



ON

SLEEP

National Integrated Health Associates (NIHA)

5225 Wisconsin Avenue
Suite 401
Washington, D.C. 20015

Phone: 202-237-7000
Fax: 202-237-0017
www.NIHAdc.com



HOW TO USE THE FOLLOWING INFORMATION

Sleep disturbances significantly contribute to major health issues or obstruct the healing progress. Our health care practitioners here at NIHA consider consistent recuperative sleep an essential aspect of their health and healing regiment.

This paper is designed to serve:

- a) As a brief summary about the significance of a good night's sleep
- b) As a self help tool to implement effective sleep habits referred to as "sleep hygiene"
- c) To give an overview about common causes and conditions that contribute to insomnia.

Our doctors will assist in diagnosing root causes for these diverse health conditions and treat them accordingly.

Attached in the end you will find a sleep diary that can assist you in keeping track of your sleep patterns, revealing to you and your doctor conditions that may be interfering with your ability to get a good night sleep and therefore is hinder healing.

TABLE OF CONTENTS

Why do we need to sleep?	1
What happens when we do not sleep?	1
How much sleep do we need?	1
SLEEP HYGIENE	
1) Implementing better daytime habits	2
2) Creating a healthy sleeping environment	2
3) Creating and sticking to bedtime rituals	3
4) If you are not asleep within 20 minutes	4
5) If you wake up during the night	4
MEDICAL AND ENVIRONMENTAL CONDITIONS THAT CONTRIBUTE TO INSOMNIA	
1) Cortisol Issues	5
2) Significance of Melatonin	6
3) Neurotransmitter issues	6
4) Female Hormone Imbalance	7
5) Sleep Apnea	7
6) Allergy: Food and Environmental Sensitivities	8
7) Electro Smog and Geopathic Stress	9
8) Restless Leg Syndrome	9
10) Psycho- Emotional Issues	9
Sleep Diary	Appendix

WHY DO WE NEED TO SLEEP?

This is a question that has puzzled scientists for centuries. And the answer is that no one really knows for sure. Obviously the body repairs and rebuilds itself physically and psychologically during that downtime when there are no other demands to fulfill. The immune system has an opportunity to reprogram its cellular army. The brain files the day's events. The intuitive mind processes, communicates and receives information. Spiritually, Eckhard Tolle says that we take a journey into the Unmanifest every night when we enter the phase of dreamless sleep. We merge with the Source, from which we draw vital energy that sustains us; reminding us that "Man does not live by bread alone."

WHAT HAPPENS WHEN WE DON'T SLEEP?

Although there is not much scientific evidence on what exactly happens when we sleep, much research exists on sleep deprivation. All of us are familiar with the after-effects of just one night without sleep: grogginess, grumpiness, irritability, forgetfulness, lack of tolerance, impaired concentration, and shortened attention span. With continued lack of sleep, the part of the brain that controls language, memory, and a sense of time is severely affected. In fact, 17 hours of sustained wakefulness leads to a decrease in performance equivalent to a blood alcohol level of 0.05% (two glasses of wine). In other words lack of sleep has a serious effect on our brain's ability to function. Sleep deprivation severely affects our cognitive function, our emotional and physical health, and surely also our spiritual wellbeing.

HOW MUCH SLEEP DO WE NEED?

There is not a set time that everyone needs to sleep per night. People like to sleep anywhere from 5 to 11 hours, with the average being 7.75 hours. Jim Horne from the Loughborough University Sleep Research Centre has a simple answer though: *"The amount of sleep that we require is what we need in order to not to be sleepy in the daytime".*

SLEEP HYGIENE

The following are simple guidelines that promote continuous and restful sleep. Daytime sleepiness and difficulty sleeping can be indications of poor sleep hygiene.

1) IMPLEMENTING BETTER DAYTIME HABITS

- a. **Avoid naps during the day.** They will throw off your body clock. If you absolutely must take a nap, keep it under 30 minutes and take it early in the day.
- b. **Limit caffeine and alcohol.** Some people react to caffeine for over 8 hours. Although alcohol may initially act as a sedative, it can interrupt normal sleep patterns. Beer and wine are diuretics and lead to increased urination during the night.
- c. **Nicotine is a stimulant!** It can make it difficult to fall asleep and/or stay asleep.
- d. **Exercise early during the day.** Evening workouts are stimulating!
- e. **Avoid a full stomach before going to bed.** Give your stomach time to digest a meal before going to bed. Keep your dinners well balanced and light. A snack before bedtime should be protein based in order to avoid blood sugar drops. Low blood sugar can cause you to wake up hungry during the night.
- f. **Stop drinking fluids 2 hours before bedtime,** in order to avoid bathroom trips during the night. Make sure to empty your bladder just before you go to sleep.
- g. **Expose your face to bright sunlight for 15 minutes first thing in the morning.** It stimulates your pituitary gland, sets your inner clock and wakes you up to face the day. Here you can incorporate a morning meditation, do a visualization, or set your intentions for the day.

2) CREATE A HEALTHY SLEEPING ENVIRONMENT:

Turn your bedroom into a healthy calming sanctuary, a “bedroom oasis” to retreat and recuperate from the screaming stresses of our daily lives.

- a. **Make your bedroom a place for sleep only:** Office or entertainment equipment does not belong in a sleep sanctuary. Examine your bedroom and consider relocating everything that does not specifically promote calmness and support sleep. Entering this space that is created for sleep only will be recognized as such by your body and your unconscious.
- b. **Choose healthy, natural materials for your bed:** use cotton bedding and sleepwear. Consider a cervical support pillow. Avoid metal coils or electric blankets (refer to Page 9).

- c. **Create a calming atmosphere in your bedroom:**
- **Soft blues and greens** are considered cool and calming.
 - **Evaporated essential oils** create a soothing atmosphere.
 - **A beautiful plant** that produces oxygen and adds calmness.
 - **Explore Feng Shui**, an ancient Chinese practice that explores the art of placement and the relationship of people to their surroundings.
 - **Keep this room clutter free!**
- d. **Make your bedroom quiet, very dark, and a little bit cool.** The production of Melatonin, a pineal hormone that induces sleep, is stimulated by the absence of light. Keep the temperature in the bedroom no higher than 70 degrees. Many people keep their bedrooms too hot.
- e. **Create an electro smog and geopathic stress free zone.** Please read about this issue on Page 9 of this paper.
- f. **Sleep in a well-ventilated room.** Do not underestimate the benefits of fresh, oxygenated clean air. It supports the body's process of self-healing and repairs during the night, therefore promoting a good night sleep.
- g. **Hide the clock.** Place the clock so you cannot see the time while you sleep. Focusing on time can cause more stress.

3) CREATING AND STICKING TO BEDTIME RITUALS

These are the things you do every night just before you go to sleep. They serve as cues for your body that it is time to slow down and go to sleep:

- a. **Keep a regular sleep schedule.** Go to bed and wake up everyday at the same time. This will help your body to get into a sleep rhythm and make it easier to fall asleep and wake in the morning.
- b. **Relax for a while before going to bed:**
- **Listen** to soft music.
 - **Sip a cup** of calming tea.
 - Use **relaxation techniques** or **meditation**.
 - Take a **relaxing bath**.
 - **Engage in journaling** and release your concerns and worries by jotting them down.
 - **Spiritual or religious reading** is the best mind food at this hour.
 - **TV messages delivered before bedtime are not favorable.**

4) IF YOU ARE NOT ASLEEP WITHIN 20 MINUTES

- a. **Get up**, rather than remaining in bed “trying really hard” to sleep. Do something relaxing and soothing outside the bed for 20 minutes. Using the bed only for sleeping conditions body and mind to go to sleep in this designated place.
- b. **Keep your feet warm**. Cold feet will keep you awake. Feet have the poorest circulation. Wear socks or use a warm water bottle for your feet.

5) IF YOU WAKE UP DURING THE NIGHT avoid bright light. Bright light signals the brain that it is time to wake up fully.

Behavioral changes are very effective and truly worth one’s effort and time. Throughout the next pages we will explore both medical and environmental conditions that contribute to disturbed sleep patterns.

MEDICAL, ENVIRONMENTAL AND PSYCHOLOGICAL CONDITIONS THAT CONTRIBUTE TO SLEEP DISORDERS

1) CORTISOL ISSUES

The adrenals, which are endocrine glands, are situated on top of the kidneys. They supply the body with cortisol and adrenaline. These are hormones that are involved in the fight-flight response in the presence of stress. Cortisol has its own circadian rhythm. The levels are highest in the morning, moderating during the day, and dropping to low levels at night. Elevated cortisol levels during the night greatly impair sleep and melatonin production. Understanding the reasons for the system's failure to reduce nighttime cortisol levels allows us to understand the root causes of certain sleep disorders.

Factors that can contribute to high cortisol levels at night that disturb the circadian rhythm:

- **Hypoglycemia** (The inability to maintain steady blood sugar levels throughout the night). Does hunger wake you up during the night? Cortisol and adrenalin production become stimulated and alert the brain to feed it glucose. Please discuss these symptoms with your doctor.
- **Chronic Infections**, such as Lyme, Chlamydia, Strep, fungal infections, Herpes, parasites, etc. all have an adverse effect on your cortisol levels.
- **Sleep apnea**, signified by pauses in breathing while sleeping. The brain becomes deprived of oxygen. This leads to stress and therefore to cortisol production. For more information refer to Page 7 of this paper.
- **Chronic and acute pain and structural misalignment**. These are continuous physical stressors that raise cortisol levels and might keep you up even if you use pain medication.
- **Psycho-emotional issues** can trigger stress and cortisol production. There are effective methods to address these issues. Please refer to Page 9 of this paper.
- **Adrenal Hormone Imbalance**
 - a. **Hyper-adrenalism**: If stress persists, hyper-adrenalism (overactive adrenal glands) is the outcome. The adrenals continuously produce an excessive amount of cortisol and adrenalin. This puts the body in a hyper-alert state. This patient can't shut down and go to sleep.
 - b. **Hypo-adrenalism**: If the adrenal glands are constantly over-stimulated or are constitutionally weak, they will fatigue as the body exceeds a threshold of exhaustion. The first sign of weak adrenals is sleep disturbance. The hypo-adrenal patient rests a great deal, sleeps poorly, awakens slowly, always feeling un-rested, moves slowly and sluggishly, and has little stamina during the day. There is no cortisol to fuel the cellular furnace. Other signs and symptoms of weak adrenals are hyper-vigilance, a nocturnal lifestyle, anxiety, and palpitations. Adrenal hormone imbalances all have the same end-result: sleep disturbances!

2) THE SIGNIFICANCE OF MELATONIN

Melatonin is a hormone secreted by the pineal gland in the brain that helps regulate other hormones and maintains the body's circadian rhythm. The circadian rhythm is an internal 24-hour time-keeping system that plays a critical role in determining when we fall asleep and when we wake up. Darkness stimulates the production of melatonin while light suppresses its activity. Exposure to excessive light in the evening or too little light during the day can disrupt the body's normal melatonin cycles. For example, jet lag, shift work, and poor vision can disrupt melatonin cycles. In addition, some experts claim that exposure to low-frequency electromagnetic fields (common in household appliances) may disrupt normal cycles and production of melatonin. (This subject is covered under Section 7.)

Many researchers also believe that melatonin levels are related to the aging process. For example, young children have the highest levels of nighttime melatonin. Researchers believe these levels diminish as we age. In fact, the decline in melatonin may explain why many older adults have disrupted sleep patterns and tend to go to bed and wake up earlier than when they were younger.

"In addition to its hormonal actions, melatonin has strong antioxidant effects. Preliminary evidence suggests that it may help strengthen the immune system."

University of Maryland Medical Center

Melatonin plays a significant role in the sleep cycle and the quality of sleep. You can now understand the importance of sleeping in a very dark room, daily sun exposure and a reliable rhythm to your life. Melatonin can also be taken as a dietary supplement. We strongly recommend that you discuss this option with your doctor, who might want to explore possible biochemical reasons for low melatonin levels, like inadequate amounts of mineral and vitamin precursors required to make melatonin.

3) NEUROTRANSMITTER ISSUES

Neurotransmitters are chemicals that modulate electrical signals in the body, some of which are relevant to support sleep. The inability to manufacture enough of the right type of neurotransmitters can be due to a number of factors:

- **amino acid deficiencies**
- **genetic issues**, requiring more than a normal amount of nutrients to normalize the biochemical reactions
- **an insufficiency of vitamin and mineral nutrients** to create adequate well-functioning neurotransmitters

Many individuals with sleep disorders have either too few inhibitory neurotransmitters to calm down the brain, or too many excitatory neurotransmitters, that rev up the brain, prohibiting the person from falling asleep. The goal is maintaining a balance between the two.

4) FEMALE HORMONE IMBALANCE

Estrogen dominance and progesterone deficiency are very common, almost pandemic conditions that greatly affect women's sleep. Many women have noticed that it becomes much more challenging to sleep well in the second part of their cycle. Estrogen is a hormone that when dominant and out of balance can cause anxiety, insomnia, and cellular proliferation in the breasts, uterus and elsewhere. Women suffering PMS are very familiar with this scenario. The hormone progesterone enhances calmness and sleep, and inhibits cell division.

Estrogen dominance occurs when a woman has deficient, normal or excessive levels of estrogen, and too little progesterone to balance her estrogen. The imbalance between estrogen and progesterone, and not the amount of estrogen, causes interference with sleep and a long list of other uncomfortable symptoms.

Estrogen dominance could be caused by a number of conditions, adrenal fatigue being one of them. Your doctor can help to detect the cause of this imbalance and then through specific treatment strategies guide your body back into balance.

5) SLEEP APNEA

Sleep apnea, meaning, "without breath," is a very serious medical disorder characterized by pauses in breathing during sleep. These episodes occur repeatedly, often hundreds of times a night throughout sleep, depriving the brain and body of oxygen.

Oxygen is critical to health. If you fight for oxygen all night, stop breathing, and become hypoxic (oxygen deprived), your rest is shallow, of poor quality, and you are likely to awaken tired. The results are chronic problems and retarded healing.

Traditional approaches to sleep apnea

Doctors recognize the seriousness of sleep apnea, and are employing complex medical apparatuses and surgical procedures to relieve this condition symptomatically. The two most common treatments are:

- Wearing a mask called a CPAP (for Continuous Positive Airway Pressure) while sleeping, which forces breathing and oxygen if the patient stops breathing; and
- Surgically cutting away some of the soft palate.

Both of these solutions treat only the symptoms of sleep apnea, not the cause, and have some unpleasant complications. The former can interfere with intimacy and SLEEP; the latter may cause regurgitation of food and drink due to the soft palate not effectively closing off the nasal-pharynx during swallowing.

At NIHA, we treat sleep apnea by correcting its underlying cause.

During sleep, the patient's soft palate and tongue fall back and cover the throat, causing snoring, which is the noise made when the soft palate flutters. Snoring is often the first sign of sleep apnea.

Treatment is accomplished with a simple dental device worn at night. This appliance is a splint for the jaw that opens and draws the jaw forward, thus effectively opening the airway, so that the throat is not shut off. A night-guard fabricated to an ideal inter-occlusal height also serves to correct Cranio-Mandibular Dysfunction (CMD) also known as Temporo-Mandibular Disorders (TMD), by calming the jaw muscles and temporal mandibular joint. CMD/TMD often co-exists with sleep apnea. Symptoms are nighttime teeth clenching and/or grinding (bruxism), headaches, jaw pain, earaches, sinus problems, and clicking in the jaw joint.

For more information on sleep apnea, read *Snore no More* by James Mosley.

6) ALLERGY: FOOD AND ENVIRONMENTAL SENSITIVITIES

Allergy, an exaggerated bodily response to foods, substances in the environment, chemicals, vitamins, minerals, toxins, and even oneself, affect many individuals of all ages. When people think of allergies they generally consider only reactions such as sneezing, hives, or watery eyes as symptoms. However, allergies can affect every major body system. In fact, they can cause a vast range of every imaginable symptom.

Allergy can be one of the hidden causes of insomnia and other sleep disorders. It compounds a person's stress load and perpetuates sleep problems by also affecting the adrenal glands, causing hormone imbalance, and elevating cortisol levels.

Allergy as a dual response

At NIHA we treat allergies as a dysfunction of both the immune and the autonomic nervous systems (ANS). The ANS is the part of the nervous system responsible for the involuntary functions of your body, such as heartbeat, breathing, digestion and healing.

When the body encounters a substance it perceives as harmful, the nervous system (ANS) and sometimes the immune system reacts. This reaction is an allergy or hypersensitivity, which manifests in the large variety of symptoms including insomnia.

Natural treatments for allergies

The unique comprehensive testing and treatment program at NIHA addresses both the immunological and autonomic nervous system responses to an allergen. The main focus is on retraining and calming the ANS through a combination of neutralization drops and/or shots and allergy elimination techniques that desensitize the body and prevent the nervous system from overreacting.

7. ELECTRO SMOG AND GEOPATHIC STRESS

Electricity from wiring in the walls, electrical sockets, electrical equipment like computers, electric blankets, waterbed heaters, and other appliances create strong electromagnetic fields that can have devastating effects upon the autonomic nervous system. They also affect Melatonin and Serotonin production. Geopathic stress like under-ground water streams and other geological conditions should be explored as these can significantly impede health and healing. We at NIHA have witnessed the negative influence of these sources and take them very seriously. For more information read the "Noxious Energies" monograph available at NIHA.

8. RESTLESS LEG SYNDROME

Restless Leg Syndrome, a disorder of the nervous system, can contribute significantly to a disturbed night's sleep. People who suffer from this condition have an irresistible urge to move their legs in order to relieve symptoms. It can manifest as a tingling or crawling sensation. Affected people find themselves pacing or rubbing legs, and engaging in a lot of nighttime fidgeting to relieve the symptoms. There is evidence that caffeine can worsen or trigger symptoms. It is recommended to eliminate coffee, tea, and caffeinated drinks completely to detect correlations. Food allergies should be considered in the treatment of RLS. A common underlying factor of Restless Leg Syndrome is a deficiency in magnesium which is crucial to normal muscle functioning. Muscle twitching and leg cramps are a sure indicator of magnesium deficiency. Folic acid has also been shown to have a beneficial effect on relieving symptoms.

9. PSYCHO-EMOTIONAL ISSUES

Many sleep problems are emotionally based. Life events are energetically programmed into our brains, emotional centers and other organ systems, storing both pleasant and disturbing memories deep within. Fortunately, these systems are reprogrammable by utilizing energetic treatment modalities that correct the sleep disorders that sometimes result.

We consider some of the following energetic therapies to be very helpful either alone or as adjuncts to others strategies mentioned above.

- **Family systems therapy** originated in the 1950's, and became popular in the 1970's with psychiatrist Murray Bowen, MD. This approach begins with the idea that issues are trans-generational. Instead of originating in an individual's life history from birth to the present, dysfunction and suffering often relate to painful events in a family's past. At NIHA, Family Constellations workshops are available about once a month, and can point the way toward the resolution of long-term psycho-emotional issues that subliminally interfere with sleep.

- **Acupuncture** is one of the tools of **Traditional Chinese Medicine**. Doctors at NIHA can use special types of acupuncture and equipment that stimulate acupuncture points to alleviate emotionally based sleep disorders.
- **Emotional Freedom Technique (EFT)** based on a new discovery that effectively offers relief from pain and diseases by accessing connected unresolved emotional issues. Simply stated it is an emotional version of acupuncture that does not involve needles. Energy meridian master points are stimulated through tapping. This technique has been shown to be extremely helpful in resolving insomnia.

The importance of deep, restful sleep is tantamount to good health.

Sleep relaxes, repairs, and rejuvenates our body to protect us against the stresses of every day life. Dreaming and unlocking the powers of the subconscious helps work out solutions to common problems. Without essential sleep we cannot attain ultimate health and energy. Use this guide as a sleep primer and know that the practitioners at NIHA can help you achieve your goal of healthy, restorative sleep.

National Sleep Foundation Sleep Diary

COMPLETE IN MORNING

COMPLETE AT END OF DAY

	I went to bed last night at:	I got out of bed this morning at:	Last night, I fell asleep in:	I woke up during the night:	When I woke up for the day, I felt:	Last night I slept a total of:	My sleep was disturbed by:	I consumed caffeinated drinks in the:	I exercised at least 20 minutes in the:	Approximately 2-3 hours before going to bed, I consumed:	Medication(s) I took during the day:	About 1 hour before going to sleep, I did the following activity:
					<small>(Check one)</small>	<small>(Record number of hours)</small>	<small>(List any mental, emotional, physical or environmental factors that affected your sleep; e.g. stress, snoring, physical discomfort, temperature)</small>	<small>(e.g. coffee, tea, cola)</small>			<small>(List name of medication/drug(s))</small>	<small>(List activity; e.g. watch TV, work, read)</small>
DAY 1	DAY _____ DATE _____	_____ PM/AM	_____ Minutes	_____ Times	<input type="checkbox"/> Refreshed <input type="checkbox"/> Somewhat refreshed <input type="checkbox"/> Fatigued	_____ Hours	_____	<input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Within several hours before going to bed <input type="checkbox"/> Not applicable	<input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Within several hours before going to bed <input type="checkbox"/> Not applicable	<input type="checkbox"/> Alcohol <input type="checkbox"/> A heavy meal <input type="checkbox"/> Not applicable	_____	_____
DAY 2	DAY _____ DATE _____	_____ PM/AM	_____ Minutes	_____ Times	<input type="checkbox"/> Refreshed <input type="checkbox"/> Somewhat refreshed <input type="checkbox"/> Fatigued	_____ Hours	_____	<input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Within several hours before going to bed <input type="checkbox"/> Not applicable	<input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Within several hours before going to bed <input type="checkbox"/> Not applicable	<input type="checkbox"/> Alcohol <input type="checkbox"/> A heavy meal <input type="checkbox"/> Not applicable	_____	_____
DAY 3	DAY _____ DATE _____	_____ PM/AM	_____ Minutes	_____ Times	<input type="checkbox"/> Refreshed <input type="checkbox"/> Somewhat refreshed <input type="checkbox"/> Fatigued	_____ Hours	_____	<input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Within several hours before going to bed <input type="checkbox"/> Not applicable	<input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Within several hours before going to bed <input type="checkbox"/> Not applicable	<input type="checkbox"/> Alcohol <input type="checkbox"/> A heavy meal <input type="checkbox"/> Not applicable	_____	_____
DAY 4	DAY _____ DATE _____	_____ PM/AM	_____ Minutes	_____ Times	<input type="checkbox"/> Refreshed <input type="checkbox"/> Somewhat refreshed <input type="checkbox"/> Fatigued	_____ Hours	_____	<input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Within several hours before going to bed <input type="checkbox"/> Not applicable	<input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Within several hours before going to bed <input type="checkbox"/> Not applicable	<input type="checkbox"/> Alcohol <input type="checkbox"/> A heavy meal <input type="checkbox"/> Not applicable	_____	_____

Fill out days 1-4 below and days 5-7 on page 2

National Sleep Foundation Sleep Diary

COMPLETE IN MORNING		COMPLETE AT END OF DAY										
Fill out days 5-7 below	I went to bed last night at: _____ PM/AM	I got out of bed this morning at: _____ PM/AM	Last night, I fell asleep in: _____ Minutes	I woke up during the night: _____ Times <small>(Record number of times)</small>	When I woke up for the day, I felt: _____ <small>(Check one)</small>	Last night I slept a total of: _____ Hours <small>(Record number of hours)</small>	My sleep was disturbed by: <small>(List any mental, emotional, physical factors that affected your sleep; e.g. stress, snoring, physical discomfort, temperature)</small>	I consumed caffeinated drinks in the: <small>(e.g. coffee, tea, cola)</small>	I exercised at least 20 minutes in the:	Approximately 2-3 hours before going to bed, I consumed:	Medication(s) I took during the day: <small>(List name of medication/drug(s))</small>	About 1 hour before going to sleep, I did the following activity: <small>(List activity; e.g. watch TV, work, read)</small>
DAY 5 DAY _____ DATE _____	_____ PM/AM	_____ PM/AM	_____ Minutes	_____ Times	<input type="checkbox"/> Refreshed <input type="checkbox"/> Somewhat refreshed <input type="checkbox"/> Fatigued	_____ Hours	_____	<input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Within several hours before going to bed <input type="checkbox"/> Not applicable	<input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Within several hours before going to bed <input type="checkbox"/> Not applicable	<input type="checkbox"/> Alcohol <input type="checkbox"/> A heavy meal <input type="checkbox"/> Not applicable	_____	_____
DAY 6 DAY _____ DATE _____	_____ PM/AM	_____ PM/AM	_____ Minutes	_____ Times	<input type="checkbox"/> Refreshed <input type="checkbox"/> Somewhat refreshed <input type="checkbox"/> Fatigued	_____ Hours	_____	<input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Within several hours before going to bed <input type="checkbox"/> Not applicable	<input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Within several hours before going to bed <input type="checkbox"/> Not applicable	<input type="checkbox"/> Alcohol <input type="checkbox"/> A heavy meal <input type="checkbox"/> Not applicable	_____	_____
DAY 7 DAY _____ DATE _____	_____ PM/AM	_____ PM/AM	_____ Minutes	_____ Times	<input type="checkbox"/> Refreshed <input type="checkbox"/> Somewhat refreshed <input type="checkbox"/> Fatigued	_____ Hours	_____	<input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Within several hours before going to bed <input type="checkbox"/> Not applicable	<input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Within several hours before going to bed <input type="checkbox"/> Not applicable	<input type="checkbox"/> Alcohol <input type="checkbox"/> A heavy meal <input type="checkbox"/> Not applicable	_____	_____