

Genius Biofeedback Sleep Process

The keys to healthy sleep include the following:

- **Brain health** - This includes the neurotransmitters as well as the brain waves.
- **Hormonal health** - This includes not only the hormone melatonin, but also other hormones such as estrogen, progesterone, testosterone and others should be considered.
- **Emotional health** - Balancing emotions and Bach Flower Essences are important. Unresolved emotions are often worked out at night in rapid eye movement sleep
- **Digestive health** - good digestion and a healthy microbiome contribute to a healthy sleep cycle
- **Consideration for sleep hygiene** - Remove any electric lamps or clocks on nightstands in the bedroom. The body is very sensitive to EMF's and light for the purpose of a healthy sleep cycle. Remove digital clocks in favor of analog or don't have them in the bedroom at all, if possible. Wake up with your body's natural cycle, using your own intention if that is possible (it takes some practice but can be done!). Remove any TV's from the bedroom. Watch TV/movies in other rooms of the house. Be sure that your bedroom is as dark as possible at night without any aberrant light. The darker the room, the better your production of melatonin. Get outside each and every day for at least a 15 minute walk in any weather. Seeing the outdoor light and being connected to the rhythms of the earth will help you to have better, more restful sleep at night.

Body Systems	Nervous, Endocrine
Today's Stress	Adrenal, blood sugar, hormonal, environmental
Neurotransmitter	Dopamine, norepinephrine, oxytocin, serotonin, GABA
Brain EEG	Delta
Herbs	Before bedtime: Valerian, Chamomile, Catnip. During the day: Siberian Ginseng, Two Rhodiola, Lycium Root

Nogiers	E - 4672 Hz Nervous System F - 73 Hz Emotional Harmony D - 2336 Hz - Brain Balance, balance left and right side of the brain G - 146 Hz - Brain function L - 276 Hz - Brain function Concentration issues, memory issues
Essential Oils	Lavender, Ylang Ylang, Marjoram, Frankincense
Custom Libraries	
Sleep Deeply Series	Includes 7 libraries that go through all of the hormones, brain issues and issues with the nervous system to harmonize sleep. Also addresses the cortisol rhythm aspect and issues such as not being able to fall asleep, not being able to stay asleep as well as snoring and Sleep Apnea
Systems Inquiry	Discover the root cause issue for the sleep disturbance. Balancing physiology overall can help to correct almost any condition
Brain Anatomy	This library includes a more complete anatomy of the brain including the amygdala, reticular activating system, thalamus and vagus nerve.