

BIBLIOGRAPHY – Nancy Carlson RN BSN NC-B
8th Annual Holistic Nursing Conference: September 13-14, 2018

- American Sleep Association (ASA)
- American Sleep Apnea Association (ASAA)
- American Academy of Sleep Medicine (AASM)
- Vata, Pitta, Kapha: An Introduction to Three Energetic Forces of Nature; Banyan Botanicals, www.banyanbotanicals.com
- Ayurveda 101 - The Three Doshas: The Keys to Your Individual Nature; **EAT-TASTE-HEAL, An Ayurvedic Guidebook and Cookbook for Modern Living.** Five Elements Press, Hawaii 2006.
- Chakrapani Ayurveda Newsletter: “Ayurveda – Holistic Approach to Health Care” by Hassan Khan Yousafzai; Chakrapani Ayurveda Clinic and Research Center, Jaipur-302004, India.
- Cook, Rachel; “The Shorter Your Sleep, the Shorter Your Life: New sleep science”; The Guardian - Lifestyle, September 24, 2017.
- Douillard, John; **The 3-Season Diet.** Three Rivers Press, NYC 2000.
- Douillard, John; 5 Life Spa Articles, related to sleep; www.lifespas.com August 4, 2015 – “Sleep Solutions for Your Body Type: Sleep Deeply, Wakeup Refreshed”; November 9, 2017- “Nobel Prize-Winning Research Validates Ayurvedic Circadian Clock”; October 7, 2017 – “How to Increase REM Sleep for a Sharper Mind”; June 29, 2017 – “Live with the Natural Cycles”; 10 June 20, 2017 – “Ways to Increase Melatonin Naturally”.
- Edlund MD, Matthew; “The Rejuvenating Power of Rest.” Daily Good, News that Inspires.
- Fox, Maggie; “Body Clock Researchers Win Nobel Prize”, October 02, 2017; MSNBC, Health News.
- Gordon PhD, Amie; “Your Sleep Cycle revealed – What’s going on in your brain while you’re catching your zzz’s each night. “; July 26, 2013. Psychology Today.
- Gottlieb MD, MPH, Daniel J; “Making Sleep a Priority”; Brigham Health Hub.
- Gross, Terry; “Sleep Scientist Warns Against Walking Through Life ‘In An Under-slept State’”; July 20, 2017; NPR, Your Health. Heard on “Fresh Air”.
- Hill, Emily; “How ‘Yoga Nidra’ Works”; April 14, 2017; Huffington Post.
- Hanh, Thich Nhat; “Five Steps to Mindfulness.” Article from www.mindful.org

- Loving-kindness Meditation script.
https://www.fresno.va.gov/docs/Transcript_Lovingkindness_Meditation_.pdf
- Low Dog MD, Tieraona; “Sleep and Stress”; INNATE-EDU, Fostering Community & dialogue.
- National Sleep Foundation Sleepiness Test; National Sleep Foundation.
- National Institutes of Health. “Sleep Disorders: In Depth” NCCIH.
- Osmun, Rosie. “Four Effective Bedtime Strategies for Reducing Stress”. October 13, 2015. www.mindful.org
- Pick OB/GYN NP, Marcelle; 6 Specific Blogs related to sleep, www.marcellepick.com (April 5, 2017) “Why Sleep is Important”; “Stress and Insomnia- How to Reduce Stress and Sleep Better”; Natural Sleep Aids -The Impossible Dream”; “Yoga for Insomnia”; (November 11, 2017) “Fight Off Stress Induced Sleeplessness - Naturally!” (May 14, 2018) “Sleep and Hormones: The Cyclical Relationship Between Sleep and Hormones”.
- Progressive Muscle Relaxation Script.
https://www.law.berkeley.edu/files/Progressive_Muscle_Relaxation.pdf
- Rushlau, Katherine; “Deepak Chopra offers six pillars of wellbeing”; Integrative Practitioner Newsletter; Topic mind-body medicine.
- Scheer PhD MSc, Frank; “Circadian Rhythms: How Irregular Sleep Patterns Impact Your Health.” Brigham Health Hub.
- Seaward PhD, Brian Luke; “A Good Night’s Sleep: Stress Management for Nurses.” February 2018, Beginnings AHNA.
- Single Nostril Breath; www.yogajournal.com
- Stop – Bang Sleep Apnea Questionnaire; Ohio Sleep Medicine Institute – Center of Sleep Medicine Excellence. www.sleepmedicine.com
- Svoboda BAMS, Robert E.; **The Hidden Secret of Ayurveda**. The Ayurvedic Press, Albuquerque 1980 - 2002
- The Ayurvedic Doshas; Kripalu Blog www.kriplau.org/resources
- Tuck Sleep; 2 Articles; January 22, 2018 - “Stages of Sleep and Sleep Cycles”; February 5, 2018 - “Your Body’s Circadian Rhythm, Explained”. www.tuck.com
- Walker PhD, Matthew. **Why We Sleep – Unlocking the Power of Sleep and Dreams**. Scribner, NYC October 2017.
- Wilson PhD MSN RN IBCLC AHN-BC CHT, Debra Rose & Brooks MS, Emma J.; February 2018, Beginnings AHNA.
- Yoga For Healthy Aging – 3 Blog-spot articles related to sleep: October 5, 2017 - “Yoga Tricks up my Sleeve”; May 12, 2014 - “5 tips for Better

Sleep”; February 14, 2017 - “New Theory About the Purpose of Sleep”.
www.yogaforhealthyaging

- Yoga Journal Article; “Single Nostril Breath (Surya/Chandra/Bhedana Pranayama”; August 28, 2007.
- Zerbe MS NASM-CPT/CES, Leah; “Yoga Nidra: Bliss Your Brain Out with This Ancient (Little-Known) Practice. March 20, 2018. Dr. Axe, Food is Medicine.