

PART 2 OF 6



# SLEEP

FEB. 28  
7PM ET

## ***POWHER Hour Questions Follow Up - Sleep***

Please note, these are the questions (including spelling) that were left unanswered during the Q&A session for the POWHER Hour Series on Sunday, Feb 28th. The recording can be seen [here](#).

The answers to these questions are NOT to be deemed as medical advice, and you should consult with your primary care physician and / or medical specialist team to confirm that these answers fit YOUR terrain.

**1. Q: *What is a good emf meter to use?***

A: I quite like the MitoMeter. I've used the Cornet in the past, but typically needs to be found on Ebay. The MitoMeter is good for the majority of home use; if you need something more, than the TriField Meter is great.

**2. Q: *how would you know you were elector hypersensitive?***

A: Check out [We Are the Evidence](#), a support group for EMF sensitive people who talk about the different harms and symptoms of being EMF sensitive. For some people this presents as headaches, fatigue, exhaustion, brain fog, tingling in fingers when typing on computer, etc., each person is different. For me, (Dasha), I get headaches and exhaustion when I'm surrounded by devices.

**3. Q: *Why not the whoop?***

A: The battery charging with the whoop made it bulky to wear. I also did not like how much EMF was being emitted from it as well as the green light that was disrupting my sleep.

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**6. Q: *How much magnesium should Be added to water?***

A: To bowel tolerance. Will vary person to person. Titrating usually from 250 upwards of 2500mg as needed depending on desired outcome (sleep, bowels, anxiety, blood pressure, etc.)

**7. Q: *You drink a quart of water....with magnesium before bed?***

A: Yup:) Have for close to 20 years! My husband as well!

**8. Q: *Is there a special time you should take your melatonin and calm magnesium before bed?***

A: Melatonin at dinner and magnesium right before I turn in

**9. Q: *salt and lemon in water - that's like electrolytes, yes?***

A: Yes and stimulates bile production and dumps the biliary tract and makes ya poop:)

**10. Q: *I would love you all to do a session on chronic constipation***

A: Thanks for the comment; we will be covering this as part of the [Powher program!](#)

**11. Q: *I understand the importance of test and assess, but is there any general explanation why it is usually that a person wakes up at night with pain, even though there is no pain throughout the day? (I am referring to my own experiences and others I know of, myself with breast cancer and occasional pain that wakes me up during the night.)***

A: In the medical world, pain at night is something that must be followed up on properly. Discuss this with your primary care physician and perhaps opt for some lab testing and imaging to determine the cause of this discomfort. We should not be experiencing pain at night unless from extreme circumstances.

**12. Q: *There are a few types of magnesium. I take Mag Glycinate by Metgenics. One better than another?***

A: Be a living laboratory and determine WHY you are using magnesium. If you need it to poop--go with citrate form, for nervous system support, glycinate, for general mitochondrial support, malate or threonate form, for arrhythmias and blood pressure, almost any of them will do the trick. Experiment with them and see which one(s) your body resonates with best.

**13. Q: *Is there any way to view last week's session? I did not sign up on time and missed the session***

A: Yes, please send us an email through [info@powherprogram.org](mailto:info@powherprogram.org); we will send you a Stripe payment request for the class and then send you the recording and the Q&A followups.

**14. Q: *I bought Gunnar blue light blocking glasses but they make me feel weird, like things around me are slightly floating. Is it the feeling the blu blockers give? Is it a matter of getting used to them?***

A: Yes, it is a matter of getting used to them, but you should not feel like that. Perhaps try changing out the lights in your house to be red lights first and then work your way up. That way your eyes will be used to the red.

**15. Q: *What about shift workers?***

A: Please follow Chan Shipman, @nightshiftbiohacker on Instagram. She gives some INCREDIBLE tips for how to optimize your health and your sleep as a nightshift worker (she is a nightshift ER nurse).

**16. Q: *which blue light glasses are best?***

A: RaOptics, BluBlox, Swanwicks, and TruDark are our favorites. I've (Dasha) tried them all, so if you have any further questions, please feel free to message me on instagram ([@\\_dashofhealth](https://www.instagram.com/_dashofhealth)).

**17. Q: *what if you need eyeglasses? How do you use blue blockers?***

A: RaOptics offers to make prescription blue blockers! Or, another alternative is to buy Uvex and wear them over your existing glasses. Uvex are quite large and can be purchased at most hardware stores and they fit over the glasses.

**18. Q: *Is light exercising before bed going to help or harm?***

A: It'll depend on your case. For most people, a light workout / stretch such as yin yoga or yoga nidra can be an amazing preparation for bed and a way to get one out of

sympathetic and into parasympathetic (rest & digest) state. The key is that this exercise should not increase the heart rate and be slower, longer movements. Another alternative is a nice brisk walk after dinner which can help with burning off a bit of sugar from the dinner and switch your brain from “work mode” to “calm mode”. The Italians call it a “passeggiata” and is a nice stroll around post dinner to say hello to all the neighbors (side benefit of getting oxytocin from being part of a community)!

**19. Q: *Please recommend a good eye mask. I just roll up a baby blanket because if they are tight they bother me.***

A: I'm in love with my [Alaska Bear eye mask](#). I've had it for 5+ years; love the silky texture, the price, and that it's on Amazon Prime, so in the worst case of losing it, I have it in only 2 days time. :) Other people swear by the [Manta](#).

**20. Q: *I heard to take your vit d at night time, true?***

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**21. Q: *how does sleep/hormones affect someone who had stage IV ov cancer and had full debunking, so full hysterectomy, etc***

A: We discussed this in real time but this was covered more thoroughly in the first session about hormones.

**22. Q: *The Biohacker's Handbook is an online eBook only by Olli Sovijarvi?***

A: Yes, indeed! Hope you enjoy it !!

**23. Q: *I asked my family to buy me a red light bulb for Christmas . Can you give us the best plants for the room?***

A: Found this great article: <https://www.dreams.co.uk/sleep-matters-club/5-bedroom-plants-to-help-you-sleep-better/> and for me I have snake plant, pathos, aloe in my room currently and a night blooming jasmine planted outside our window that wafts in occasionally.

**24. Q: *Taking anti seizure meds that seem to slow me down quite a bit, sometimes up at night and sleep during the day. Thinking these meds are maybe messing with hormones, so are there any natural assists that can help regulate my sleep?***

A: Also mentioned in real time in the recording. These medications are notorious for robbing us of essential nutrients like B and fat soluble vitamins and further diminishing our mental faculties. Consider working with seizure expert to help you wean off these meds especially in conjunction with a ketogenic diet--which was developed for this very issue in 1920's and still more effective today in controlling seizures than the medication. Check out <https://www.charliesfoundation.org/> for more info.

**25. Q: any opinion on using earthing/grounding sheets to help sleep?**

A: Covered in the webinar and Dasha gave some recommendations on her favorite pads/sheets/half sheets and reading materials. This is a book that I have referred folks to on the topic: [Earthing Book](#) but for me---good ol' time barefoot and laying ON the earth is the way I do it:)

**26. Q: 5 minutes in am outside enough?**

A: It is, actually, though please make sure you are outdoors a lot more than that in general, throughout the day. The red light exposure research (sunrise/sunset light frequency) recommends 10 minutes/d as sufficient exposure, so perhaps aim for 5 in each window, or 10 in one or the other.

**27. Q: if you have active cancer which is the best device/least emf for tracking**

A: See above on EMF testing in questions 1 and 2

**28. Q: if you have active cancer which is the best device/least emf for tracking**

A: this is a repeat

**Q: I can test cortisol from direct to consumer lab?**

A: Yes---run an "AM Cortisol" test (shooting for range of ~15-17

**Q: How do EMF of these tracing devices affect you?**

A: Varies by individual--test yourself. Review responses to questions 1 and 2, take a look at [this book](#) if you want to learn more or the [www.emfconference.com](http://www.emfconference.com) information.

**Q: could HRV ever be 90 if your chronically anemic due to adenomyosis**

A: Yes. Discussed in the webinar. Still, resolving your chronic anemia by finding the source and addressing that is key and NOT through iron supplementation in most cases, especially in cancer processes. But you will likely BE hypoxic having low ferritin levels, so make sure to test that, along with a full iron panel and CBC with diff and work on increasing oxygen levels with breath work, saunas, cryotherapy and gentle exercise.

**Q: Do you recommend PEMF machines for any cases?**

A: yes, on an individual basis and my favorite book on the topic: [Healing Voltage Handbook](#).

Thank you again for all your questions and time.

We are excited to continue hosting these types of discussions the next following weeks. You can find more information on our instagram ([@powherprogram](#)) or our [website](#). If you have any questions, please feel free to message us there or at [info@powherprogram.org](mailto:info@powherprogram.org).

With gratitude,  
The POWHER team

Yay team!