**What’s Your Sleep IQ?**

You know sleep is important, but it’s more than just the number of hours you sleep - quality is key too! Could your health issues be a result of your current sleep routine?

Take the quiz below to determine how well you sleep

1. Do you have a hard time falling asleep?
2. Do you have trouble getting back to sleep when awakened?
3. Do you feel refreshed upon wakening?
4. Do you feel irritable or sleepy during the day?
5. Do you have difficulty concentrating during the day?
6. Do you rely on sleeping pills or alcohol to fall asleep?

If you answered **YES** to any of these questions, it’s possible your sleep is negatively affecting your health. Maybe it’s time to ask for help!

Why is sleep important?

* Many metabolic and detoxification processes occur during sleep
* A person sleeping on a computer

  Description automatically generated with medium confidenceHelps keep hormones balanced
* Keeps you alert and ensures productivity during the day
* Plays a vital role in your mental health
* Maximizes athletic performance
* Improves your immune function – so important!
* Helps prevent chronic disease

What happens if you don’t get enough sleep?

* Higher amounts of inflammation throughout the body
* Appetite-stimulating hormones are increased while fullness hormones are decreased – this leads to cravings of high-calorie foods, particularly sugars/carbs
* Impaired memory and ability to concentrate
* Decreased brain volume
* Potentially death – cause of 7% of all serious accidents. It’s the same as driving drunk!

What factors AFFECT Sleep?

* Artificial light
* Noise
* Temperature (too hot)
* Shift work / jet lag
* Anxiety
* Depression
* Pain
* Some prescription medication

What you do before bed makes a difference!

* A picture containing person, person, wall, indoor

  Description automatically generatedMake your bedroom quiet, dark, and cool
* Leave your cellphone and laptop in another room
* Don’t read from a backlit device at night like an iPad
* Keep a consistent bedtime (not after midnight)
* Use your bedroom only for sleep and sex
* Don’t watch the time
* Avoid exercising right before bed
* Consider meditation or other relaxing techniques

Nutrition tips to improve sleep

* A bowl of soup

  Description automatically generated with medium confidenceMinimize liquid intake in general before sleep, especially caffeine and alcohol
  + A cup of chamomile tea may be calming
* Avoid big meals or spicy foods just before sleeping
  + Try to eat dinner at least 3 hours before bed
* If you’re going to snack before bed, choose foods that contain sleep-supporting nutrients (melatonin, etc)
  + Almonds, walnuts, and pistachios for example

Medications or natural alternatives?

Medications like Ambien, Xanax, or Benadryl can work; however, they can be associated with a laundry list of side effects and sometimes, they don’t even work well. The following natural agents may be helpful, with less side-effects, but it’s important that you have guidance in dosing and only take the one(s) most suited to your specific needs to get the best support.

* Melatonin
* L-theanine
* GABA
* Magnesium glycinate
* Phosphatidylserine
* Valerian
* Lavender
* Passionflower
* Tryptophan/5-HTP
* Magnesium glycinate
* Magnolia bark
* CBD/Hemp oil

Note: Combining meds with natural agents may be a problem – do so only under the guidance of a qualified healthcare provider. And be sure to talk to your doctor before discontinuing any prescription medications.

It’s important to do this right! Have you tried some of the listed tips above and are still experiencing disrupted sleep? As a Functional Nutritionist, I can help determine the best support that’s tailored to your specific needs and your body’s metabolism.

**Your Logo Here**

**Are you tired of being tired and ready to be fully recharged after a night’s rest?**

**Contact me today!**