

Sleep Well Naturally

A Practical Guide to Restful Nights and Restored Energy

By Dr. Robin Tauzin, ND, VNMI – Denver Vitalist Medicine



Why Sleep Matters

If you're not sleeping, you're not healing. Your body does its deepest repair work at night—balancing hormones, detoxifying, rebuilding tissues, and calming inflammation. When sleep is off, everything feels off: energy, mood, metabolism, digestion, focus. The good news? Your body knows how to sleep. We just have to remove what's getting in the way.

Step One: Set Up Your Sleep Sanctuary

All screens—phones, TVs, Wi-Fi routers—create stimulation and EMF exposure that disrupts melatonin and brain rest. Keep all devices out of the bedroom. If you must keep your phone nearby, put it on airplane mode. Make your room pitch black and cool. Darkness signals your brain to release melatonin naturally. Use black-out curtains and eye masks. Cover any LED lights with black stickers, etc.

One night of sleeping with light in the bedroom does the following:

- Insulin sensitivity drops 20 - 25 %
- Heart rate stays elevated (the body thinks it is still day)
- Melatonin -the hormone that coordinates leptin, insulin and thyroid -is suppressed
- Cortisol stays elevated (fuel remains trapped in the bloodstream)
- Light at night disrupts the hypothalamic-pituitary-thyroid axis, lowering thyroid output and slowing metabolic rate.
- Light at night removes your natural brake on estrogen signaling, allowing excess estrogen activity that's been linked to faster cell proliferation and higher tumor risk.

Step Two: Ditch the Blue Light

Blue light from phones and computers tricks your brain into thinking it's daytime. No scrolling before bed. If you must be on screens at night, wear blue blockers (dark orange glasses) or install a night filter app. This one small shift makes a big difference in how quickly you fall asleep.

Step Three: Ground Yourself (Literally) and get Sunlight

Your nervous system is electric—and grounding helps discharge stress. Try a grounding mat, sheet, or pillowcase while you sleep. Some people have found using a grounding mat for an hour before bed works better than sleeping on it. Play with it and find which way works best for you.

Step outside at sunrise for 10–15 minutes, barefoot if possible, before looking at any blue screens (phone/ tv, etc) This anchors your circadian rhythm and sets your body clock. Do the same at sunset whenever possible. Do this every single day, even if it is cold out or grey skies (bundle up in winter). Consistency is key! Most people start seeing better sleep after just a day or 2 of doing this.

Step Four: Relax the Body with Magnesium

Magnesium is nature's sleep mineral. It calms the brain, muscles, and heart rhythm. Take a warm Epsom salt bath (2–3 cups) at least 4–5 nights a week for 20 minutes. Follow with Magnesium glycinate 20 minutes before bed. Your body absorbs magnesium through the skin and bloodstream—no sleeping pills required.

Step Five: Cool Down with 'Water Treading'

A traditional hydrotherapy practice that calms the nervous system and improves circulation. Fill a bathtub or bucket with cold water up to your ankles (or knees if you can). March in place for a few minutes, building up to 15. It's surprisingly effective at calming the nervous system and signaling the body it's time to rest.

Step Six: Natural Sleep Support (When Needed)

If your mind still won't quiet: Coffea cruda (homeopathic) – 30c or 200c, 3 pellets before bed (away from food, toothpaste, or drinks) is very helpful for some people. Avoid melatonin supplements. It's a hormone, not a sleep aid. Instead, support your body's own production by using red/orange, blue-blocking glasses 60 minutes before bed.

There are other supplements that can be taken before bed to help with sleep. Please consult with your Naturopathic Doctor as to which ones are right for your body.

Step Seven: Reset the Nervous System

Sleep starts with safety—your body must feel safe to rest. Try Reggie Ray's 10 Points Meditation (dharmaocean.org). Practice the 4-7-8 breath before bed. Inhale for 4 seconds, hold for 7, exhale for 8. Explore vagal nerve stimulation tools like Neuvana to activate your 'rest and digest' state.

Remember

You don't need to fight your body to sleep—it already knows how. Your job is simply to create the conditions for rest. Consistency is key. When you align your rhythm with nature, sleep becomes effortless again.

Want More Support?

The above tactics will work for 85% of people. If you've tried these steps and still struggle with sleep, there's likely a deeper root cause—often linked to hormones, stress, or detox pathways. This is where I can help. I can get most people sleeping within 1-2 weeks. Book a free discovery call to get to the root of your insomnia naturally.

DENVERVITALISTMEDICINE.COM

5130 W 80th Ave, Ste 101 Westminster, CO 80030