

# Movement & sleep: a clear starting record

A two-page companion to Lymphatic Drainage and Glymphatic Sleep Science. Use it to describe one ordinary day without turning it into a detox test.

- Choose one familiar, comfortable activity that already suits you.
- Keep any existing clinical plan; do not add massage or compression for unexplained swelling.
- Estimate sleep timing the following morning. Do not monitor the clock all night.
- Record one observation and one alternative explanation.
- Pause tracking if it increases worry or disrupts sleep.

## Date and activity

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## Tried to sleep / got up / how the morning felt

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## Something else that could explain today

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# Before drawing a conclusion

Peripheral lymph flow and fluid transport in the brain are different topics. A diary entry measures neither. A pleasant walk or better morning is an experience worth recording without claiming a physiological reset.

Unexplained one-sided, sudden, painful, hot or red swelling needs prompt assessment. Swelling with breathlessness, chest discomfort, coughing blood, faintness or confusion needs emergency help. Do not wait for a diary pattern. [02-06]

- Can I describe the observation without diagnosing its cause?
- Have I kept a symptom separate from an explanation?
- Is there a question a qualified clinician should answer?

## My question to take forward

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The full Movement and Sleep Learning Journal adds accessible explanation of lymph, brain-fluid research and evidence boundaries. Visit [avonoria.com](https://avonoria.com) for availability.

Source article: Lymphatic Drainage and Glymphatic Sleep Science

General education for adults; not diagnosis or treatment. No therapeutic outcome is promised.