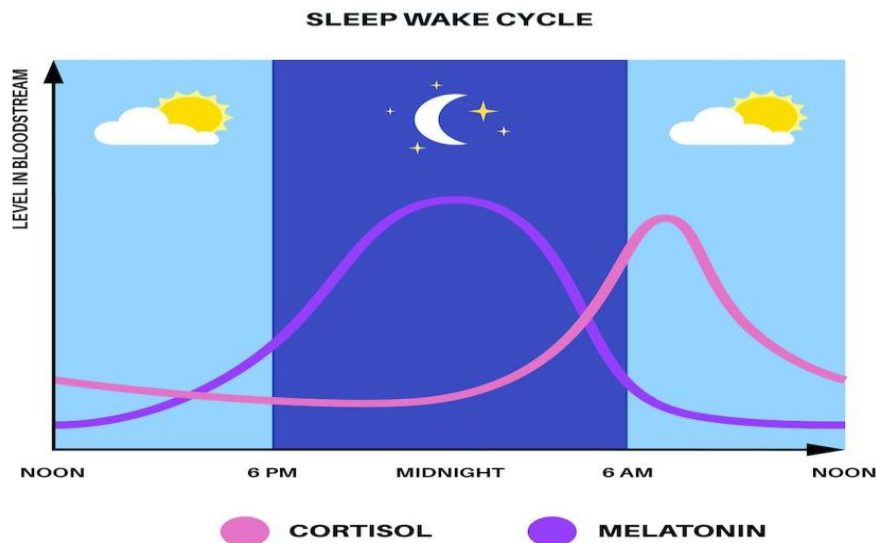


Sleep Improvement Recommendations

Tips on how to get the best night's sleep.

Regulate melatonin/ cortisol secretion & sleep/wake cycle.

The image below shows an ideal sleep/wake cycle and the ideal hormone secretions around this.



Simple tips to regulate this cycle include:

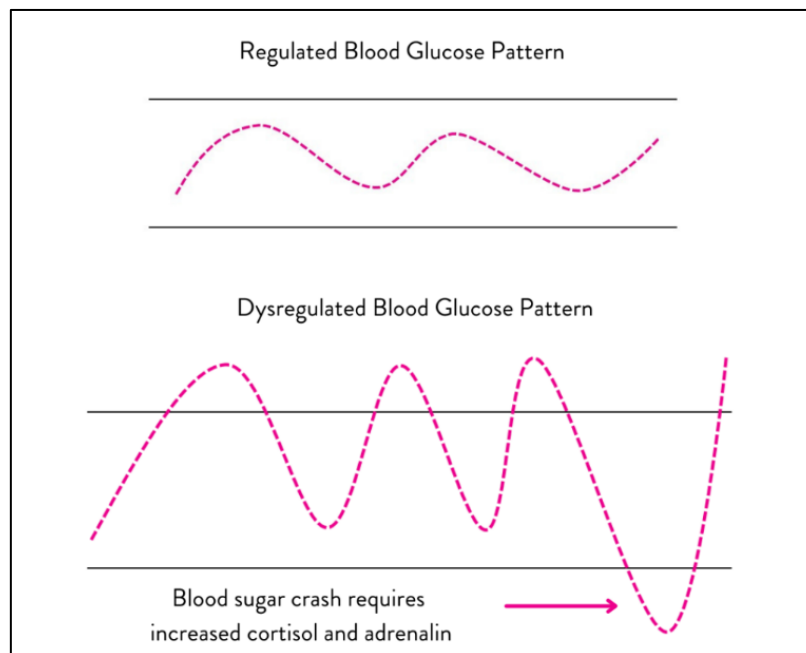
1. **Increase melatonin** production in the **evenings** by consuming 100mL of **tart or sour cherry juice** 30-60 minutes before bed (purchase additive-free juice from a health food store). This can be mixed with water if too tart.

Additional evening snack ideas:

- Cherries/ berries & natural or Greek yogurt (or coconut yogurt w. whey protein isolate (WPI) protein powder)
 - Banana with almond butter
 - 1-2 x kiwi fruits & handful of pistachios
 - Stewed apple with pumpkin seeds
2. **Increasing cortisol** production in the **mornings** by exposing eyes to **sunlight** within 30 minutes of waking (without sunglasses). Consider having a cup of tea outside in the morning.
 3. Reduce use of screen 2 hours before bed. Turn your phone to 'night mode' and reduce brightness from sunset to sunrise. Instructions for iPhone [here](#)
 4. Ensure your room is cool throughout the night – this helps to tell your body that it's night time.

Regulate blood sugar balance throughout the night.

The image below shows an ideal blood sugar regulation, the reason I've included this is some individuals experience a blood sugar drop around 2-3am, which can trigger an increase in cortisol (your stress & wake hormone). It is a common occurrence, so some safe tips to mitigate this are listed below. It is worth trialling a couple of these recommendations and seeing if that improves your sleep.



Simple tips to regulate blood sugar levels throughout the night:

1. Have a snack that contains protein, fat & fibre before bed 30-60 minutes, such as:
 - a. Banana & nut butter
 - b. Berries with yogurt, or nut butter, or nuts & seeds.
 - c. Peanut/ almond butter or hummus & veggie sticks
 - d. Roasted chickpeas
2. If you wake up in the night, consider having a small snack such as a few almonds, or pumpkin seeds.

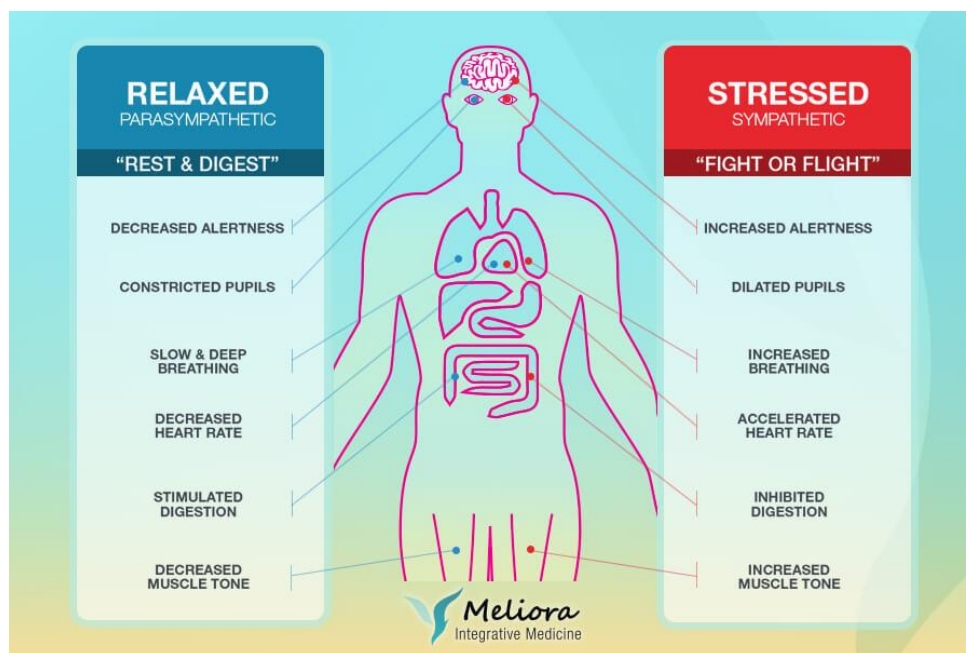
Adrenal support recommendations

Regulate balance between our two nervous systems by:

↑ **Upregulating Rest & Digest/ Relaxed state**

↓ **Downregulating Fight or Flight/ Stressed state**

The image below shows the difference between these two nervous systems. Your body (along with everyone else in our modern world) is often in a 'stressed' state, our goal is to increase your ability to access your 'relaxed' state a bit easier to get some quality rest.



Tips to access your 'rest & digest/relaxed' state:

1. Activate the '**vagal nerve**', this triggers your 'rest & digest' nervous system to kick in.
 - a. Cold exposure: cold showers, plunge pools, ice baths, cold water splashed on face.
 - b. Deep diaphragmatic breathing. Try this [technique](#).
 - c. Singing, humming or gargling.
 - d. Massage: particularly foot massage can help to activate the vagal nerve & 'rest & digest' state.
2. **Mindfulness.**
 - a. Active mindfulness is useful for the busy person. Consider having a mindful shower, or a mindful beach walk.
For 5 minutes, stop and try and count at least 5 different sounds, concentrate on how your skin & body feels, the water, clothes, or wind on your skin, think about what you can smell.