



Written by:
Marilyn Williams
Certified Nutritional Counsellor &
Dietary Consultant

SLEEP

IT'S ALMOST IMPOSSIBLE TO
LOSE WEIGHT OR KNOW GREAT
HEALTH IF YOU ARE NOT
SLEEPING PROPERLY.



©COPYRIGHT 2018
MARILYN WILLIAMS
ALL RIGHTS
RESERVED

THIS WORK IS © COPYRIGHT AND NOT TO BE COPIED
OR SHARED IN ANY FASHION.

Disclaimer:

The information, including but not limited to, text, graphics, images and other material contained on this website are for informational purposes only. The purpose of this website is to promote broad consumer understanding and knowledge of various health topics. It is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen, and never disregard professional medical advice or delay in seeking it because of something you have read on this website.

Is lack of Sleep making you Grumpy?

Did you know you can lose weight through better sleep?

That's a radical thought isn't it?

But **Dr Michael Breus**, better known as the 'Sleep Doctor' says this is so.

Apparently Science still hasn't figured out why we sleep, but we do know:

- Memory is moved from the Short Term over to the Long Term during REM (Rapid Eye Movement) sleep.
- Sleep helps with metabolism as sleep deprivation causes it to really slow right down even after missing just one night's sleep, and it can compound over time.
- You become insulin resistant within 36-48 hours and if it continues it can lead to diabetes.
- It has a big affect on reaction times and moods – if you are sleep deprived, you are more depressed.
- Sleep is fundamental to every aspect of health. It affects every organ and every disease state.





Appetite: Is the drive to find food

Hunger: Is something you feel – hunger pains

Sleep Deprived People Experience:

- **Metabolism:** Slowing right down.
- **Appetite** increases.
- **Hormones:**
 - Ghrelin increases and makes you feel hungry.
 - Leptin lowers so you don't know when you're full.
- **Cravings:** The hormone Cortisol sends you messages to eat, usually carbs and sugar.

Losing weight doesn't work for Sleep Deprived People...

Because the more sleep deprived we become, the more we crave high carbohydrate foods.

The easiest way to deal with the craving is to reach out for a donut, a muffin or some bread to quell the craving.

Did you know?

You can go only 3 days without water
You can go only 7 days without sleep



Simple Strategies for Quality Sleep

1. Keep a consistent sleep schedule.

- The most important time to keep is the time you wake up.
- Each morning your internal clock – a Master Clock (Circadian Rhythm) resets.

- The Master Clock sits on top of our Optic Nerve
- It detects the difference between night and day... or light and dark
- Every organ, in fact, every cell within our body has its own clock
- All clocks are set according to the Master Clock
- If the Master Clock becomes 'out of whack', it upsets every other clock within the entire body



**Our bodies
are fearfully
and
wonderfully
made!**

More Simple Strategies for Quality Sleep



2. Caffeine

- If you are having trouble sleeping, cease your caffeine intake by 2pm.
- Caffeine remains in your system between 6-8 hours.
- People drinking caffeine later in the day don't experience a deep sleep and therefore their quality is compromised.

3. Alcohol

- It takes 1 hour to digest and metabolise alcohol so you need to allow time for this to happen.
- It's best to stop drinking 3 hours before 'lights out'.
- Remember that 'passing out' is not sleep!



More Simple Strategies for Quality Sleep

4. Exercise

- The best way to improve the quality of your sleep is exercise.
- At least 20 minutes per day... one way or another.
- Stop exercising 4 hours before 'lights out'.

5. Sunlight

- Try where possible to bath in 15 minutes of sunlight each morning when you wake up. This helps to reset your brain by turning off melatonin, the sleep hormone.
- Watching the sunset is a way of helping you to relax and mentally preparing you for sleep.

And let's not forget...

Magnesium Oil

Magnesium Oil isn't really an oil... it just feels a bit oily. It is made from magnesium chloride flakes and boiled water... 50-50 ratio. Lavender oil can be added for extra 'smell nice' and relaxation. It is used by spraying onto the skin.

Of-course, you can buy Magnesium Oil ready to go if you prefer.

Many, many people are magnesium deficient. One way to tell is if you are suffering from muscle cramps, but with or without them, we can still be quite deficient.

It takes away muscle soreness, balances blood sugar, helps against headaches and migraines, lowers your risk of blood pressure but most of all, as this is a lesson on sleep, it provides you with a more restful sleep.



Follow these Strategies

If you are having trouble receiving the type of sleep you need, like the ducks, follow some or all of these strategies for a more quality sleep.

The wonderful thing also is that you will not be adding weight because of lack of sleep, rather it should help you to find that 'happy place'!

