ENHANCING SLEEP

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WHY IT'S IMPORTANT?

Restores EVERYTHING in our bodies!

- Immune system
- Nervous system
- Skeletal system
- Muscular system

ENHANCING SLEEP

WHY IT'S IMPORTANT?

- Regulates metabolism – including blood sugar and insulin levels, stress hormone levels
- Brain function – learn, think, decision making
- More sleep = less snacking + less cravings
- Makes you happier!

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A BIT ON HORMONES

Poor nights sleep Increases:

Grehlin – increased hunger and cravings
Insulin – decreased insulin sensitivity = more fat storage
Cortisol = burn muscle tissue and store more fat

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A BIT ON HORMONES

Poor night's sleep Decreases:

Leptin = decreased satiety
Human growth hormone = reduced ability to repair and build tissue

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A BIT ON HORMONES

- Melatonin and growth hormone help us sleep – help us rejuvenate and rebuild our bodies while sleeping
- Cortisol (stress hormone) – helps 'unlock' stored body fat so you can burn it up
- Adrenaline does the same, especially if cortisol levels are low

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A BIT ON HORMONES

- We want cortisol and adrenaline to be higher when we need fuel such as early morning or pre activity
- And lower when we are trying to wind down (pre bed)
- BUT – If chronically stressed, not getting enough sleep…
- Cortisol and adrenaline may well stay high, or go up/down at wrong times
- Leaving you feeling 'wired but tired' – wanting to sleep, but 'buzzing'
- Or waking up in the early hours really alert as adrenaline kicks in

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MESSING UP YOUR SLEEP

- Chronic stress
- Too much caffeine
- Over exercising
- Over restrictive dieting

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ENHANCING YOUR SLEEP

- Decide on a bedtime in advance
- Limit caffeine to pre 2pm
- Eliminate electrical stimulation
- Warm drink, soft music, read a book
- Turn off phones/gadgets and leave elsewhere
- Cold shower
- Don't get too warm – keep room cool
- Magnesium supplementation, CBD oil, zinc
- Keep bedroom dark as possible
- Develop your own sleep ritual

ENHANCING SLEEP

SIMPLE SLEEP RITUAL

• 8.30pm – 400mg magnesium, 30mg zinc, CBD oil
• 9pm – stop using screens, dim lights
• 9pm – shower, finishing with 30s to 3 mins cold shower
• 9.30pm – Get into bed, read for 30 mins
• 10pm – lights out, dark as possible

• Wake up next day feeling great ☺