



# SLEEP IS IMPORTANT

Studies have also shown that quality is actually just as important as quantity of sleep. Maybe even more so. So, what can we do to make sure we are getting the right amount of good quality sleep to maximize our performance?

**Here are 4 of the 10 sleep hacks that, when consistently applied, will bring benefits to your health. Begin these tonight to get your sleep moving back on track!**



## 1. Get Into a Rhythm

Going to bed and waking up at the same time each day, even on the weekend, gets your body into a great circadian rhythm which is really important for your health. Your circadian rhythm or internal clock regulates the release of important hormones such as melatonin and cortisol and can also affect your energy levels throughout the day.

Consistency is key! It's more important to get 7 hours of good quality sleep on a circadian rhythm than to get 8 hours where you're going to bed and waking up at different times each day.

## **2. Kick Start Your Melatonin Levels**

Melatonin is an important hormone secreted as you sleep and if you're not getting enough high quality sleep it's likely that you're not producing enough of it. Melatonin helps repair and detox your cells as you sleep and, in doing so, is really important for staying healthy and performing at your best.

Blue light tells your brain that it's "day time out" and it inhibits melatonin secretions from the pituitary gland. Avoiding blocking blue light can be tricky. I help you with strategies and resources that set you up for success while being the least disruptive to your life style.

## **3. Reduce Pollution**

Light and noise pollution can have a massive impact on the quality of sleep and can keep you awake, reducing the quantity of sleep you are getting. Try to make your bedroom pitch black. Cover lights and radios and use blackout curtains. Light pollution can also really affect melatonin production. Try wearing earplugs to bed to block out noise pollution. I don't actually like ear plugs, so what I use is ...

I help you find the right fit for your needs and lifestyle.

## **4. Track Your Sleep**

Tracking your sleep allows you to really start to learn what is working for you to maximize quality sleep. When we are asleep the body goes through different cycles. Do you know the cycles and their importance?

When you are woken in the middle of a deep sleep by a traditional alarm clock you often feel groggy, needing caffeine to really get you going. Ask me what tools you can use to maximize your restful sleep and energized awakening.