

SLEEP



DID YOU KNOW...

Sleep deprivation interferes with appetite-suppressing hormones, increases stress hormone levels, and decreases a person's glucose tolerance, all of which may contribute to weight gain.

WHAT CAN HINDER SLEEP?

Exercising directly before bedtime. Exercise is healthy and can be conducive to sleep, just don't exercise right before bedtime, since the natural high produced from exercise will inhibit your ability to fall asleep immediately.

Staying up too late. By staying up to late you are liable to get a "second wind" which will make it difficult for you to fall asleep even if it is late.

Check your iron level. Iron deficient women tend to have more problems sleeping so if your blood is iron poor, a supplement might help your health and your ability to sleep.

Doing things other than sleeping in bed (watching TV, working, etc.). If you engage in activities other than sleep or sex in bed, your brain will cease to recognize cues indicating that bed is the place for sleep.

TIPS FOR A GOOD NIGHTS KIP

Unwind earlier in the evening. Take the time early in the evening to relax your body and mind. Falling asleep can be almost impossible if your mind is racing through problems, weighing decisions and reviewing the day past or upcoming. A calm, clear mind is necessary for a relaxed body.

Take a warm bath before going to bed. Warm baths raise your body's temperature. After the bath your body cools off and this cooling is what makes you sleepy. Add some relaxing lavender essential oil to the water.

A dark room. Avoid lights, including night-lights. Keep the windows covered with blinds or curtains.

Cool. Keep the temperature of your sleep environment cool enough to necessitate blankets for warmth.

Drink milk. Milk has an amino acid in it called [Tryptophan](#) that increase the levels of serotonin and/or melatonin in the brain which slow down brain activity. It's science folks

Have a bedtime ritual. This sends a cue to your body that it is time to settle down and fall asleep. A ritual does not have to be a long process and can be as simple as brushing your teeth and reading for 15 minutes.