

# SLEEP AWESOME

Recommendation for Maximum Awesomeness: **Sleep 8 hours each night.**

Getting enough sleep is critical to feeling awesome. Experts recommend 7-9 hours of sleep for adults (National Sleep Foundation, CDC, Mayo Clinic). Our own experiences, experiments and research lead us to recommend at least 8 hours of sleep for maximum awesomeness. We encourage you to do your own experimenting to determine how much you need to thrive.

If losing weight is one of your main goals, we highly recommend **starting** with getting enough sleep. Getting enough sleep improves your mood (*less emotional eating*), improves your energy (*more likely to exercise, less reliant on caffeine and sugar*), balances your hormones (*fewer cravings*), and of course if you go to bed earlier, you're less prone to late night snacking on empty calories.

Before setting any other goals, set yourself up to succeed: **get enough sleep.**

Read on to learn more about the importance of sleep as well as tips and tricks on how to get more. Then set your Week 1 goals and enjoy a little extra shut-eye 😊. Sleep. Is. Awesome.

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## THE WHY

Sleep is what gets us through our days. Yet, many of us try to function on as little sleep as possible so we have more hours in the day. Sleep is a crucial time of total relaxation and restoration for our exhausted, hard-working bodies and minds. We need good-quality sleep to replenish energy stores, cleanse toxins, balance hormones, store memories, and for overall good health. Our days will be more Awesome if we give our bodies the sleep it deserves at night.

### BENEFITS of getting enough sleep

- Improved memory and learning
- Balanced hormones to control appetite and cravings
- More energy to make better lifestyle choices: exercise, will power, etc...
- Better focus, clarity, creativity, and ability to solve problems
- Building & repairing muscles
  - Improved libido
  - Improved mood
- Improved immune system
  - Digestive rest
- Overall good health

### CONSEQUENCES of not enough sleep

- Fatigue
- Weight Gain
- Depression
- Crabbiness
- Increased appetite
- Increased cravings
- Inflammation
- Hormone imbalance
  - Adrenal fatigue
  - Premature aging
- Increased risk of obesity, infection, insulin resistance, diabetes, cardio vascular disease and more

## SAY WHAT?

1) One large 2-week study monitored the development of the common cold after giving people nasal drops with the virus that causes colds. They found that those who slept less than 7 hours were almost **three times more likely** to develop a cold than those who slept 8 hours or more.

2) Ever notice how when you're short on sleep you crave sugary foods that give you a quick energy boost? There's a good reason for that. Sleep deprivation has a direct link to overeating and weight gain. There are two hormones in your body that regulate normal feelings of hunger and fullness. Ghrelin stimulates appetite, while leptin sends signals to the brain when you are full. However, when you don't get the sleep you need, your ghrelin levels go up, stimulating your appetite so you want more food than normal, and your leptin levels go down, meaning you don't feel satisfied and want to keep eating. So, the less you sleep, the more food your body will crave.

3) A mentor of mine who is a counselor once told me that on a client's first visit, he listens to them and then always prescribes the same thing. He tells them to get 8 hours of sleep every night for the next 2 weeks and report back. He says that a majority of the time the new sleep habit solves or significantly reduces the client's issues.

## THE HOW

Sleep is something that we all know is good for us, but we often under-value. Most of us would like more of it. Some of us think we get “enough”, but don’t realize the effect our lack of sleep is having on our mood, productivity and long-term health. If you’re currently getting less than 8 hours a night, or if you get 8 hours but still feel like you need more, the goal for Week 1 is to add 30 minutes a night. But how?

As with most goals, we’re sure to fail unless we have a plan. So make a plan and stick to it. Here are some tips, tricks and questions to consider while making your plan.

### MAKE A PLAN

**Work backwards.** Decide what time you need to wake up and set your goal bedtime accordingly.

**Turn off all electronics 30-60 mins before bedtime** so your mind can calm down and prepare for sleep.

**Start your bedtime routine 30 minutes before your goal time.** If you need to be in bed by 10pm to get 8 hours of sleep, turning the TV off at 9:59 isn’t gonna work 😊

**Develop enjoyable bedtime and morning routines** that you look forward to. This helps us feel like going to bed “on time” or “early” is worth it.

*Examples: Reading, exercising, journaling, yoga, meditation, sipping tea or coffee, listening to music.*

### PREPARE YOUR ENVIRONMENT

**Keep all electronics out of the bedroom** (TV, cell phones, laptops and tablets).

- *This will help your sleeping habits and relationships* 😊

**Keep your bedroom cool and as dark as possible.**

**Invest in comfortable bedding.**

**Turn off or dim the lights** in your house 60 minutes before bedtime.

### PREPARE YOUR BODY

**Avoid exercise late in the day.**

- *Exercising earlier in our day aids in great sleep, but exercise in the evening can wind us up.*

**Avoid daytime naps** or limit them to 30 minutes or less.

**Avoid caffeine**, especially late in the day (no caffeine after 3pm).

**Avoid alcohol**, which can disrupt sleep stages.

**Don’t drink too much fluid at night** to lessen your need for bathroom trips.

**Don’t go to bed on a full OR empty stomach.** Go to bed 2-4 hours after dinner. Avoid nighttime snacking.

### PREPARE YOUR MIND

**Avoid stressful activities** before bedtime (work, news, drama).

**Reduce stress** to help your mind and body relax at night.

-*Consider yoga, meditation or prayer during the day or before bed.*

-*If your mind is full at night, acknowledge the stressors by writing them down.*

*You’ll be better able to problem solve in the morning after a full night’s rest.*

**Simplify.** Weed out stressful things in your life.

# YOUR SLEEP GOALS

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## Where are you at currently?

I currently get \_\_\_\_\_ hours of sleep at night.

## Let's increase that one week at a time.

If you are getting less than 8 hours of sleep each night, make a plan for more.

*For example: If you currently get 6 hours per night, increase that to 6 ½ hrs in Week 1, then 7 hrs in Week 2, 7 ½ hrs in Week 3, and 8 hrs in Week 4. If that seems overwhelming, then shoot for a 30-minute increase and sustain that for the 30 days. Remember, you set your own goals. Focus on gradual, achievable progress that you can continue beyond our 30 days together.*

## My Goal for **AWESOME** Sleep:

Week 1: \_\_\_\_\_ per night

## How will you achieve your goal?

What time will you be in bed? \_\_\_\_\_

What time will you start your bedtime routine? \_\_\_\_\_

What time will you wake up? \_\_\_\_\_

## Describe your new bedtime routine:

*(Make sure it includes a reflection of gratitude)*

## Describe your new morning routine:

*(Make sure it includes reminding yourself that you're Awesome 😊)*

**Envision** how your increased sleep will improve your mood, energy, productivity and good vibes.