

Guide for selecting quality Sleep Hygiene Resources – Fi Jamieson-Folland D.O., I.N.H.C.

As a primary healthcare practitioner since 1992, I'm passionate about empowering those who are ready for **positive health-results**, to have access to high-quality resources to help on their health journey.

When it comes to most people experiencing **regular, healthy sleep**, the stats aren't great.

Given that there are so many choices available on the market these days, and that there are actually several important boxes to tick when you're selecting your bed-essentials, I've created a **quick guide** to help you cut through all the 'noise' and marketing-hype to help you make the choice that's best for you. It goes without saying that each of these vital factors needs to be natural and organic.

Here's your check list –

- ✓ **Electromagnetic radiation (EMR) neutral** (*free of EMR stress*) – our bodies have our own electrical fields that are finely tuned based on our own genetic code and *physiological fingerprint*. The potential impact of exposure to EMR is becoming a popular research-area with some concerning results, for example -
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6701402/>
- ✓ Minimising our exposure may help with a variety of health challenges – from myalgic encephalomyelitis (or chronic fatigue) to depression.
- ✓ **Toxic-chemical-free** and **biodegradable** – important toxins to avoid include formaldehydes, solvents and adhesives.
- ✓ **Hypoallergenic, plus ideally anti-dust mites and microbes** and ideally breathable – which means our bodies are protected during one of our most vulnerable periods, as we're sleeping.

- ✓ **Sustainably produced and guaranteed** – peace of mind helps peaceful sleeping!

For a quick reference to resources that tick each of these vital boxes, I highly recommend you visit - <https://innature.co.nz/our-expertise/your-health/have-no-nasties/>

It's also valuable to have access to a complementary sleep consult to help make sure you're making the right choice with your bedding resources, and I'm impressed that the future-focused company INNATURE offers this to you. Here's your link - <https://innature.co.nz/our-expertise/sleep-consultation/>

When it comes to the percentage of people who experience regular, healthy sleep – this number is too low, and it doesn't have to be this way! If you have a specific question or general query about your own, or loved ones' quality of sleep, please email me at fi@fijamiesonfolland.com for a confidential, obligation-free chat.

In the meantime – ***here's to regular healthy sleep for you and your family!*** 😊