Het dossier slaapproblemen- deel 2

Presentatie voor VCP op 06-04-2022

Donaat Vernieuwe

**Inhoud:**

Artritis en slaapproblemen

Slaapproblemen en Alzheimer

Medicatie en nachtmerries

Insomnia

Bed Restriction Therapy to overcome insomnia and broken sleep ("sleep restriction")

Vergelijking van de resultaten van Cognitive Behaviour Therapy (CBT) and Pharmaceutische Therapy (PCT)

Voeding en supplementen

Muziek, meditatie, zelfhypnose…

# Slaapverhalen

Artritis en slaapproblemen

**Link with arthritis** <https://www.arthritis.org/health-wellness/healthy-living/managing-pain/fatigue-sleep/sleep-tips-for-arthritis>

Studies toonden aan dat 80% van de mensen met arthritis slecht slapen (slecht inslapen, doorslapen en vroeg wakker worden).

Dit verergert de pijn en heeft een negatieve impact op je algemene gezondheid.

De klassieke slaaptips kunnen helpen maar je kunt ook medicatie nemen tegen de pijn voor je gaat slapen, bv. ibuprofen.

**Is there a Connection between Sleep and Inflammation (*ontsteking*)? | Sound Sleep Medical** <https://www.soundsleepmedical.com/blog/is-there-a-connection-between-sleep-and-inflammation/>

Ontstekingen kunnen de slaapcentra van je brein aantasten en je slaap ontregelen.

Mensen met ontstekingen neigen om een kortere REM slaap te hebben en hebben een tekort aan diepe slaap.

REM slaap is heel belangrijk voor je lichamelijke functies en is nodig om nieuwe herinneringen in te prenten in het lange termijngeheugen. In de REM slaap worden er endorfines geproduceerd die belangrijk zijn voor pijnverlichting en voor groeihormonen voor genezing.

Een tekort in REM slaap maakt dat je vermoeid wakker wordt, zelfs wanneer je 7 uur geslapen hebt.

**Rheumatoid arthritis and insomnia: Tips for better sleep**

<https://www.medicalnewstoday.com/articles/323053#takeaway>

Arthritis kan pijn veroorzaken, pijn die stress en zorgen veroorzaakt waardoor je slechter slaapt.

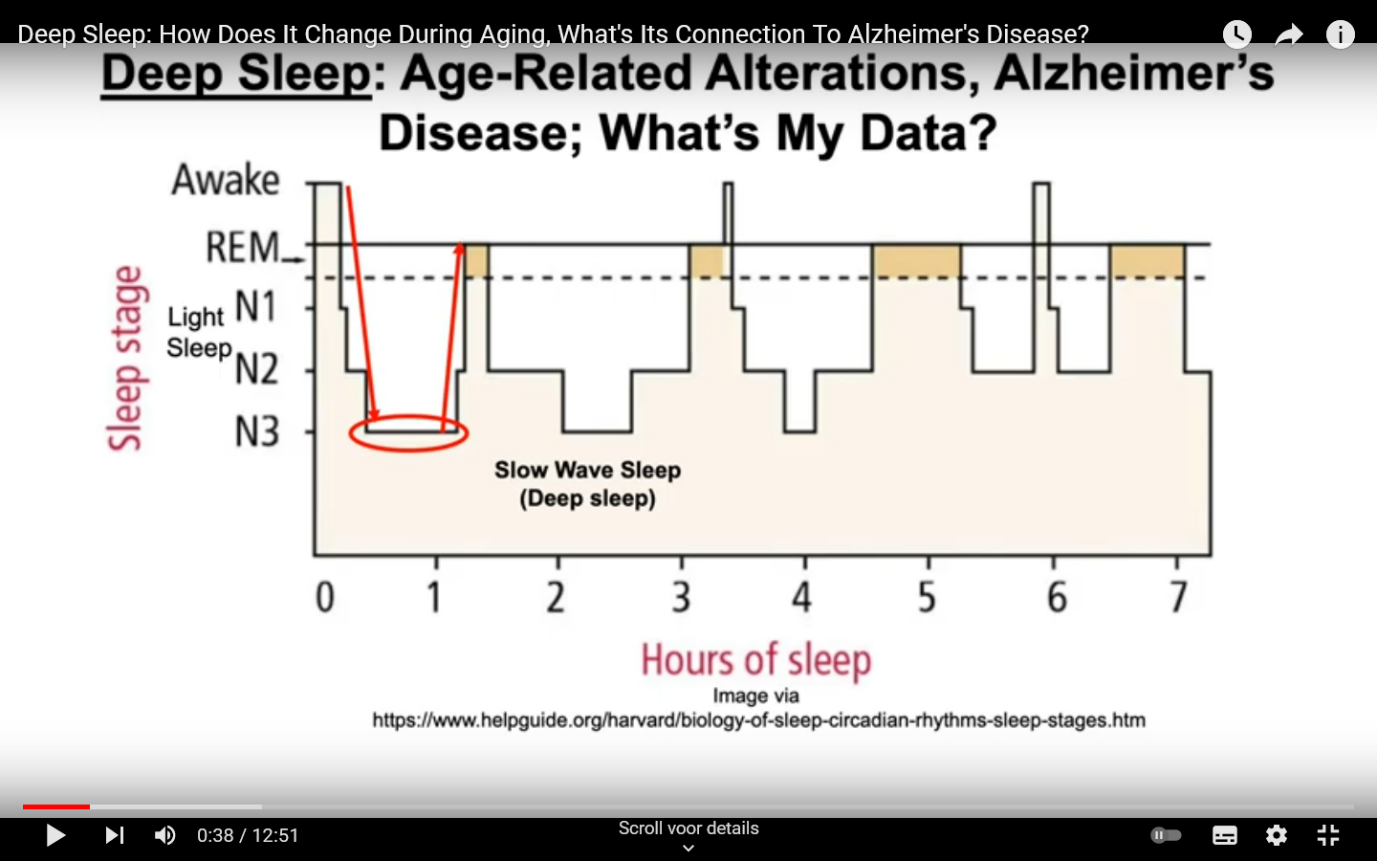
Sommige medicaties zoals prednisone en hydroxychloroquine hebben dan ook nog het neveneffect om slaapstoornissen te veroorzaken. Beter neem je dergelijke medicatie ’s morgens.

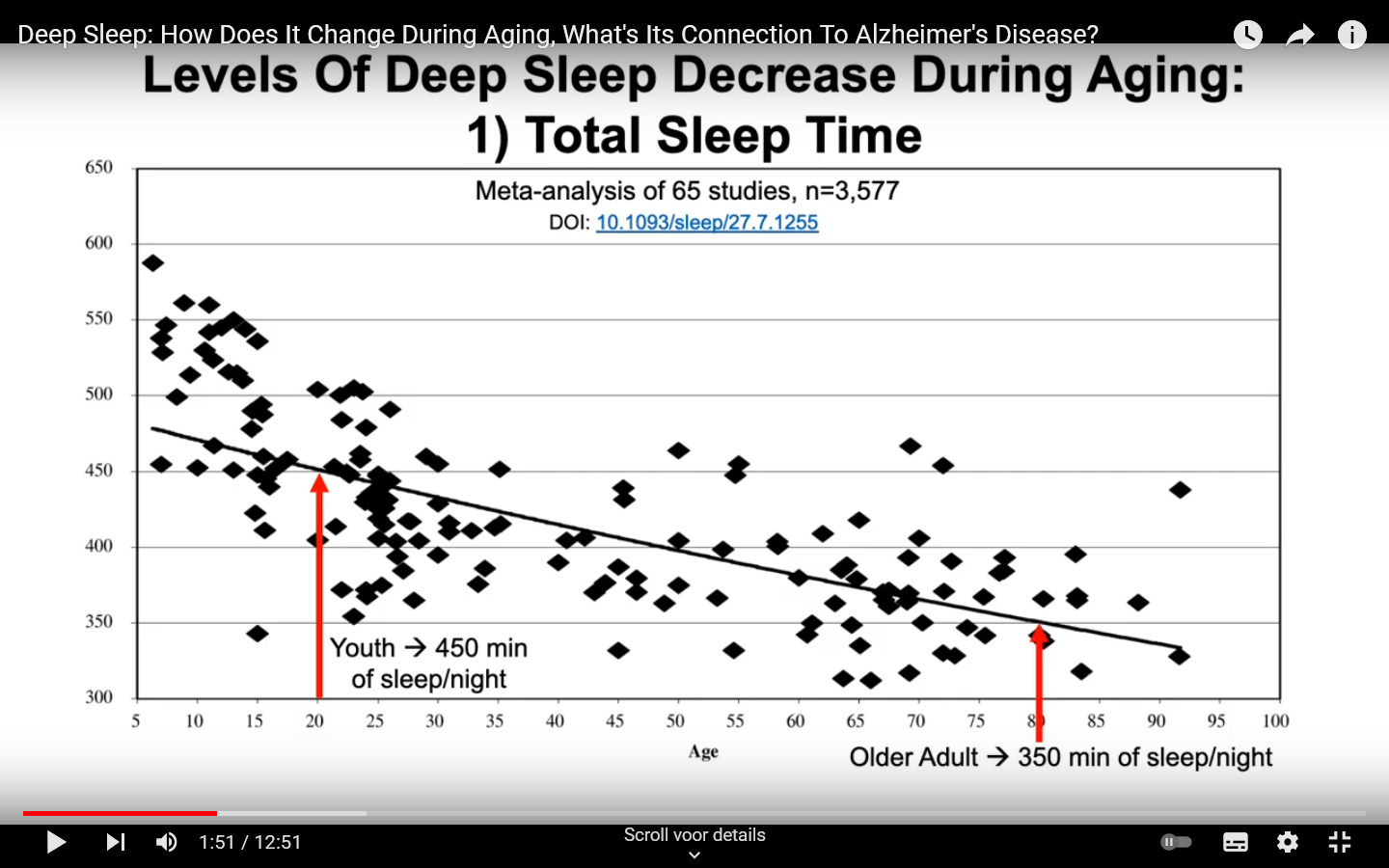
Slaapproblemen en Alzheimer

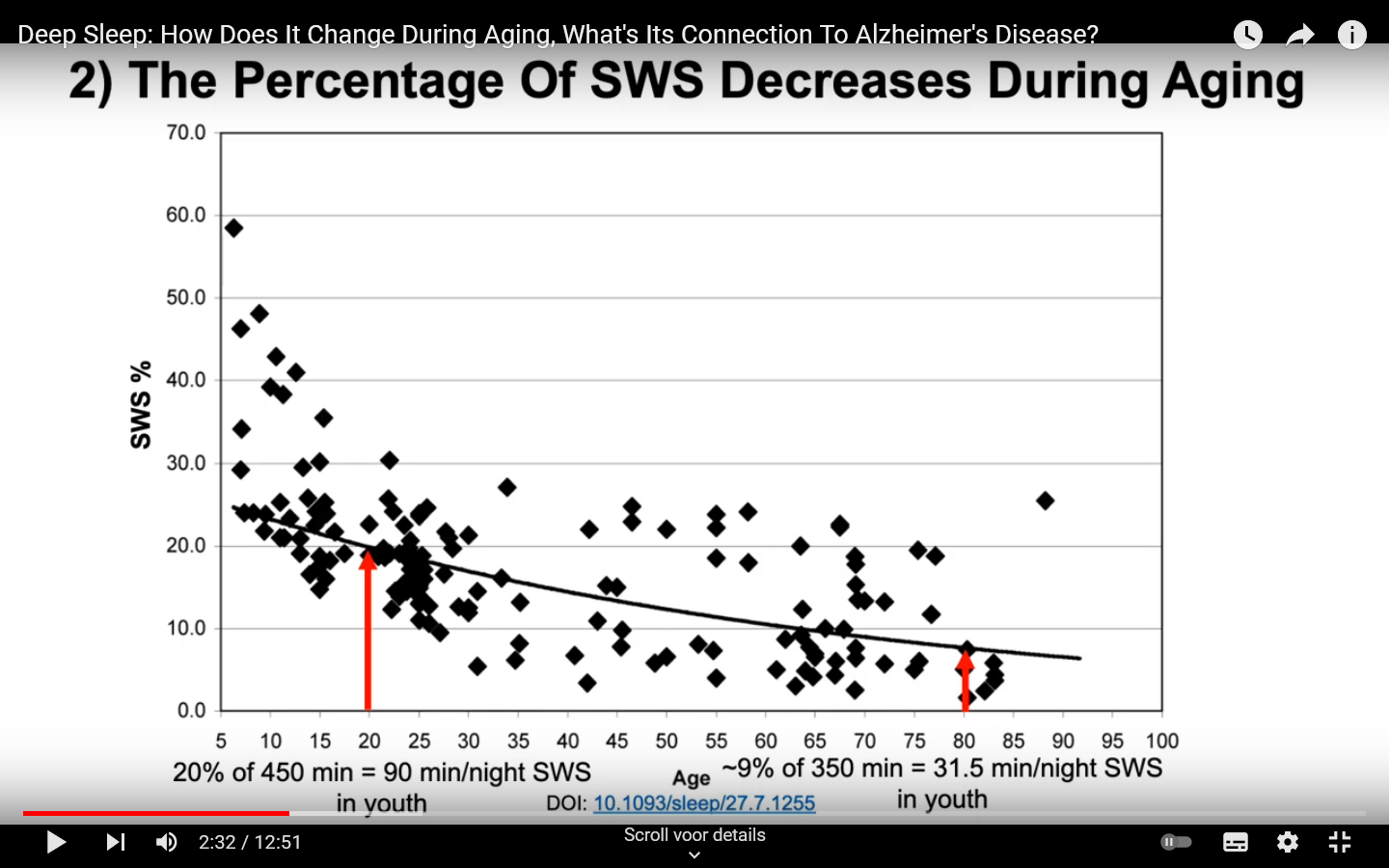
**Deep Sleep: How Does It Change During Aging, What's Its Connection To Alzheimer's Disease?**

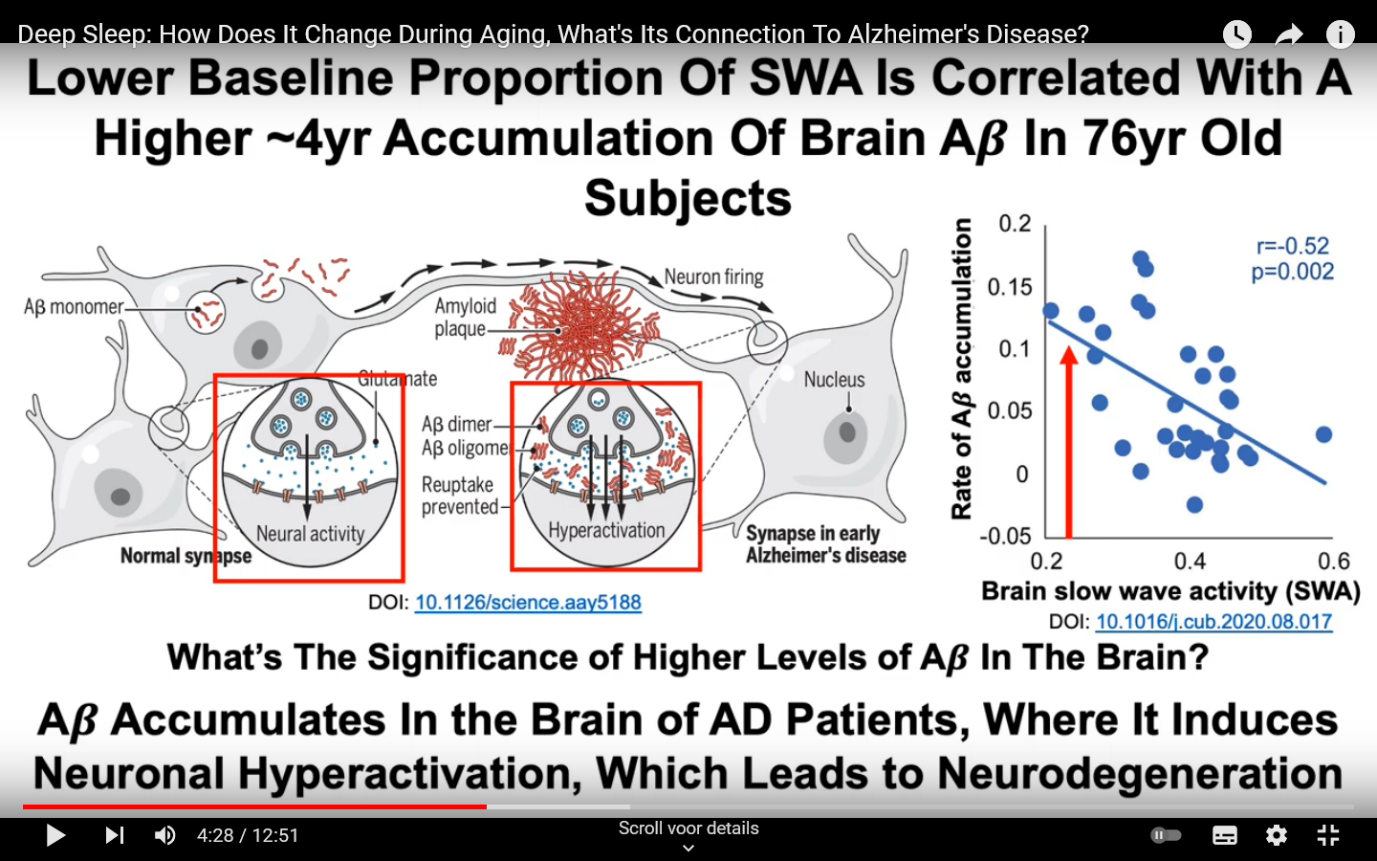
Michael Lustgarten

[https://youtu.be/oqkt\_aWwaWweK4](https://youtu.be/oqkt_aWweK4)









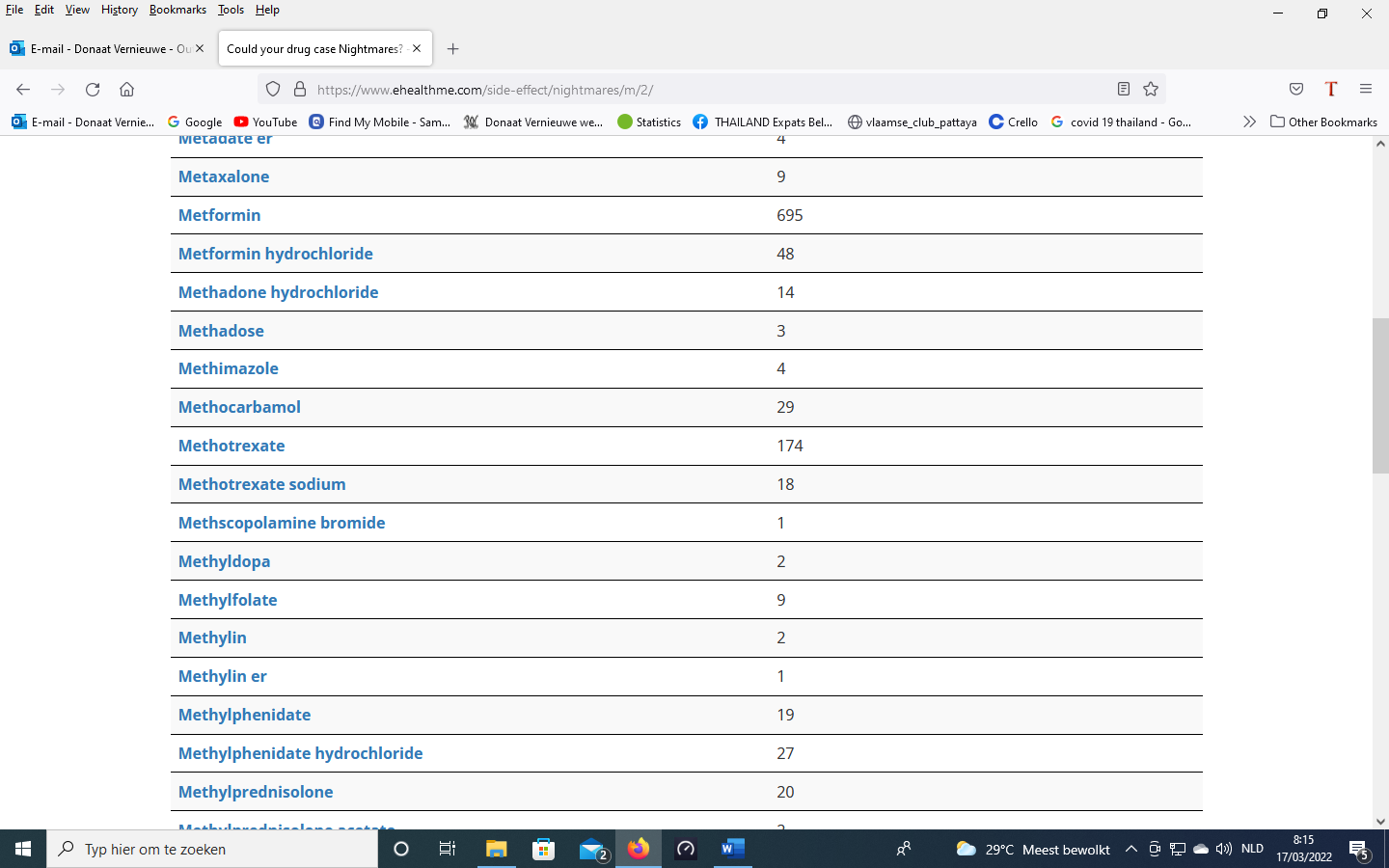
In de grafiek aan de rechterkant zie je hoe langer de diepe slaap (x-as) hoe kleiner de ophoping van amoloid plaque die Alzheimer veroorzaakt.

Medicatie en nachtmerries

**Could your drug case Nightmares?**

<https://www.ehealthme.com/side-effect/nightmares/a/1/>

Mediatie voor artritis: Sulfalazine: 48 Methotraxate: 174

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Insomnia

**Wat is insomnia?**

<https://www.mayoclinic.org/diseases-conditions/insomnia/symptoms-causes/syc-20355167>

Insomnia is een slaapstoornis die maakt dat je moeilijk in slaap valt, het moeilijk is om in slaap te blijven of die maakt dat je vroeg wakker wordt en je niet meer verder kunt slapen.

We onderscheiden insomnia van korte termijn (acute insomnia) die enkele dagen of weken aanhoudt. Dit wordt meestal veroorzaakt door stress of door een traumatische gebeurtenis.

Lange termijn insomnia duurt een maand of langer. Insomnia kan ook veroorzaakt worden door andere medische problemen of door medicatie.

**COVID-19 is wrecking our sleep with coronasomnia – tips to fight back**

<https://health.ucdavis.edu/health-news/newsroom/covid-19-is-wrecking-our-sleep-with-coronasomnia--tips-to-fight-back-/2020/09>

“Insomnia was a problem before COVID-19,” she said. “Now, from what we know anecdotally, the increase is enormous.”

Now, with COVID-19 stress, the huge changes in routines and the decreased activity for many people, sleep experts say the coronavirus has caused a second pandemic of insomnia.

**Cut back on news and social media, especially in the evening:** “I’ve had to limit the news consumption for some patients,” Drake said. Our brains are not really wired to handle all the constant news alerts and headlines. They’re constantly ringing our alarm bells. It’s like the car alarm in our brain is constantly going off.”

“Insomnia perpetuates itself,” Hardin said. “The more you can’t sleep, the more you worry about it and the more you don’t sleep.”

“If your insomnia is chronic, if you’re not sleeping for weeks, you may benefit from treatment,” Drake said. “Discuss it with your primary care provider. There are effective treatments that don’t require medicine. We can help. Our cognitive based therapy can help.”

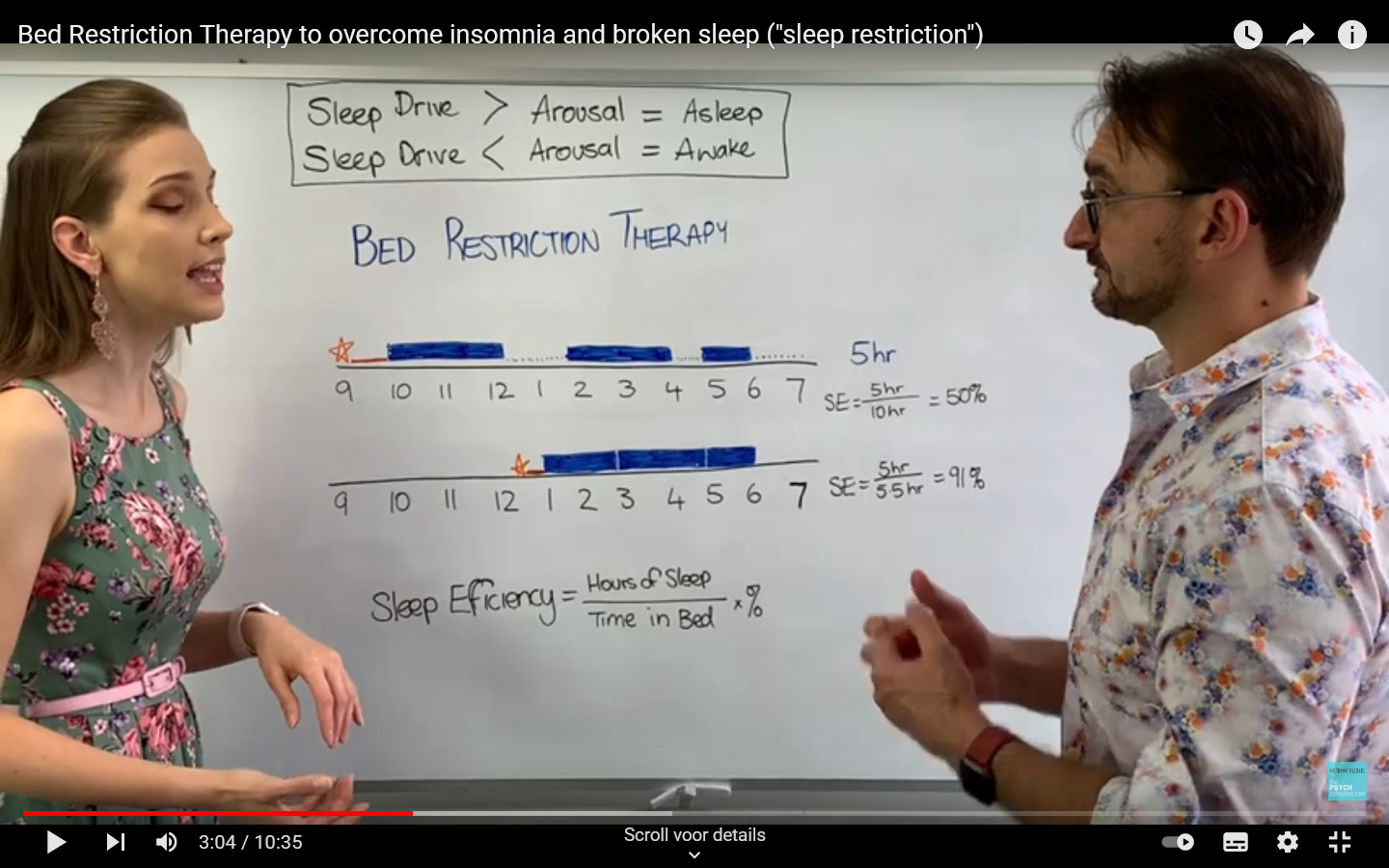
Bed Restriction Therapy to overcome insomnia and broken sleep ("sleep restriction")

<https://youtu.be/sDur_x1dyFo>

Sleep latency = from you get into bed and how long it takes for you to get asleep. Ideal ½ hour.

Deep inertia: time between you wake up and you’re feeling fully awake. About ½ hour.

First example: person goes to bed about 09.00 pm, falls asleep after 1 hour, sleeps for two hours, wakes up for 2 hours, sleeps again 2 hours, wakes up 1 hour, sleeps for 1 hour and than wakes up and comes out of bed 1 hour later. So you slept 5 hours and you were 10 hours in bed. Your sleep efficiency is 50%.



Restriction therapy: you calculate your average hours of sleep per night. Here for example 5 hours.

Then you have to know what time you want to get up in the morning.

Suppose you want to get up at six and your average sleep time is 5 hours.

Then you have to sleep at 1 in the morning. That means you need about to go to bed at 12.30.

In this way you should be very tired so you will have a better sleep in one block.

In restriction therapy you start this procedure for 1 week. Every time you get up at six, also when your sleep wasn’t so good at the beginning, e.g. you woke up for 5 or ten minutes…

After one week we add ½ hour at the beginning of the cycle, so you go to sleep at 12.00. When this works, you add another ½ hour and go to sleep at 11.30 etc. until you reach a sleep time of 7 to 8 hours.

Don’t give up after the first or second night (it can be very difficult) and if at one moment the sleeping pattern is too much disturbed, shorten the cycle with ½ hour again for a certain period.

The whole process to reach 7 or 8 hours should take several weeks.

The first two weeks can be the hardest, so look for some support….

Don’t start this process when you have a difficult time already e.g. in exams or other big live events coming op e.g. a marriage.

**Insomnia: when you’ve tried everything and still can’t sleep**

<https://youtu.be/YDJmB0perck>

Dr. Alan Christianson

Suppose on average you sleep only 4 hours, with medication.

Start with therapy - without medication - e.g. on Monday 06.00 (wake up) and don’t sleep on Monday evening – night.

Also stay awake whole Tuesday, no napping. You can go to sleep Wednesday 06.00 – 4 hours = 02.00 Wednesday morning. Wake up at 06.00. Wake up whatever it takes on 06.00 Wednesday morning.

Thursday morning you can go to sleep 15 minutes earlier: 01.45. Then: use of sunlight or light therapy.

Friday morning go to sleep 15 minutes earlier: 01.30.

According the doctor: this is based upon many many large clinical studies of this process.

Insomnia insight #169: Wake therapy is a radical method of treating inspiration. Some considerations

<https://youtu.be/KhMURPkzZXw>

= a report of a Dutch lady with insomnia.

Wake therapy = restriction therapy for sleep.

Here he speaks about longer restrictions e.g. 40 hours and the dangers of it (therapy of Dr. Alan Christianson).

"Sleep Like a Baby: Myths About Insomnia and Aging"

<https://youtu.be/nU6FXWwLS-w>

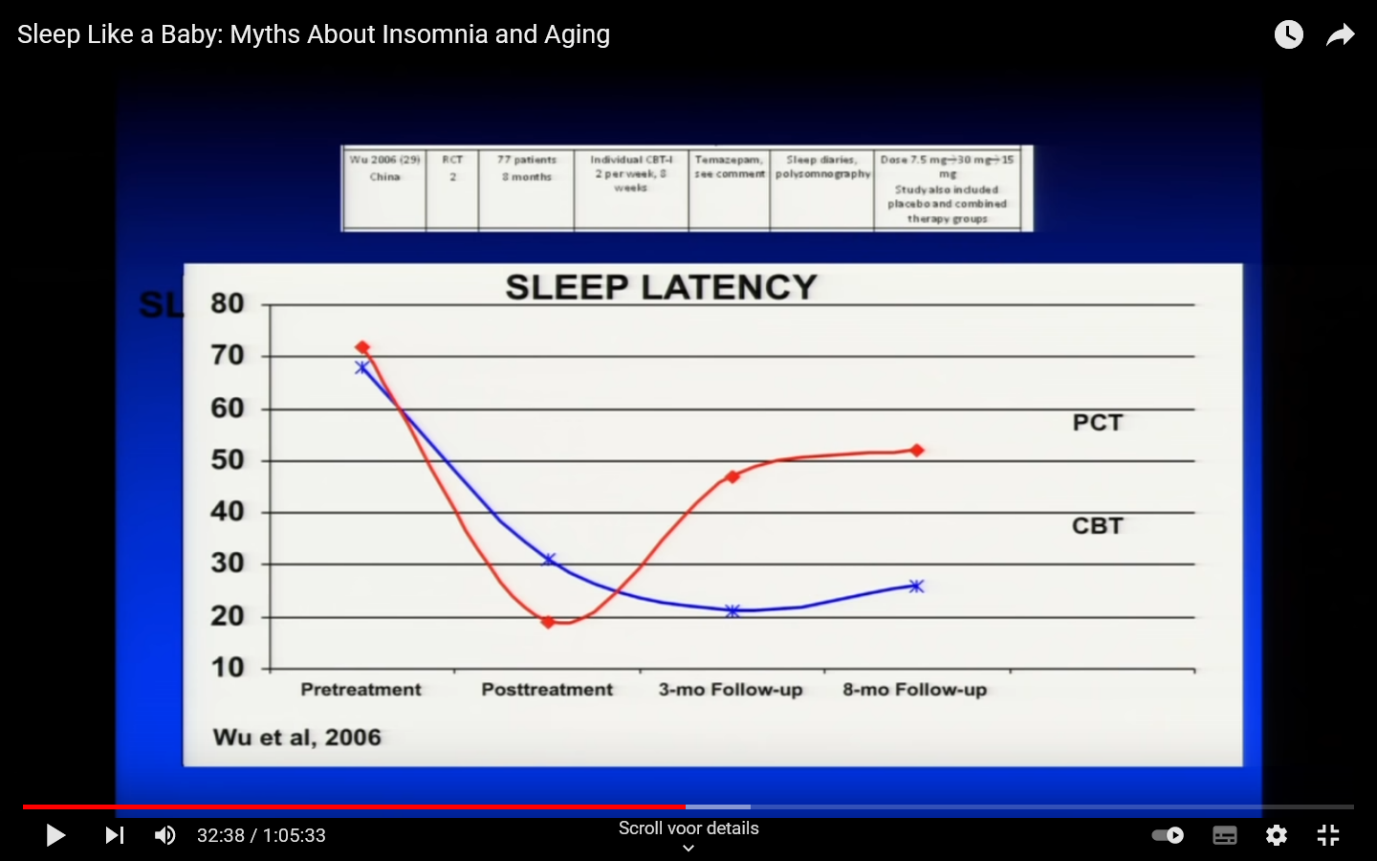
Vergelijking van de resultaten van Cognitive Behaviour Therapy (CBT) and Pharmaceutische Therapy (PCT)

**Wu studie in 2006:**

Sleep latency is de tijd tussen wanneer je naar bed gaat en dat je in slaap valt.

Dit wordt uitgezet op de verticale as in minuten.

Tijdens de therapy scoort Pharmaceutische Therapy (rode lijn) beter dan CBT (blauwe lijn). Maar na de therapie scoort CBT beter.

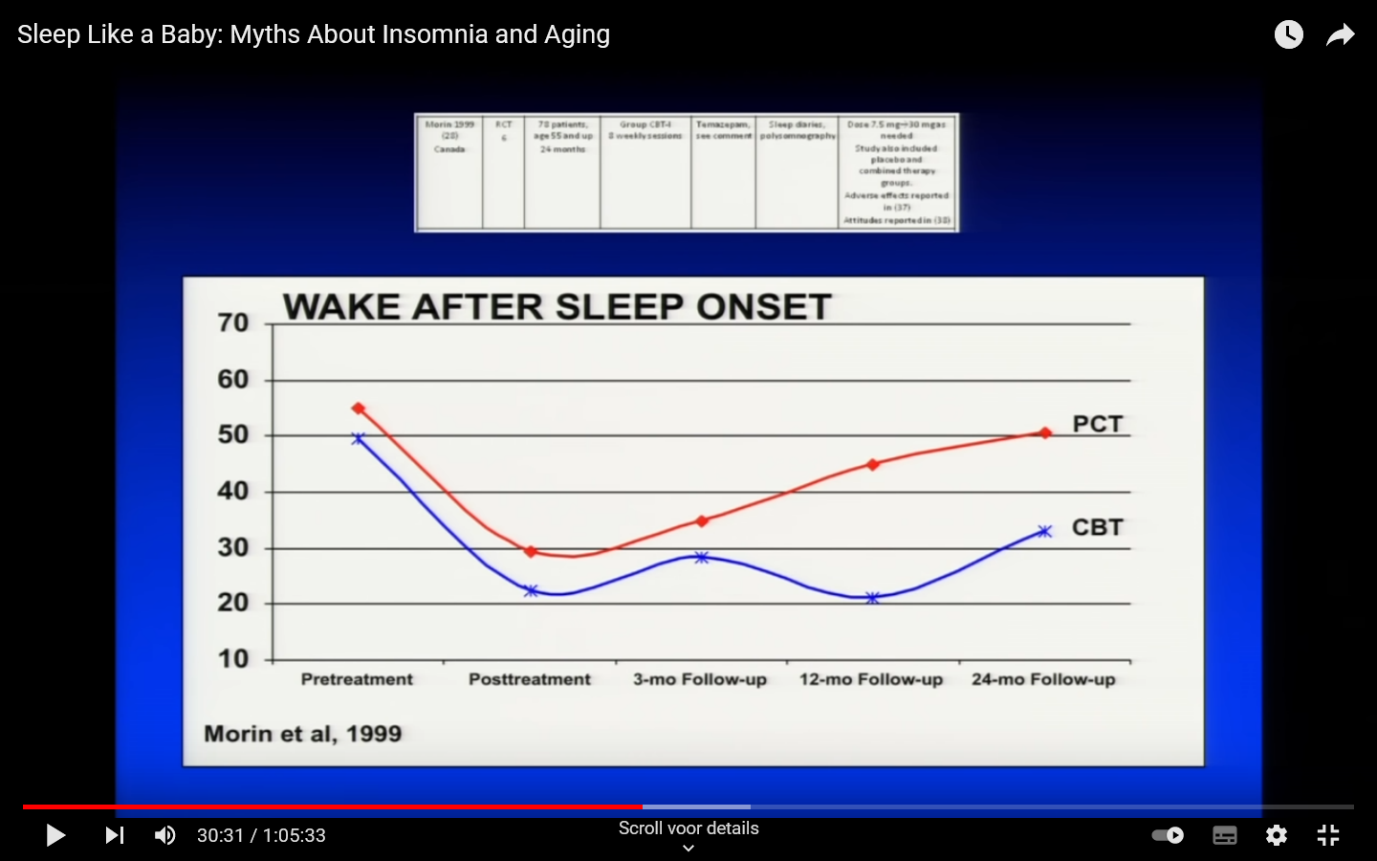


**Morin studie in 1999:**

Vertikaal is de tijd uitgezet (in minuten) dat het duurt om na het ontwaken ’s nachts, terug in slaap te vallen.

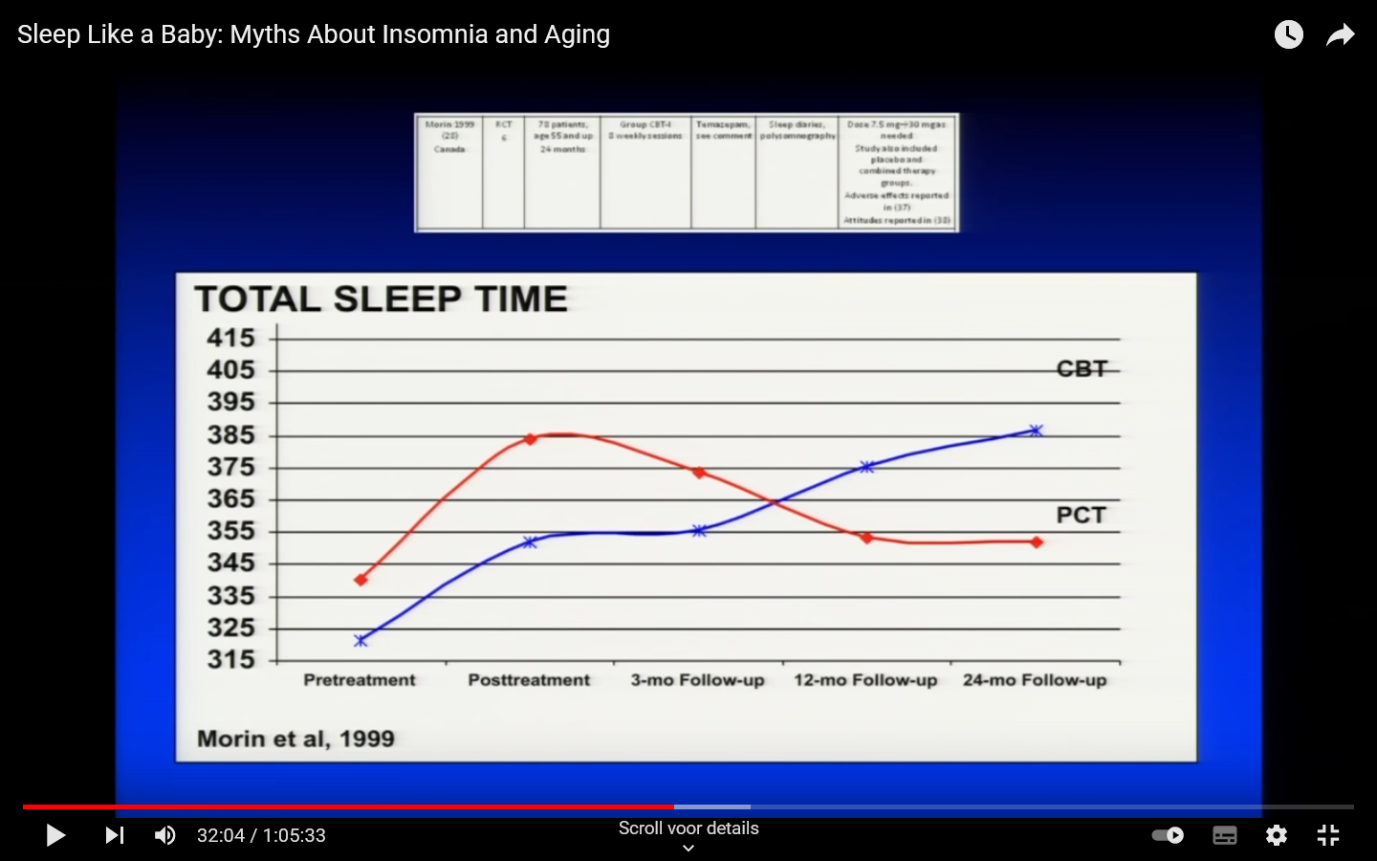
Gedurende beide therapieën vermindert die tijd, na de therapieën neemt die tijd wat meer toe maar uiteindelijk is het resultaat op lange termijn voor de CBT behandeling (blauwe curve) beter dan dat van de Pharmaceutische behandeling.

Dit wordt bij vele studies vastgesteld.



Hier is de totale slaaptijd in functie van de tijd uitgezet (Morin studie).

In het begin geeft de Pharmaceutische Therapy beter resultaten, maar op lange periode primeert de Cognitive Behaviour Therapy.



**Meer info over insomnia:**

Self-help for long term sleep problems

A series of videos

<https://youtube.com/playlist?list=PLb5NeGu8DZ_e9BYz8B-U65wxJFf3R7lSw>

Six Steps to Fight Insomnia - Video"

[https://youtu.be/JSuCQv²23Or4](https://youtu.be/JSuCQv23Or4)

Nieuw: count your breaths, backwards from 100.

Insomnia" on YouTube

<https://youtube.com/playlist?list=PLl2X1NHYigiolMcZZuh_Ki5hkFzAUVyXc>

6 movies

Insomnia Explained Clearly - Causes, Pathophysiology & Treatment

<https://youtu.be/vdc8JonEax8>

Insomnia:

From 35-49 yr: 15%

From 50-64 yr: 20%

From 64-79: 25%

People of 74 years old complains about

-19% have trouble to fall asleep

-19% wake up early

-25% have day napping

-29% have insomnia

-43% have problem with initiating and maintaining sleep

Causes of insomnia

- 35% have some kind of psychiatric illness (depression). So first the depression has to be handled.

- 15% have psycho physiological problems (performance anxiety)

- 12% is alcohol and drugs

- 12% is restless leg syndrome

-10% is circadiun rhythm disorder

- 9% is paradoxical (they think that they can’t sleep but they are sleeping)

The Guardian

<https://www.theguardian.com/lifeandstyle/2022/mar/14/there-are-some-nights-i-just-dont-sleep-and-thats-ok-instead-i-go-out-for-a-walk>

Persoonlijk verhaal over insomnia.

Voeding en supplementen

**Melatonin**

Melatonin is **a hormone that your brain produces in response to darkness**.

It helps with the timing of your circadian rhythms (24-hour internal clock) and with sleep. Being exposed to light at night can block melatonin production. Research suggests that melatonin plays other important roles in the body beyond sleep.

You can take melatonin as a supplement to improve your sleep.

# Middle-of-the-Night Melatonin Supplementation: Better Sleep, Improved HRV and RHR?

# <https://www.youtube.com/watch?v=E12Lu6JK1tE&t=108s>

# 

**Artikels over Melatonin:**

# Why Can't I Take Melatonin Because I Have an Autoimmune Disease?

# <https://www.livestrong.com/article/435769-why-cant-i-take-melatonin-because-i-have-an-autoimmune-disease/>

# Melatonin for Sleep: Does It Work? | Johns Hopkins Medicine

# <https://www.hopkinsmedicine.org/health/wellness-and-prevention/melatonin-for-sleep-does-it-work>

Melatonin: Beyond the Sleep Benefit

<https://youtu.be/8MPpiCg5HUg>

Is Melatonin a Good Sleep Aid? - Dr. Berg on Melatonin Side Effects

<https://youtu.be/ttvrIK-F68E>

Sleep hormone Melatonin is a treatment option for Covid

<https://youtu.be/jpXtW4BahxU>

Health experts warn of risks with taking melatonin

<https://youtu.be/ibsNhH971eI>

Melatonin For Sleep | Underrated Supplement In 2021

<https://youtu.be/dW94XiYgIhw>

Melatonin Extends Lifespan | Resveratrol In Arthritis | Aging Investment | Is CR Beneficial <https://youtu.be/tNdT1p0RCUU>

Melatonin as an adjuvant therapy in patients with rheumatoid arthritis

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2492912/>

Do you take melatonin to help sleep? You might want to hear what Dr Marc has to say

<https://youtu.be/uL7H8K3I4p8>

Top 3 Reasons to Use Melatonin for Sleep and WHY?

<https://youtu.be/YdRdZXqFy8Q>

Middle-of-the-Night Melatonin Supplementation: Better Sleep, Improved HRV and RHR?

<https://youtu.be/E12Lu6JK1tE>

Is taking melatonin as a supplement a good idea? | Dr. Satchin Panda

<https://youtu.be/OyKOL50kwCE>

Is Melatonin A Good Sleep Aid? | Matthew Walker

<https://youtu.be/MZLo5N3vco8>

How Much Melatonin Should I Take?

<https://youtu.be/-SNdkXWSvLg>

Is Melatonin a Good Sleep Aid? – Dr.Berg on Melatonin Side Effects

<https://youtu.be/ttvrIK-F68E>

New Study Shows Potentially Harmful Effects Of Melatonin

<https://youtu.be/YSDLQ6JVMHI>

Melatonin Use For Sleep Keeps Rising, Sparking Health Concerns

<https://www.today.com/health/sleep/melatonin-sleep-side-effects-rcna18300>

# The Best Natural Supplements for Sleep | iHerb

# <https://www.youtube.com/watch?v=wu5VuE7E6Bk&t=245s>

# Melatonin: 3-5 mg at bedtime, niet bij auto immuun ziekten.

# Nemen voor enkele dagen, weken. Eigenlijk meer geschikt voor problemen zoals jetlag.

# Methylcobalim (vit.B12) 3-5 mg

# Metalonin + methylcobalim is aan te bevelen.

# Magnesium before bed. Ouderen 250-300mg citrate, Malate of bisglycinate: powered drinks.

# L-theanine: in groene thee. Children 200 mg, ook chewing tablets, volwassenen 600mg.

# Valerian extract 0,8% valeric acid 150-300mg 30-35 min. before bedtime.

# 5HTP 5-hydroxytryptophan Verbetert REM slaap en diepe slaap. Begin met 50mg, eerste 3 dagen, dan tot 150 of zelfs 300 mg, 30-45 min. voor slaap.

# The Benefits of 5-HTP.

# <https://youtu.be/Mh0oVfTl1qo>

# Dosis vanaf 50 mg.

**Slaap je beter door het eten van een banaan?**

<https://www.slaapinfo.nl/vragen/slaap-je-beter-door-het-eten-van-een-banaan/>

**Bananen** hebben een positieve werking op de slaap. Dit komt door het aminozuur **tryptofaan** waar **banaan** rijk aan is. **Tryptofaan** zorgt voor de aanmaak van serotonine. Daarnaast zit er magnesium en kalium in **bananen**.

# 30 tips om beter te slapen als je ouder wordt

<https://www.gezondheid.be/index.cfm?fuseaction=art&art_id=26823&utm_source=gezondheid&utm_medium=email&utm_campaign=newsletter&utm_content=email_nieuwsbrief_NB20220127&par=108916&utm_term=title>

**30. Vermijd slaapmiddelen**. Het gebruik van [slaapmiddelen](https://www.gezondheid.be/index.cfm?fuseaction=artperrub&t=436) voor slapeloosheid is af te raden. Bij volwassenen onder de 65 jaar is gebruik van slaapmiddelen alleen in noodsituaties aan te bevelen – bijvoorbeeld bij slaapproblemen na het overlijden van een naaste. Bij 65-plussers is het beter om het gebruik van slaapmiddelen geheel te vermijden. Vooral bij ouderen brengen slaapmiddelen veel risico’s met zich mee: gevaar van ongelukken, verslaving, bijwerking en wisselwerking met andere medicijnen. Slaapmiddelen dienen alleszins kortstondig (maximaal twee-drie maanden) te worden gebruikt. Gebruik niet meer dan twee- tot driemaal per week een slaappil.

Jim Kwik: "I take it every night before bed

<https://youtu.be/qD00PZk18XU>

30 sprays of a special transdermal topical magnesium product called “ease”, I put this on my body.

One spoonful of honey with black seed cumin oil drink it up.

Can Hops Help You Sleep?

<https://www.healthline.com/health/can-hops-get-me-to-sleep>

Early scientific studies found no solid evidence to support claims of hops’ sleep-inducing potential. More recently, researchers have taken a closer look at hops and their effect on anxiety and sleep disorders. Several scientific studies suggest that hops do have sedative effects.

For example, a study reported in the journal [PLOS OneTrusted Source](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3399866) examined the effects of drinking non-alcoholic beer with hops at dinnertime. The researchers found that women who drank it showed improvements in their sleep quality. The participants also reported reduced levels of anxiety. Another study published in [Acta Physiological HungaricaTrusted Source](https://www.ncbi.nlm.nih.gov/pubmed/22849837) linked drinking non-alcoholic beer with hops to improved sleep quality among university students.

While hops have shown promise for relieving anxiety and sleep disorders on their own, they might be even more effective when combined with an herb called valerian. This herb has a lot in common with hops. It also has a long history of use as an herbal treatment for insomnia.

Hops: Benefits, Side Effects, Dosage, and Interactions

<https://www.verywellhealth.com/the-health-benefits-of-hops-89058>

Other research has focused on using hops along with [valerian](https://www.verywellhealth.com/what-you-need-to-know-about-valerian-88336) to treat insomnia. According to a 2010 review of studies from Australia, pairing hops with valerian may help treat insomnia. Of the 16 reviewed studies, 12 found that the combination improved sleep quality and reduced the time it took to fall asleep.4﻿

In some cases, this translated to two and a half hours of additional sleep per night and a 50% decrease in the number of nighttime awakenings. These effects may be especially beneficial in people with rotating work shifts and may even prove useful in treating mild anxiety.4

1 Cup...Sleep Deeply While Healing Your Gut | Dr Alan Mandell, DC

<https://youtu.be/VuvdyEgiKQk>

1 cup of boiling water

1 cup of chamomile tea

¼ to ½ teaspoon of grounded ginger

Juice of ¼ top ½ of lemon

1 teaspoon of raw organic honey or an alternative sweetener

*Stir it up and drink this about 20 to 30 minutes before bedtime.*

THIS IS HOW YOU INCREASE YOUR DEEP SLEEP - Dr Alan Mandell, DC

<https://youtu.be/CbMgLqYSkjg>

Sleep temperature 19 °C Valerian root 5HTP…..

Natural Cures for Insomnia | Dr. Josh Axe

<https://youtu.be/s3vaI15ICQg>

Lower your sugar, grain and carbohydrate intake before bed.

You’re body is burning those, it’s getting warm.

Better: advocado, organic yogurt. They are good quality fats and high in magnesium and potassium. This help to relax your body and sleep.

Read a relaxing book, a novel.

Take a magnesium supplement, 400 to 500 mg before bedtime. Magnesium chelate or citrate.

Lavender oil and chamomile essential oils on your pillow.

2 Ingredients Under Tongue Before Bed & You'll Sleep Like a Baby | Dr. Mandell

<https://youtu.be/sSuCsx8HugA>

Honey helps your brain to produce melatonin.

Himalayan salt with potassium, iron and calcium.

Mix 5 teaspoons of raw organic honey with 1 teaspoon of Himalayan salt.

Mix and store in a glass jar.

Muziek, meditatie, zelfhypnose…

**Muziek en geleide meditatie** *probleem downloaden met Google en transformeren van MP4 naar MP3*

Tips to Deep Sleep with Daniel Gartenberg of Sonic Sleep

<https://youtu.be/xkbD7BCrK0U>

N.a.v. zijn verhaal: ik heb bij settings van mijn computer , bij Beeldscherm, de setting “Nachtlamp” gevonden. Ik kan manueel meer of minder warme kleuren instellen. Ik kan de uren van de Nachtlamp instellen, standaard van zonsondergang tot zonsopgang (18.27 to 06.26 vandaag 13/3 in Huay Yai). Maar ik kan ook zelf de uren van in-en uitschakelen van de nachtlamp instellen.

*Misschien de volledige video nog eens bekijken, duurt 22 minuten.*

Dan Gartenberg's delta wave sound sequence, for sleeping.

<https://youtu.be/5qER9PBkmRw>

8 Hours Of Peaceful Sleep Music - Relaxing music, Stress relief music ''Moonlight

<https://youtu.be/TUom_jYjVNs>

[ADVANCED] The Best Binaural Beats for a Deep Sleep (90-Minute Sleep Cycle)

<https://youtu.be/HePF0xlKzN>

Deep Sleep - Third Eye Chakra 432hz | Binaural Beats| Dark Screen | Sleep Aid | 9 hour

<https://youtu.be/C5m7FZw3cDw>

Complete Restoration | Body, Mind and Spirit Healing | Raise your Consciousness (MUZIEK 3 u.)

<https://youtu.be/WQtjFYGUCkU>

SLEEP WAVES for Insomnia [Four Elements] Part 2: WATER 🌊 Binaural Beats Music

<https://youtu.be/BAVXBUv7cSc>

Quickly Fall Asleep In Less Than 5 Minutes With Very Relaxing Sounds - Mind Calming Music

<https://youtu.be/NyLwa0kBdVI>

Yoga Nidra For Insomnia and Deep Rest - 1.5 Hours

<https://youtu.be/agiU-TVrVcw>

What Is Pink Noise

<https://youtu.be/DYx4Mwsz6wQ>

ORGANIC PINK • Natural Pink Noises • Ocean Waves, Rain & Flowing Water

<https://youtu.be/zDk8pVOtiVY>

The DEEPEST Healing Sleep | 3.2Hz Delta Brain Waves | REM Sleep Music - Binaural Beats

<https://youtu.be/xsfyb1pStdw>

Deep Delta 2Hz | 528Hz Tuning | Binaural Beats Soundscape | Deep Sleep, Heal Your Body & Soul

<https://youtu.be/B1mVwuw6TTU>

INSOMNIA HEALING [peaceful & soothing] Music for DEEP SLEEP - Binaural Beats

<https://youtu.be/TBaXvtNxqL0>

Fall Asleep Faster ★︎ Insomnia Healing ★︎ Immune System Booster"

<https://youtu.be/gQLzPY3ImwM>

11 Hours of Deep Sleep ★︎ Fall Asleep Fast ★︎ Dark Screen

<https://youtu.be/RE58aWcolf0>

PERFECT SLEEP Wondrous Night” Sleep Music [ Theta 5Hz ] Insomnia Healing Binaural Beats

<https://youtu.be/Xgu4V1z_-Fs>

Sleep HEALING Music [Four Elements] Part 1: EARTH 💚 Binaural Beats for Insomnia

<https://youtu.be/yfIaqyUNWio>

# Long Train Sounds for Sleep : Night Train 8 Hour Sound

<https://www.youtube.com/watch?v=8oVTXSntnA0>

# Calming Train Sound for Deep Sleep 10 hours. Knocking Train Wheels. Train sounds for sleeping

# <https://www.youtube.com/watch?v=4mFMXRWWffw>

Meer meditatie:

Guided Sleep Meditation Female Voice for Sleep Problems and Insomnia

<https://www.youtube.com/watch?v=tYdiJushaDI>

Guided Meditation for Sleep Problems and Insomnia

<https://youtu.be/L12_GAi2UQ0>

# Mindfulness Meditation for Deep Sleep: Recovery from Insomnia & Over-Thinking (Guided Meditation)

<https://www.youtube.com/watch?v=wERj9hmxDCI>

# Sleep Hypnosis Very Strong 🌈 Magic Journey Through The Portal 😴 Talking into Sleep

<https://www.youtube.com/watch?v=NRHTYihZb84>

# Slaaphypnose voor een (nog) overactieve geest!

<https://www.youtube.com/watch?v=CwuDaRTxxXg>

DEEP SLEEP SELF HYPNOSIS MEDITATION THETA WAVE (4.5Hz) BRAINWAVE ENTRAINMENT FALL ASLEEP FAST <https://youtu.be/yBlWOJgiyGg>

# Val snel in slaap • Diepe slaapmuziek, meditatiemuziek, ontspannende muziek, slaapmuziek

<https://www.youtube.com/watch?v=FfdIpDNV_TQ>

# Zelfhypnose diepe ontspanning

<https://www.youtube.com/watch?v=8v0c4SxPqNU>

Mindfulness Meditation for Deep Sleep: Recovery from Insomnia & Over-Thinking (Guided Meditation) <https://youtu.be/wERj9hmxDCI>

Sleep affirmations meditation, affirmations for sleep, sleep music, law of attraction

<https://youtu.be/46dYmKYpnGY>

Beste slaap techniek ooit [affirmatie methode] Doe dit 7 nachten

<https://youtu.be/-_gQCgNarJc>

"Rust in je hoofd | Diepe kalmerende slaapmeditatie om stress, spanning los te laten voor het slapen"

<https://youtu.be/O6gzuZiSy1s>

Slaapmeditatie: Zo val je heerlijk in slaap | Mediteren | Meditation Moments"

<https://youtu.be/cGeTCxd0USw>

20 minute Guided Mindfulness Exercise

<https://youtu.be/thYoV-MCVs0>

Mindfulness exercise

<https://youtu.be/iH3_64mLCU8>

# Audio Mindfulness Library

<https://www.healthjourneys.com/partneraccess/index/display/token/yNLC0B9TSA4qEHWMAv9Od6wqL_IwnByxp9srAOAcdkBIRSGqVXNJ4DqgRBpU6I3CiiRKo0GPW7M2WzHeTe6iSiEDAySeA1OgxD8G_lOd9l_IDorqjdsO5DbdOKOiUwycphCv-70bXgJmRMlrK8v9_Q==>

Onderdeel:

[A Guided Meditation for Healthful Sleep](javascript:void(0))

How To Use Meditation For Sleep Problems, According To Experts

<https://www.buzzfeednews.com/article/katiecamero/meditation-for-sleep>

Goed ter informatie

# Slaapverhalen

A New Approach to Insomnia | Michael Acton Smith OBE | TEDxSFState

<https://youtu.be/_Dgcu5obs4E>

About sleep stories. Een te betalen app “Calm”.

Sleep stories free, also free video’s from “Calm”.

<https://www.google.com/search?q=sleep+stories+free&sxsrf=AOaemvLF0Rlo4qYxoiqh__6wwuRu5K-vtA%3A1638228374225&ei=lmGlYcSMDYWQseMPx_2hsA4&oq=sleep+storis&gs_lcp=Cgdnd3Mtd2l6EAEYAjIECAAQCjIECC4QCjIECAAQCjIECAAQCjIECAAQCjIECAAQCjIECAAQCjIECAAQCjIECC4QCjIECAAQCjoHCAAQRxCwAzoECCMQJzoGCCMQJxATOgUILhCRAjoFCAAQkQI6EQguEIAEELEDEIMBEMcBENEDOgUILhCABDoICAAQsQMQgwE6BQgAELEDOggIABCABBCxAzoHCAAQsQMQCjoICAAQsQMQkQI6CwguEIAEEMcBEK8BOgsIABCABBCxAxCDAToICC4QgAQQsQM6BQgAEIAEOgsIABCxAxCDARCRAjoICAAQgAQQyQNKBAhBGABQsCBY1klg9GZoAnACeACAAXWIAdEJkgEDOS40mAEAoAEByAECwAEB&sclient=gws-wiz>

slaapverhalen

<https://anchor.fm/pauline-veenstra/episodes/Slaapverhalen-voor-volwassenen--De-avond-valt-e16jv5v>

Welterusten: dit zijn de beste voorgelezen slaapverhalen voor volwassenen <https://www.linda.nl/lifestyle/slaapverhalen-volwassenen-tips/>

**Andere recente interessante artikels:**

Sleeping with even a little light can be unhealthy, study finds : Shots <https://www.npr.org/sections/health-shots/2022/04/01/1089997121/light-disrupts-sleep>