

Get a Restful, Restorative Night's Sleep With These 12 Tips



If you've been having trouble sleeping lately, you are not alone. Far from it!

I'm hearing from people who say their minds start racing at 2:00 am, but when the alarm goes off, they feel like they need 3 hours more sleep.

I'm hearing from people who have trouble getting to sleep, even though they feel exhausted most of the day.

And I'm hearing from people who say they get about 8 hours of sleep, but they still wake up tired from tossing and turning all night.

These are all our bodies' responses to **STRESS**. And if you've been following me for any length of time, you know that stress is the single biggest source of **ACID** – worse than any food or drink you could consume!

So it's not a coincidence that trouble falling asleep and trouble sleeping through the night soundly are responses to acid.

In fact, waking up between 1:00 and 3:00 am is a **telltale sign** your liver and your kidneys – your major detoxification organs – are fighting off acid and begging for help.

Every acid and toxin you come into contact with must be filtered through the liver. While we sleep, the liver and your body become more active and work on cleansing and detoxification. Waking up around this “liver time” can signal that the liver and the body are exhibiting signs of acidity and need some cleansing.

Even if the source of the acid is stress, the response is the same. Other times this happens from eating either too much sugar or animal proteins in the evening, or a gradual build-up of dietary and metabolic acids during the day.

Whatever the source of your sleep troubles, here are 12 of my best tips that go beyond the typical “don't fall asleep with the TV on” advice to address the roots of your sleep issues. You can put these into action right away to help you get better, more restorative sleep than you have experienced in years.

12 Tips That Lead to Better Sleep

- **1. Eat dinner at least 2 or 3 hours before bedtime.** So if you get in bed at 10:00 pm, 7:00 is the latest you should be eating anything, including dessert. That will prevent your digestive process from keeping you awake. Also, keep in mind that dinner is not supposed to be your big meal of the day. You're better off eating a big lunch and a lighter dinner.

- **2. Eat dark greens every day.** Think green in whatever forms you can get it: Green juice, green smoothie, a big green salad, green food supplements, watercress, broccoli, kale, cucumber, spinach, romaine, and fresh herbs like basil and cilantro. Eat lots of celery (a powerful cleanser that supports liver detoxification). And the more raw greens you can eat, the better.



- **3. Break your caffeine addiction!** I know, this one is hard to hear. But did you know that drinking caffeine even first thing in the morning can mess with your adrenals, which regulate energy and fatigue, all day and night? That's right, if you're having trouble falling asleep, think back to that coffee you had 12 to 18 hours earlier as a possible culprit. Even if you can cut back to only drinking caffeine first thing in the morning and then abstaining for the rest of the day, you will notice a difference in your ability to sleep.

- **4. Replace caffeinated drinks with water.** The more water you drink throughout the day, the better your sleep will be. Dehydration has many negative effects on the body, including affecting your ability to sleep. Lack of water slows down the detoxification process that's constantly taking place in the liver and digestive system, especially while you sleep. Drink 3 to 4 liters of alkaline water to stay hydrated.



- **5. Sweat!** Exercise and saunas (infrared is ideal) are good ways to sweat. Another way is a toxin elimination bath with Epsom salts, baking soda, and lavender essential oil in water as hot as you can stand it right before bedtime.

- **6. Avoid animal protein and even fish.** It can be stressful for the liver to break down animal proteins, as they are acidic. So they require a lot of nerve energy to metabolize, especially during your sleeping hours. On the other hand, you need protein to support and detoxify the liver. [Read my blog post about getting enough](#)

[proteins](#) for ideas on transitioning away from animal protein to plant-based proteins. Start by shifting meat consumption to lunch instead of dinner, so your body can digest while you are awake.

- **7. Stop eating junk food.** Because the body has to work harder to process junk foods and acid, your overly taxed liver may be crying out for help as you try to sleep. Minimizing these acid-forming foods in your diet will go a long way toward neutralizing acid and helping you sleep:
 - Sugar
 - Soft drinks and carbonated water
 - Margarine
 - Yeast (found in bread and carb-heavy snacks)
 - Alcohol
 - Pasta, chips, and other processed foods
- **8. Make sure the colon is clean.** The average American has 10 to 15 pounds of toxin laden, impacted fecal matter in their colon. When toxins remain in the colon, they are sent back to the liver. The liver then sends them right back down to the colon in the form of bile. To help permanently eliminate these toxins from the body, add extra fiber, probiotics, and filtered water to cleanse the colon.
- **9. Practice deep breathing. If falling asleep at bedtime is problematic, deep breathing could make all the difference.**
Practice breathing in through your nose for 3 seconds, holding the breath for 6 seconds, and slowly exhaling through your mouth for 5 seconds. Many people who use this technique at bedtime say they are out by the third or fourth round of breaths.
- **10. Assist your lymphatic system.** Use a body brush before you hop in the shower to stimulate your lymphatic system and help move lymphatic fluids. You can also use a rebounder, or small trampoline, which is a way to stimulate lymphatic drainage, ridding your body of toxins, wastes, trapped protein, bacteria, and viruses. This vertical acceleration and deceleration creates an ideal condition for cleaning the cells, which will aid detoxification and sleep.
- **11. Fight stress.** As you know, stress is the number one cause of acid in the body. So the effects of stress on your sleep are two-fold. First, it's harder to sleep if you have a lot on your mind. Then to make matters worse, your body is busier fighting acid as you try to sleep. So practice meditation, yoga, high impact workouts early in your day, massage, keeping a gratitude journal, or anything else that helps keep your stress levels down.



- **12. Take [Alkamind Daily Minerals](#) before bed.** One scoop of Daily Minerals with a full glass of water 30 minutes before going to bed is going to fight the acid you've consumed during the day, setting your liver up for overnight success so you can sleep soundly.

Daily Minerals is my SECRET WEAPON when it comes to trouble sleeping. I can't tell you how many hard-core insomniacs have come to me, and after starting the minerals, they sleep better than they had in years.



Magnesium specifically is very calming to your nervous system. Along with calcium, potassium, and sodium bicarbonate, it will neutralize all of the damaging acids that have built up during the day, thus preventing your body from experiencing restless sleep at night.

What's the result? You sleep better, so that you wake up with this newfound energy that will give you what you need to take on your day!



“Love this product! I drink it every night before bed and sleep so much better and wake up feeling so much fresher!” –Camille O. (Verified Buyer)

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GET OFF YOUR ACID!

Dr. Daryl