From FRAZZLED TO FREEDOM

WEEK 5

Real Talk. Real Food. Real Life.

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DIETITIAN **Tips for Solid Sleep**

You can be doing everything else right, but if you're slacking on sleep, you're sabotaging your weight and health.

These are my top strategies for getting a better night's sleep!

Minimize blue light exposure. Exposure to blue light—that light emitted by your TV, computer, smartphone and tablet screens —around bedtime disrupts your body's melatonin production, which can interfere with sleep. Of course, a no-brainer solution to the late night technology dilemma would be to simply turn it off, but I know that's not always realistic. That's why I'm thankful to have found a handful of helpful apps for electronic devices that have saved my own sleep, the sleep of our clients, and will likely save yours, too!



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- F.lux (for Macs)
- *Twilight* (for an Android phone)
- *Sleep Cycle* (available for both iOS and Android devices)

Sleep Apps—Here's how to use them:

F.lux and *Twilight* are both free apps that make the color of your screen adapt to the time of day by filtering out the blue light emitted by your device after sunset. You might be surprised because the change is so subtle, you don't necessarily even notice these apps gradually changing your screen's color. However, if you disable or pause it, you'll be shocked by how bright your screen gets! Personally, I didn't truly realize how much my evening technology use was interfering with my sleep until I experimented with these apps.

Sleep Cycle is one I personally use every single night. It tracks your movements to analyze your sleep patterns and wakes you up when you are in the lightest phase of sleep. This helps you wake up feeling more rested, instead of being jolted out of bed when your alarm clock goes off! It has become kind of a game for me when I wake up. In the morning I consider how rested I feel and guess the percentage of quality sleep I got, then I compare my guess with the analytics on the app. It's not just the time you "clock in" bed that counts. It's the quality of your sleep that matters (similar to our approach to calories, right!?). This app encourages awareness as it shows you how much of your time in bed was actually spent getting quality sleep.

DIETITIAN Tips for Solid Sleep

Track your caffeine consumption. A cup of coffee in the morning is fine for most of us, but problems arise when coffee is consumed all day long. Even a cup in the afternoon can interfere with sleep, and that's because the half-life of caffeine is around five or six hours.

This means if you're relying on a cup of java to help you get through the afternoon, the caffeine could very well still be in your system at bedtime, interfering with your sleep. It's a vicious cycle that's all too common in the world today: coffee interfering with sleep and lack of sleep interfering with energy levels, thus causing you to consume more coffee, which interferes with your next night's sleep... It goes on and on.

Figure out your individual "coffee cut-off" time—the time when you know that if you drink any amount of caffeine thereafter, it's likely to interfere with your sleep. The best way to figure this out is to track your sleep, and when your last intake of caffeine was the day before. Once you've determined a good cutoff time, your best bet is to consume caffeine before that time so you don't find yourself in the middle of this vicious cycle.

Have a bedtime snack. Skipping your bedtime snack can be a culprit for lack of sleep, as it can cause you to wake up in the middle of the night when your blood sugar levels drop. Blood sugars begin dropping after your last meal of the day, so to promote stable blood sugars all night long (which in turn promotes restful sleep), it's essential to bring your blood sugar levels back up slightly with a snack before bed. Have a bedtime snack that contains fat and carbs, such as a half cup of berries with a quarter cup of coconut milk, a small apple sautéed in coconut oil, cheese and olives or avocado pudding.

Use a Pair of <u>amber goggles</u>. An alternative to sleep apps because they do the same thing: filter out blue light emitted from screens. On top of that, they make you look cool, too. I used these until I got the sleep apps downloaded onto all of my devices.

Slice up an avocado and a bahaha

Smoosh them together with about 2 Tbsp. cocoa powder

Savor a perfectly balanced bedtime shack for two!





Solid Sleep Tips Continued...

Limit alcohol consumption to outside of bedtime. Many people think alcohol helps them fall asleep, and sometimes it does. The problem is, more often than not, it interferes with the quality of your sleep. That's because alcohol negatively affects your blood sugar levels. For some people, blood sugar drops immediately after consuming it, while in others, it spikes quickly, which is then followed by a precipitous drop. If you "crash" in the middle of the night, you're going to have trouble sleeping. If you have a drink, it's best to have it earlier in the evening, and preferably with a meal. Since alcohol negatively affects blood sugar, it's crucial to balance it with protein, fat and carbohydrates (PFC) in order to keep those blood sugar levels as stable as possible to promote a restful night's sleep.

Cassie's Top Supplement Recommendation for Sleep:

Pure Magnesium. This is my first go-to supplement for sleep support. Magnesium is an important mineral—involved in over 300 different processes in the body—and most of us are deficient in it! Due to deterioration of soil minerals over the years, our food has less and less magnesium to offer us. One of the many wonderful things magnesium does for us is that it helps our muscles relax—allowing us to fall asleep faster and sleep more soundly. A general recommendation is starting with four tablets (400mg) of Pure Magnesium a half hour or so before bed (with your bedtime snack!). It can take your body a few days to adjust, so give it some time, and if after a week or so, it doesn't seem to be helping, I suggest bumping it up by one tablet per day, until you find the right dosage that works for you. It's also great for muscle cramps, "Charlie horses," headaches, eye twitches and chocolate cravings. Some people find magnesium does the trick, and others require some additional support.



Disclaimer: Remember, **supplement quality matters**. If you've tried sleep support supplements before and they haven't worked, it is very likely a quality issue. That's why I'm recommending the specific supplement linked above.

If you find that, after implementing the recommendations in these worksheets, you are still stumped, please consider meeting with one of the <u>Healthy Simple Life Dietitian Coaches</u> who can help you dig deeper, as there could be many other factors influencing your sleep.

DIETITIAN CASSIE'S Hormone Balancing Supplement Recommendations

There are a variety of specific nutrients that support the healthy balance of male and female hormones in the body. I finally took measures into my own hands and put together a blend of key nutrients that support each sex. Supplementing daily to support your body's hormonal balance may be simple, but it's also extremely important.



For MEN:

TestraViveTM: Hands down, this is my best recommendation for supporting testosterone balance. TestraVive[™] can assist with weight gain issues, fertility, enhancing sex drive, and reducing the risk of prostate problems and disease Men of all ages can benefit from taking TestraVive™on a consistent basis. My general recommendation is two TestraVive[™] tablets per day, together or apart, with or without food.



For WOMEN:

1. **SynerVive**TM: Every female can benefit from a daily dose of SynerVive[™], a highly effective, estrogen-balancing supplement for healthy hormonal balance. SynerVive™ promotes hormone balance by featuring targeted nutrients that support healthy estrogen metabolism and detoxification. It doesn't contain any synthetic hormones, and instead helps your body balance its estrogen levels naturally. It can provide significant relief for women with hormone-related health issues, and may result in improvement of premenstrual syndrome, perimenopause and menopausal symptoms. Many women experience sugar cravings in relation to their hormonal cycle, due to the swings that are a natural part of the process, and consuming more sugar can of course be detrimental to your weight loss goal. SynerVive[™] helps your body metabolize excess estrogen while supporting hormone regulation, which can help control cravings. My general recommendation is two SynerVive[™] tablets in the morning and two tablets at night, with or without food, daily.

Continue to page two...



Hormone balancing for WOMEN continued...

2. SynerVive Protein[™]: I love using protein powders and many of my clients do, too. I created this rice-based protein powder to further support hormonal balance in women. It provides specialized nutritional support for women suffering from common hormonal symptoms associated with premenstrual syndrome (PMS). SynerVive Protein[™] provides essential vitamins and minerals, along with phytoestrogens, antioxidants, and flaxseed hull—all specially selected for their ability to promote healthy estrogen metabolism and hormonal balance. I recommend SynerVive Protein[™] in conjunction with SynerVive[™] for optimal hormonal balance. My general recommendation is two SynerVive Protein[™] scoops blended into 8 ounces of liquid, one to two times per day. During the menstrual cycle, I recommend three SynerVive Protein[™] scoops, three times per day.

And for some women...

3. <u>Estrovera</u>: Some females need a little extra support by adding in a third step. If you battle hot flashes, you won't want to skip this. Hot flashes are a sign of hormonal imbalance, indicating that you need a little bit of extra support. Just one tablet of Estrovera every day has been clinically shown to dramatically reduce the number of daily menopausal hot flashes, in addition to other menopausal symptoms including irritability, mood swings, anxiety and vaginal dryness. A general recommendation is to start with one before bed each night, and increase to two after a week if you don't begin to experience positive changes.



VEROVIVE

SYNERVIVE PROTEIN

ICE PROTEIN FORMULA

Dietary Supplement WT. 1 lb 6.71 oz (22.71 oz) (644.9

Remember, quality counts!

Be sure you're not taking any ol' supplements as they can cause more harm than good if they aren't high quality (the opposite of what we're trying to achieve!).