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October 2015

HOW IMPORTANT TO MY HEALTH IS A GOOD NIGHT'S SLEEP? AND HOW CAN I SLEEP EASY EVERY NIGHT?

I have been contemplating the importance of sleep--and how to sleep easy--since giving birth to my son two and a half years ago.

Anyone who has had a baby knows that sleep deprivation--at least for awhile--comes with the territory. It has given me a bird's eye view onto sleep, and the problems that arise from the lack of it, and the solutions that are necessary to heal this problem.

Even if you have chronic insomnia, you can heal your sleep problems.

Sleep is extremely important to good health, as important as good nutrition and exercise. Many health problems can be caused or exacerbated by a lack of sleep--from accidents to arguments to colds to migraines to anxiety and depression.

Sometimes it is a vicious cycle. A person who is depressed or anxious has trouble sleeping. Then they feel even worse the following day. Many people with chronic fatigue can rest during the day but have trouble sleeping at night. They are most likely carrying a lot of tension.

Other people who have trouble sleeping find themselves getting a cold or a flu or a head-ache from lack of sleep. Still other people will eat too much to compensate for not sleeping, and start gaining weight.

Sleep is very important. It's important for clear thinking and calm emotions. Alas, when we are mentally agitated or emotionally distressed--good, deep sleep can be hard to come by.

To heal sleep problems try taking these steps:

Set your intention to sleep easily and deeply every night. Renew this intention daily. Your intention will help guide you to find your best solutions.

Meditate every night before you go to sleep until you are emotionally and mentally at peace--no matter how long it takes. Then go to sleep.

Address any emotional or mental disturbances affecting your sleep. If there is something on

your mind, deal with it.

If you have life challenges--such as an emotional trauma or a job loss or a loss of income-- set your intent to heal them. Trust that God is always helping you and everything is happening for the best for your spiritual evolution. If you need help to get to a state of peace--via healings or therapy--go for it.

Make sure your sleep environment is restful and at peace. For starters, make sure the room where you sleep is restful, neat and clean. Do you have a good bed and mattress? If not, get one.

If other people around you are staying up, you may need a separate place to sleep. I find it delightful to go to sleep when others under the same roof are sleeping. Conversely, I find it difficult to go to sleep when others are prowling around.

If people around you are night owls, then white noise--such as a fan--can block out their noise so their movements won't disturb you. I myself am very sensitive to the psychic waves of other peoples' mental bodies. But white noise helps even with that!

Make sure you go to bed early enough to get a good night's sleep. Then you are relaxed. Even if falling asleep takes a little time, you won't feel you are racing the clock. In my case, for instance, I had to learn to ride the wave of my child's sleep patterns. If I went to bed early enough, it didn't matter if he woke up at 5 or 5:30 a.m.