

5 steps to better
SLEEP

An essential handbook for busy moms



A good night's sleep is one of the most important aspects to living a long, healthy life. But its importance is often overlooked as we deal with increasing workloads, busier lifestyles and even new family members.

We might not be able to help you navigate all of the above... but we can certainly provide you with some essential steps to a restful night, ensuring you can **achieve elevated levels of energy, mood and overall health & wellbeing**.

“YOUR FUTURE DEPENDS ON YOUR DREAMS, SO GO TO SLEEP.”

MESUT BARAZANY.



TABLE OF CONTENTS

1

*THE IMPORTANCE OF
SUNLIGHT*

2

YOUR DIET MATTERS

3

LETS GET PHYSICAL

4

*CREATE AN IDEAL
SLEEPING ENVIRONMENT*

5

*BLOCK OUT THAT
BLUE LIGHT*



THE IMPORTANCE OF SUNLIGHT

Soaking up just 15 minutes of sun within the first few hours of waking is the most important step to regulating your body's serotonin production, directly impacting your melatonin production later in the day.

“Sunlight increases production of serotonin, which is an important hormone when it comes to regulating sleep and mood. And because serotonin is also a precursor to melatonin, sunlight helps our bodies prepare hours in advance for quality sleep by kicking off the natural production of melatonin” says Dr. Breus (aka

The Sleep Doctor).

The circadian rhythm (your body clock) functions best when you are exposed to a regular pattern of light and dark. Break downs in this rhythm can negatively impact your ability to get a restful nights sleep.



YOUR DIET MATTERS

Can ingested food affect sleep? Yes.

A study conducted by the University of Helsinki noted that those who sleep less are more likely to consume energy rich foods (such as fats or refined carbohydrates), but this wasn't the only finding... they also found that diet also plays a role in our quality of sleep.

Four sleep-promoting foods & drinks:

- cows milk
- chamomile tea
- kiwi fruits
- tart cherries

For more depth on this topic, visit the [full report](#).



LETS GET PHYSICAL

Moving your body every day for just 30 minutes increases the amount of slow wave sleep you get (aka 'deep sleep'). Fact. But what time and what kind of exercise is the best for getting a rejuvenating rest? Lets explore this a little deeper...

Charlene Gamaldo, M.D. , medical director of Johns Hopkins Center for Sleep says "**know your body and know yourself**" when it comes to the timing of your workout.

Aerobic exercise causes the body to release endorphins. Creating activity in the brain keeping some people awake.

These individuals should exercise at least 1 to 2 hours before going to bed, giving endorphin levels time to reduce and "the brain time to wind down," Gamaldo says.

Takeaways:

- moderate aerobic exercise
- at least 1-2 hours before bed
- exercise increases deep sleep



CREATE AN IDEAL SLEEPING ENVIRONMENT

A range of influences impact your ability to have a good nights sleep. Light is the single most important environmental factor affecting your ability to sleep. When your sleep environment is bright, your melatonin levels stay low.

After light, the second most important factor to creating an ideal sleeping environment is; Temperature. Before falling asleep, our body temperature decreases to initiate sleep. We can assist this process by lowering the temperature of our bedroom to 60 and 67 degrees Fahrenheit.

Our brain is still able to process sounds whilst we are sleeping.

This is why you hear your baby crying almost instantly. Now that you have a new family member, it becomes more important to get as much deep sleep as possible, which means blocking out your snoring partner or other disrupting sounds by wearing earplugs with a noise reduction rating of 32 decibels. Which block out one-third of the noise, but allow you to hear sounds such as a baby crying or a smoke alarm.



BLOCK OUT THAT BLUE LIGHT

Artificial light may impact your circadian rhythms and lead to insomnia. Light shifts sleep timing, and light at night can shift our desire for sleep later. Resulting in difficulty falling asleep. So what is blue light? And how can we prevent it from impacting your ability to sleep?

Blue wavelengths are beneficial during the day because they boost attention, reaction times, and mood. But they seem to be the most disruptive at night. The Harvard Health Letter warns that while light of any kind can suppress the secretion of melatonin, blue light at night does so more powerfully. Turning off your device at least 2 hours before bed time is

advised by the Harvard Health team. Now, I know might not be that easy! Which is why blue-light blocking glasses are a crucial purchase, to filter the blue/green wavelength at night

Game changer!

Find some [more information](#) from [The Sleep Doctor](#) [here](#) before purchasing a pair.

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