



# Kalyāna Consulting

Physical, Emotional & Spiritual Well Being

[www.pharmatodharma.org](http://www.pharmatodharma.org) / [www.drjoannacarmichael.com](http://www.drjoannacarmichael.com) / [joannacarmichael@me.com](mailto:joannacarmichael@me.com) / 610-993-0702

## Insomnia – The Father of all Disease Sleep – a most vital part of Self-Care

Kapha	governs all <b>Stability &amp; Protection</b> through the qualities of earth & water
Pitta	governs all <b>Transformation</b> through the qualities of Fire & a little water
Vata	governs all <b>Movement</b> through the qualities of Space & Air

### Doshic Times of the Day

Vata (space & air)	2 – 6 AM	and	2 – 6 PM
Kapha (earth & water)	6 – 10 AM	and	6 – 10 PM
Pitta (fire & water)	10 AM – 2 PM	and	10 PM – 2 AM

### Doshic Times of the Year

Vata	Fall – early-mid Winter
Kapha	Late winter – late Spring
Pitta	Summer – Early Fall

*Transitional times of the year are vulnerable times when we need to be more mindful of our daily routine, food, activity, and rest. This is even more important because of how variable and unpredictable our weather can be regardless of where we live.*

### Doshic Times of the Lifespan & Predominant Health Challenges

Kapha: Birth – late teens	Childhood	(Childhood illnesses of congestion)
Pitta: Twenties – early 60s	Adulthood - drive to accomplish	(Illnesses of Inflammation)
Vata: Mid-60s – death	Gradual letting go of the material	(Illnesses of pain, dryness, rigidity)

### Doshic parts of the Body

Kapha	Mouth – 1 <sup>st</sup> 1/3 of the stomach
Pitta	2 <sup>nd</sup> 2/3 of the stomach & small intestine
Vata	Colon

## Sleep Hygiene

### **Purpose of sleep:**

Rest & reset for the body-mind

Detoxification

Rejuvenation

### **Issues/tendencies:**

Vata - Irregular, light sleep, wake up in middle of night, can sleep deeply when exhausted

Pitta - Difficulty falling asleep, sleeps well & lightly, tend to be night owls, productive at night if awake

Kapha - Heavy sleepers, too much sleep, deep & sound, not easily awakened, sluggishness

*The feeling of losing sleep due to intense emotional upset, accumulation of stress or anxiety can become a chronic problem if the first cause of the problem is not addressed.*

*Insomnia has become accepted as a normal part of aging and of our current lifestyles.*

### **Restorative functions of sleep:**

- Critical role in repair and rejuvenation of tissues both in the brain and elsewhere in the body
- Muscle growth
- Tissue repair
- Wound healing
- Protein synthesis
- Release of growth hormones
- Efficient removal of metabolic wastes
- Supports the immune system
- Supports important changes in the structure and function of the brain
- Facilitates learning and memory & repatterning of neurological pathways

### **Simple Adjustments to Routine, Exercise, Diet and Lifestyle**

- Commit to a consistent time for going to bed – ideally no later than 10:30 PM and waking up (even on the weekends) between 5 & 6 AM
- Try to maintain consistent work hours if possible
- Eat your meals at the same time each day
- Eat a light & wholesome dinner about 3 hours prior to retiring to bed
- Before bed:
  - Have a cup of herbal tea or warm milk with pinch of nutmeg, cardamom, ghee
    - Chamomile, lavender, Brahmi/gotu kola
  - Massage feet and scalp with warm oil – grounding, supports downward moving energy, helps to soothe the mind
  - Take a bath – relaxes the nervous system, releases tension, quiets the mind
    - Hot water for Vata & Kapha, Warm for Pitta
- Abhyanga – Ayurvedic Self Massage with Oil – a very grounding and nourishing practice that calms the nervous system and is a potent practice of Self-love.
  - Can be done in the morning or as part of an evening ritual to promote sleep
  - Use warmed Sesame, coconut, or sunflower oils depending upon your dosha
  - Take your time, and enjoy this loving ritual

- Morning Routine to set a calm and clarifying intention for the day
  - Drink warm water with lemon & ginger
  - Empty bladder & bowels
  - Meditation
  - Gentle walking outdoors
  - Yoga
  - Pranayama
- Doshic exercise at appropriate times of the day – kindles the agni, improves digestion, assists with detoxification, encourages proper & easy elimination, promotes relaxation, reduces stress, and supports sound sleep
  - Exercising too close to bedtime can be over-stimulating
  - Best times: 6 – 10 AM
  - If you must exercise in the evening: do so at least 2-3 hours before bedtime
- Reduce & Manage Stress
- Bedroom as Sanctuary
  - Make the bedroom (specifically the bed), a sacred place for sleep & sex (not the place to read, watch TV, be on the computer, or pay bills)
  - Temperature, lighting, noise & humidity
    - Vatas & Kaphas favor warmer temperatures, soft bedding, adequate humidity, possible night light
    - Pittas favor cooler temperatures, fewer covers, firmer bed, total darkness, less humidity
    - White noise can be helpful if noise level is disruptive to any dosha
  - Eliminate screen time in the evening (ideally from dinner onward)
  - Eliminate stimulants: caffeine, nicotine, alcohol (before bed, but ideally from your lifestyle entirely)
  - Eliminate bedtime reading: too stimulating to the eyes and mind, pitta-provoking, if you must read, read something light and inspirational or listen to music
- Consider Supportive Herbs
  - Brahmi / GotuKola – Sattvic in nature, supports the nervous system and mind. Cooling & relaxing properties
  - Ashwagandha – relieves stress & calms the mind. Adaptogenic properties

## **If You Can't Sleep**

If you find you are unable to get to sleep, get up. This is better than trying to force yourself to get to sleep. You want to associate the bed with restful sleep not struggle to get to sleep.

- Make a to do list
- Journal – download prominent thoughts so you can know they will be there and you can let them go
- Grounding meditation
- Pranayama (breathing just through the left nostril, or alternate nostril breathing)
- Yogic breathing – deep diaphragmatic breathing
- Yoga – legs up the wall, Child's pose, Yin poses
- Only return to bed when you are genuinely ready to surrender to sleep