

## These tricks help Courtney Love and Tommy Lee get their beauty sleep

By Jordi Lippe



Getting enough sleep is as important as eating a balanced meal and exercising — and yet 57 percent of Americans think they don't get the rest they need, according to a January study by Princess Cruises.

And who are some of the worst sufferers? Rock stars. Between late nights, irregular eating and chaotic touring schedules, it's no wonder music maestros have trouble hitting the hay.

Enter Dr. Gabrielle Francis. The naturopathic doctor, acupuncturist, massage therapist and chiropractor has taken on these difficult clients and quickly become known as the "Rock 'n' Roll Health Guru" to legends such as Bruce Springsteen, Aerosmith and the Rolling Stones.

After touring with, and tending to, some of the biggest names in music, Francis, author of "The Rockstar Remedy," tells us how she has helped legends catch some zzz's, and how to adopt their methods so that you, too, can sleep soundly.



Gabrielle Francis

## Dave Navarro of Jane's Addiction has a scheduled nap time



“Studies show 30-minute disco naps can help you make up for lost sleep,” says Francis. “It’s one of the secret weapons of rock stars on tour.” She also recommends what she calls “lost sleep sessions” for the snooze-deprived. “If I’ve pulled several straight days with little sleep, I’ll give myself one day to crash for several hours straight,” she adds. “It’s a great way to rejuvenate.”

Navarro swears by it: “Through some strange turn of events, nap time has become an opiate,” he says in “The Rockstar Remedy.” “It’s become my way

## Tommy Lee of Mötley Crüe does three-day detoxes



“Detoxing isn’t just [for] when you’ve eaten too much pizza and drunk too much beer,” Francis tells *The Post*. “I suggest doing a diet detox to my clients to recalibrate their sleep cycle, reduce stress and reignite their energy.” The detox can be simple — greens like kale and spinach, for example, act as natural detoxifiers and rid the body of harmful chemicals. She recommends starting each morning with her “Rx Star” detox shake, which includes various probiotic- and fiber-packed powders, as well as juice, yogurt and frozen berries, followed by small meals throughout the day consisting of lean proteins, healthy fats and carbs.

“I just tried [a three-day detox cleanse] and man! Day 4 was epic,” Lee says in Francis’ wellness book, “The Rockstar Remedy.” “I wore a bright yellow shirt! I never wear bright, happy colors. The shirt resembled how I felt. Like the sun!”



## Courtney Love chants twice a day



“When we are plagued by anxiety and negative thinking, we tend to hold our breath or breathe shallow breaths, which causes an accumulation of carbon dioxide in our cells and consequently a build up of acidity,” Francis says. Releasing that breath through a meditative process, like chanting, can help release tension and stress built up throughout the day — which, in turn, can enhance sleep quality.

“Meditation styles vary,” adds Francis. “To incorporate a practice like this into your routine, turn off all electronics an hour before bed, and find a calming technique of your own.”

Love has said the practice is “critical” to her. “I see the results in my life from chanting twice a day and making that practice consistent. It completely changed my life in so many ways.”

## Mark Ronson avoids late-night sugar to prevent nightmares



“Our food is composed of a variety of macronutrients that affect the body in different ways,” notes Francis. “Balancing blood sugars creates a steady flow of energy for the body to maintain all of its functions, including a good night’s sleep.” She suggests eating foods that promote sleep like oatmeal, yogurt, cheese and turkey — and avoiding carbs and alcohol, both loaded with sugar, before bed.

“I’m smart enough to know that eating an ice-cream sundae at 1 a.m. is guaranteed to bring on scarily lucid dreams of the zombie apocalypse,” Ronson has said.

## Orianthi relies on a magnesium-packed drink



“I get this Natural Calm drink now, with high amounts of magnesium,” singer-songwriter Orianthi has said. “It’s helped a lot with my bouts of insomnia. I went more than two years without sleeping well before I discovered the magnesium.”

Magnesium is a natural sleep remedy, according to Francis. “It boosts serotonin, lowers cortisol, and eases stress, all things that help with insomnia,” she says. “I recommend taking 300 to 500 milligrams of the supplement before bed.” Other natural remedies include one tablespoon of omega-3 or flaxseed oils, chamomile, hops and valerian root.