



Dr. Samm ND

The N.A.P.P. System



N

NO.

1. Say No to Caffeine after 4p... could be 12p for you
2. Say No to blue lights at least 1 hour before bedtime. These are lights that affect sleeping and relaxation that are emitted from screens (Tv, Laptop, phone, and tablets)
3. Say No clutter under your bed
4. Say No to electronic near the head of the bed
5. Say No to bringing work home

A

Appropriate and Amount of Sleep matter.

1. You should be asleep from 10p to 2a at minimum to allow your body to make natural melatonin. This is the master hormone of the immune system.
2. You need more than 6 hours of sleep nightly. Some need more. Take 3 nights consecutively and time what time you go to sleep and what time you naturally wake up without an alarm clock. Average this and this is the amount of sleep that you need.

Notes:



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P

Plan

Plan a bedtime routine and do the same thing each night

1. Drink a cup of warm tea
2. Take a relaxing bath or shower
3. Read or journal

P

Positivity

Always end the night with a positive thought

1. Get a jar and place at least 1 positive thing that happened in the jar at night
2. Get a journal and write at least one positive thing that happened that day

Notes: