



BODY RESET - DAY 14

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How To Improve Sleep



In our modern world we live busy lifestyles, impacted by stress and fuelled by caffeine and it is impacting our ability to get to sleep, get enough sleep and have quality sleep. We seem to have the impression that we need to be working all hours of the day and night. Often sleep is not even prioritised and this in turn is impacting our health.

So why does sleep impact your happiness?

Sleep is something we need daily. Without quality sleep your health, your mood and happiness, your weight, even your libido is impacted dramatically.

Without quality sleep we are unable to show up and be the best version of ourselves, we don't eat the way we should, we end up craving carbs and junk food, we are not as nice as we would like to be to the people around us and it effects the quality of our work.



Of concern is when someone is not managing to get enough sleep and enough good quality sleep long term and has developed insomnia. This can affect parts of the brain and you can struggle with mental challenges resulting in:

- Difficulty concentrating
- Lack of ability to focus on repetitive tasks
- Difficulty learning something new
- Decreased alertness
- Mood changes

Lack of sleep and insomnia not only affects the brain, it also can have a major impact on your body and your health.

Over time people who suffer with insomnia may also notice other changes occurring:

- Increase in episodes of illness caused by lowered immunity
- Weight gain
- Hormonal imbalance
- Gut health issues
- Depleted libido
- Headaches and migraines
- Vision impairment

There is research that suggests there is a relationship between poor sleep and a heightened risk of the following conditions:

- Inflammation
- A weak immune system
- Cancer
- High blood pressure
- Heart disease
- Diabetes
- Autoimmune diseases
- Dementia



Causes of Insomnia

It is important to uncover the root cause of your inability to get a good nights sleep rather than simply attempting a few sleep tips and hoping that is going to make a difference long term.

1. Circadian Rhythm

Your circadian rhythm might be affected by light exposure during the wrong times of the day and night.

Your circadian rhythm regulates your sleep-wake cycle and is influenced by the hormones melatonin and cortisol.

TIPS:

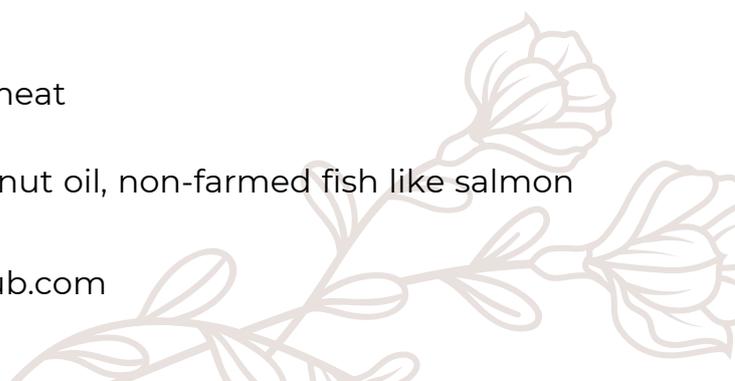
- To reset your circadian rhythm step outside within the first 5 mins of waking up to expose your eyes to day light. Spend about 15 minutes outside in the daylight (just long enough to enjoy your morning cup of tea.)
- Try to get fit in two ½ hr blocks of time in the daylight each day.
- Exercise in the morning at the same times each week.
- In the evening dim the lights, turn off all devices EARLY and don't take them into the bedroom.
- Stop drinking coffee/caffeine before 2pm.
- Have your evening meal before 7pm and don't snack afterward.

2. Gut Health

You can not achieve good health or improve poor sleep without resolving gut health problems. Our modern lifestyle, western diet loaded with processed foods, environmental toxins, antibiotics and pharmaceuticals have seriously caused our beneficial gut bacteria to be depleted. The good bacteria in your gut are responsible for creating B vitamins. If we don't have enough B vitamins, we can-not produce the hormones melatonin and cortisol that are needed for sleep quality.

TIPS

- Eat REAL food
- Organic Fruit and vegetables and lean meat
- Avoid processed foods
- Add in; healthy fats like avocado & coconut oil, non-farmed fish like salmon & nuts like almonds and walnuts.



- Feed your gut good bacteria with prebiotics and probiotics.
- Supplement your diet with magnesium and Vitamin D.

3. Hormones

Most of our hormone production is carried out during the night-time when you are asleep. Not getting enough sleep can cause hormone imbalance and low levels of certain hormones can cause sleep disruptions. They are interconnected.

TIPS:

- Eat REAL food. Plant based organic food of a variety of colours.
- Limit alcohol consumption.
- Reduce toxin exposure.
- Exercise.
- Relax, reducing stress
- Supplement with phytosterols, magnesium, prebiotics and probiotics.

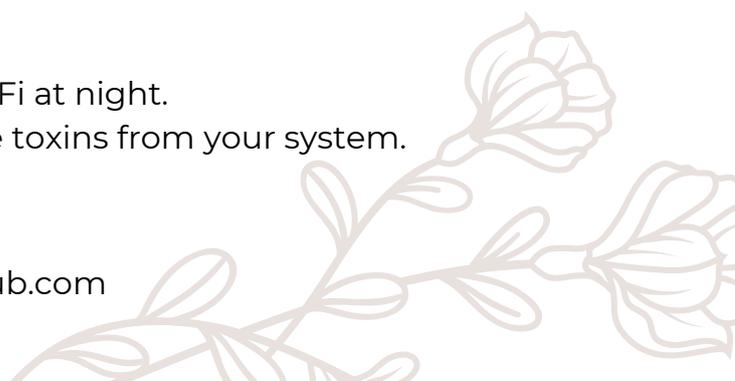
4. Toxins

A big concern associated with the hormones that assist us to have good quality sleep is our exposure to toxins. We are exposed to around 2 million chemicals each day.

Toxin absorption puts your body under stress, affecting your hormones, your sleep and leading to serious illnesses.

TIPS:

- Use organic skin care products.
- Use glass or stainless-steel food storage.
- Use stainless-steel or ceramic for cooking, rather than Teflon.
- Charge your phone in a different room to the bedroom at night.
- Eat organic fruit and vegetables and pasture-raised organic meat.
- Drink filtered water.
- Use an air purifier.
- Remove mould from your house.
- Use natural cleaning products.
- Reduce EMF exposure by turning off WiFi at night.
- Exercise and work up a sweat to remove toxins from your system.



- Avoid sugar and processed carbohydrates.
- Eat cruciferous vegetables like; broccoli, cauliflower, brussel sprouts.
- Supplement with real food supplements, a natural anti-inflammatory, Vitamin D and immune support.

Additional Tips For Getting a Good Night's Sleep:

- Wake up at the same time each day.
- Exercise: Include 20 minutes of movement/exercise each day in the morning. Eliminate day-time naps
- Have a quiet, cool, dark and calm bedroom.
- Avoid alcohol, nicotine and caffeine. They are stimulants and can keep you awake.
- Avoid food & drink right before you go to bed.
- Use journaling to get your worrying done before bed. Allow yourself a 'brain dump' ½ hour after dinner. Sit down, review your day. Plan out the following day, write down anything that has been concerning you. The idea is to avoid doing this when you get into bed.
- Make Relaxation a Priority. Stop thinking of active relaxation as self-indulgent, it is a necessary part of your health regime.

Relaxation Ideas

Try Meditation - Dim the lights, get comfortable and run through some controlled breathing exercises. Use the 478 technique.

Use Sleep Oils – A mix of lavender, frankincense and lime is soothing. Use an electric oil burner with an automatic switch off.

Epsom Salt Bath – Try this before bed with a few drops of lavender & dimmed lights. The magnesium absorption from the bath will assist with sleep.

- Do some stretches. A few shoulder rolls and neck stretches can release any tension.

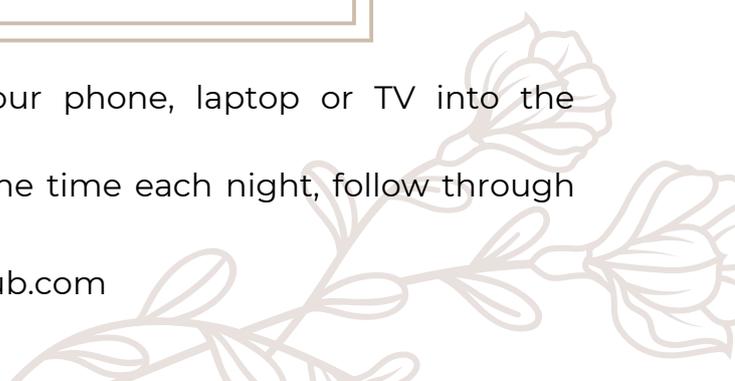
Helps You Unwind

CALM: is a meditation and relaxation App.

HEADSPACE: is a meditation app

TWILIGHT: automatically dims and tints your phone

- Avoid activities in bed. Don't take your phone, laptop or TV into the bedroom.
- Stick to your bedtime ritual. At the same time each night, follow through with your routine.





- ~ Improve my circadian rhythm by starting my day outside and dimming the lights in the evening.
 - ~ Make choices to eat healthy.
- ~ Reduce the toxins that I am exposed to through processed foods, caffeine and alcohol.
 - ~ Think specific thoughts of gratitude and thanks.
 - ~ Do some exercise.
- ~ Relax in the evenings, take a relaxing bath and journal to unwind.



