hours?							
Did they take less than 1/2 hour to fall asleep							
Did they wake up in the middle?							
How many times did they wake up?							

TROUBLESHOOTING QUESTIONS:

Why did they wake up?

Was dinner Blood Sugar Balancing?

Was Screen time stopped 2 hours before bed?

Which supplements have you introduced recently?

Were these supplements taken in the morning or evening?

Was your child overly tired?



Disclaimer: Vaishnavi Sarathy, Ph.D. is an educator, not a doctor, specifically not your child's doctor. Please consult your physician before implementing any supplement or diet recommendations.