

DEEPRest

For Uninterrupted, Deep and Restful Sleep



Welcome to the Deep Rest Programme



Restoring undisturbed sleep using the approaches of Maharishi Ayurveda can be an enjoyable journey that connects you once again with a vibrant state of inner and outer well-being. Are you ready for the journey? Let's get started!

My name is Linda Sinden and for the past 25 years I've been helping people restore restful sleep night after night. You have within each of your cells the healing power of nature and it is my job to help you unlock or switch on this natural healing power within you.

This awesome healing power of nature is responsible for your body's ability to knit together a cut or a broken bone and is the intelligence behind the automatic self-repair mechanism within your body. This intelligence helps to keep your temperature, blood pressure, fluid levels and all your body systems within a healthy balanced range.

Ayurveda explains good sleep is a natural result of mind-body balance. Experience in over 10,000 consultations have shown me that it can be the simple everyday choices we make that over time, that lead to disturbed sleep. In the Deep Rest Programme we show you the key dietary, lifestyle and herbal choices to help restore mind body balance in order to restore undisturbed sleep.

Nature's Own Health Care System

According to Ayurveda we have all been given a unique blueprint by nature in our body type. Our unique body type instinctively reflects how nature intends us to live. By listening to and following these natural tendencies the body is capable of achieving balance with minimal effort on our part.

Ayurveda explains that intermittent waking in the night where you fall asleep okay, but wake in the night full of energy and find you cannot go back to sleep, is caused by an imbalance of Pitta dosha and specifically Sadhaka Pitta. Some people wake every 90 minutes or often between 2.00am - 4.00am with heart racing, muscles tense and feeling emotions of fear, anger and sadness. This internal pressure makes it impossible to go back to sleep. This is a typical symptom of emotional stress disturbing sleep



1. Early to Bed and Early to Rise

Early to Bed

Sound sleep requires a relaxing evening wind-down and a soothing bedtime routine.

Your body has within it the memory of what is a natural sleep rhythm that provides a daily reset to the brain and nervous system. When you have difficulty falling asleep this rhythm is being overridden by emotional disturbance, mental excitation, spicy, very oily or heavy foods at night and sensory overload. Establish a regular evening routine that helps you to 'chill' and relax.

Great Sleep Tips

- Eat your evening meal by 6-7pm.
- Have a 15-20 minute easy stroll after dinner to aid digestion and alert the pineal gland that the sun is setting or has set. This reduction in light helps your brain prepare for sleep.
- Wind down for 1.5 to 2 hours prior bed. Avoid studying, computer work or mental stimulation and movies that are fast paced or violent when past 7pm, so your brain can 'chill', switch off the hyper-alertness and relax.
- The best time for you to lie down to rest is between 9.30pm - 10.30 pm.
- The best time for you to wake and rise is at dawn
- Keep the bedroom as a rest zone, free from computers, tablets, TV, books, mobile phones etc. Do not have clocks or any item that shines a light in your bedroom as light can cause the brain to think it's time to wake or be active.
- Use natural fibres for bed linen and clothing for a more comfortable sleep and ensure your curtains keep the room dark.



• Early to Rise

Your body is sensitively attuned to the delicate messages of nature at sunrise, alert to the slightest influence, silent and poised in a delicate balance. It is a time of renewal for the start of a new day.

- Waking with the birds when your cortisol levels peak around sunrise and starting the day with ease, ensures you start your day in balance.
- Wake at dawn and get straight up and go to the bathroom. Then clean your teeth.
- Have a drink of lime or lemon (juice of one lime or 1/4 of a lemon) with 1 glass of warm water. This drink soothes tummy discomfort and supports good digestion and balanced elimination.
- Now is a good time to be active stretch, do yoga or if time allows do exercise. Take a walk, do yoga swim, cycle, jog, gym, or whatever you enjoy.
- Take a warm (not hot) shower and particularly avoid hot water on the head.
- After dressing take a few minutes for meditation, prayer or to vision the day ahead. Starting your day with 'quiet time' greatly eases the nervous system helping you to feel calm and composed through the day.
- Then have a Pitta Balancing Breakfast.

Pitta Balancing Breakfast

Option 1

During cold weather for your first food of the day stew or bake a fresh apple or pear along with 4 figs. Follow with a warm cooked whole grain cereal, seasoned with ginger, cinnamon or cardamom.

- To stew, simmer one sliced apple or pear in two cups of water with three whole cloves for about thirty minutes or until soft. Cooking the figs with the apple or pears is also beneficial. Remove from heat and eat at a comfortable temperature for you.
- Or to bake, put the whole apple or pear in the oven and bake at 176 degrees Celsius for about 30 minutes or until soft. For best results, insert three whole cloves around the circumference of the apple or pear before baking. Remove from the oven and allow it to cool before eating. Then follow your apple or pear with 4 figs that have been soaked overnight.

Wait for 20-30 minutes after the warm fruit and if still hungry, follow with a warm cooked whole grain cereal such as oat, barley or millet porridge, seasoned with ginger, cinnamon or cardamom

Option 2

In summer time you may prefer the fruit raw and at room temperature. Dried figs are best soaked where you can. Fresh figs are very tasty and very balancing for you.

Follow with some muesli or cereal you enjoy. If you wish to take milk with the cereal then wait 20 minutes after eating fruit before having the cereal with milk. This is to reduce the acidity that happens when we mix milk with fruit - the milk is likely to curdle in the stomach causing indigestion and impurities. Therefore we suggest milk be taken 20 minutes or more away from fruit.

2. Main Food of the Day at 12 Noon

Why is it important to have your main food at noon?

The mind and body are intimately connected and your mood is greatly influenced by when you eat and what you eat. Ayurveda explains there is a connection between how contented your stomach feels and how stressed and driven you feel. Have you noticed?



Establishing a regular pattern of eating is key to mind body balance. Your body's 'master clock' and every organ has its own 'clock cells' that synchronise bodily rhythms such as appetite, digestion and elimination. For example your digestion goes through a daily rhythm of rising and falling in step with nature around us. When in balance you will be

- slightly hungry in the morning,
- very hungry at noon and
- moderately hungry in the early evening.
- In between these times digestion shuts down your appetite so the food you have eaten can be digested.

Ayurveda explains that our digestive power (or fire) is like the sun, hottest at midday. This is when your stomach releases digestive acids and enzymes in preparation for the main food of the day. The digestive enzymes of hydrochloric acid in the stomach and the breaking down of food by pancreatic enzymes in your intestines, is accompanied by a chemical soup that Ayurvedic medicine associates with Pitta.

The by-product or waste from these digestive acids and enzymes can build up in your tissues, especially in the small intestines, liver and blood. This imbalance of Pitta creates symptoms such as inflammation of the skin, heartburn, body odour, urinary tract infections, loose bowel, and increased heat and sweating in the body. Plus it aggravates your mind and emotions increasing frustration, impatience and anger. So giving your body a good meal at noon, lighter meal in the evening by 6-7pm and eating a snack whenever you are hungry is important for your peace of mind and contentment.

Note: If you find yourself skipping lunch in the midst of a hectic day, you may want to rethink your schedule. Proper meal timing may be just the thing you need in order to cope with a busy schedule.

3. Helpful Herbals

Deep Rest

The herbs in Deep Rest allow you to sleep naturally sleep deeply throughout the night and wake up feeling refreshed. It is especially targeted for those who have difficulty maintaining a sleep state and wake in the middle of the night. But it also helps those who have difficulty falling asleep and those who awaken early in the morning after less than six hours of sleep.

- **Take 2 tablets 30 minutes prior bed with a cup of warm Slumber Time Tea.**

Special Offer

DEEP REST + SLUMBER TIME TEA

SPECIAL OFFER: Save **15%** on these 2 products

NZD ~~\$63.90~~
NZD \$54.32

SHOP

Slumber Time Tea

The soothing herbs and spices in Slumber Time Tea help relax the mind-body connection for a better quality of sleep, so you can get the rest you deserve. Includes cardamom, licorice root and spearmint.

- **Drink 1 cup of Slumber Time Tea 30 minutes prior bed.**

4. Pitta Balancing Food & Drink

Choose fresh in-season foods from your local area. Where you can have certified organic foods that are free of genetically modified ingredients, as you are particularly sensitive and need pure food and drink.

- Never skip or delay your meals and aim to start the day with breakfast, eat your lunch at 12 Noon and dinner by 7 pm.
- Always eat when hungry. Starchy foods will help satisfy a keen hunger, but be aware of overeating and eat them in moderation.
- Stay well hydrated - Drink plenty of water and juices throughout the day.
- Eat warm wholegrains, beans, milk, butter and small amounts of cream, and lots of sweet fruits and vegetables that are pesticide free.
- As you are very sensitive to pure food and drink it is important for you to avoid or reduce processed foods, junk foods, cheese, yoghurt, red meat, hot spices, alcohol, caffeine, vinegar, sour fermented foods, sugary deserts and fried foods.
- During Autumn and Winter it is often best to lightly cook your vegetables and to enjoy salads again when the weather is warmer.
- Reduce or minimise salty, sour, hot and spicy foods and deep fried foods.
- To avoid feeling drowsy after lunch avoid iced tea, ice water or very cold soft drinks and alcohol. These drinks chill and dull digestion making it harder to digest what is eaten and can lead to a sense of dullness or feeling tired afterlunch.
- Choose a location where you can enjoy your food. Make sure it is away from work-related interruptions and eat with full attention. It is your time out from your busy day. Take the opportunity to relax and allow your body to digest comfortably without tension that can disturb digestion.
- Sit quietly after eating for 5 minutes and then have an easy walk for 10 minutes to aid digestion.
- Tip to soothe aggravated Pitta, take two teaspoons of ghee (clarified butter) in a glass of warm milk instead of breakfast or dinner, or a couple of hours after a very light dinner.





5. Work Life Balance

Adopt moderation as your guide and factor in 'downtime' to reduce mental pressure that can disturb mind-body balance.

- Keep your goals and ambitions in balance. Don't expect too much too quickly as it sets you up for frustration, disappointment and anger.
- Avoid working under tight time lines as working to deadlines increases pressure and intensity - this increases stress and for some people gives rise to broken sleep
- Take recharge breaks every 2-3 hours. Stretch, take a drink, breathe deeply and in your mind's eye recall a time when you felt really happy, or a place that inspired you with its beauty. Then return to your work noticing how refreshed you feel.
- Establish a work-to-home transition routine and use it to help switch off at the end of your work day. Activities could include a swim, yoga or tai chi, meditation, deep breathing, listening to relaxing music or other activities you enjoy. Put away the computer, mobile or tablet as you transition into home life and be with people in your life who you love.
- The best time in your day to de-stress with exercise is at the end of your work day. This helps to smooth out the frustrations of the day so you feel relaxed and ready to enjoy the evening.
- Schedule in your diary quality time with loved ones and friends regularly. The flow of love is very settling for good sleep and brightens the day!
- If you are feeling emotionally intense, irritable or short-fused then cool down with a walk in nature or a swim, drink a cooling tea like Pitta Tea, take time to meditate and look for something to laugh about to help release tension. Put off challenging or confrontational interactions until you feel relaxed and cool from your side.

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