

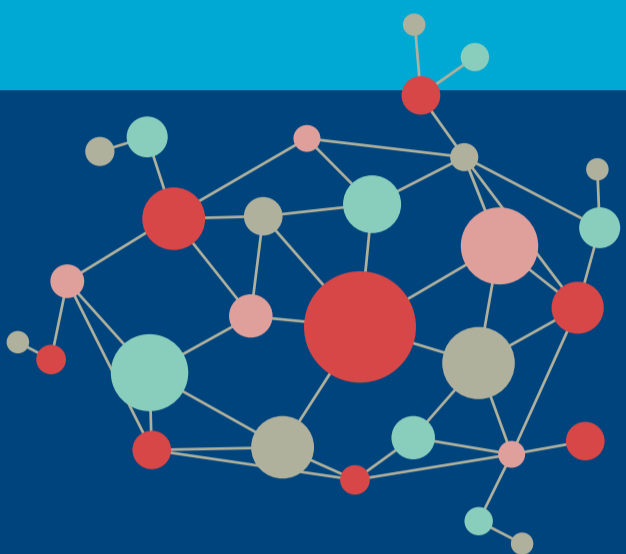
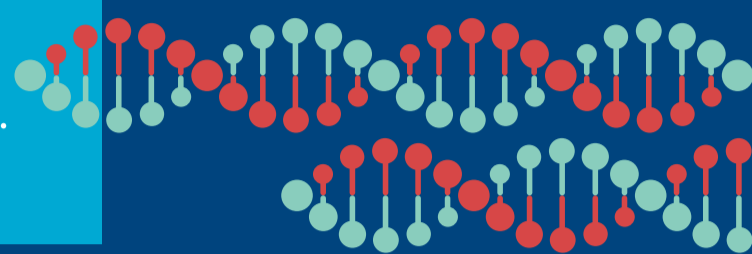
THE ULTIMATE GUIDE TO

Sleep

WHY ALL THE FUSS ABOUT SLEEP?

If overall health were defined as pillars supporting a house (i.e. nutrition, exercise, mindset etc.), we believe quality sleep would be the most critical pillar, it really is that important.

Quality sleep engages our bodies restorative systems including cellular growth, repair, detoxification and memory consolidation....



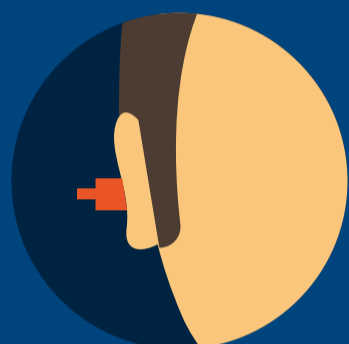
THE FUNDAMENTALS OF GOOD SLEEP?

Ensure that you've covered the basics below before we move into more specific sleep strategies.



LIGHT

Keep your bedroom as dark as possible



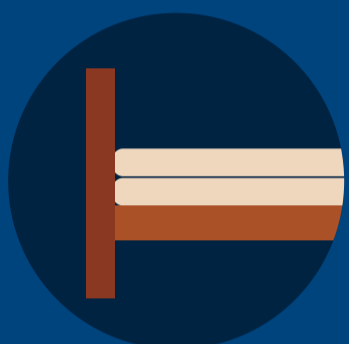
NOISE

Wear earplugs if you are a light sleeper



HEAT

Keep your room cool for optimal sleep



COMFORT

Replace an old tired worn mattress



STIMULANTS

Ditch the coffee and booze after midday

STRATEGIES FOR GETTING TO SLEEP

Work on creating a sleep routine so that you are calm, rested and ready to sleep.

ZONE OUT

Unplug from work and social media to allow yourself to truly unwind. Listening to music or reading a book works well.

BLUE LIGHT

The light from our digital devices inhibit our sleep hormones. Wear blue blocking glasses or turn devices off 2 hours before sleep.



SUPPLEMENTS

Magnesium is one of the most powerful relaxation minerals around and can really help with sleep. Try epsom salt baths or capsules.

EXERCISE

Avoid vigorous exercise 2-3 hours before sleep. This can elevate our stress hormones making us feel tired but wired at bedtime.

STRATEGIES FOR STAYING ASLEEP

Try the strategies below if you have are waking up frequently throughout the night.



HORMONES Elevated levels of cortisol (our stress hormone) may be behind sleeping issues. Work on reducing stress through practices like meditation and yoga and move exercise to the A.M.

MOVEMENT Make a conscious effort to move each day as it can be extremely beneficial in providing quality sleep. You don't have to hit the gym each time but simply keep moving!

EMF Electromagnetic fields can interfere with our sleep. Unplug electrical devices in the bedroom where possible. If you sleep near your phone ensure it is not charging and set it to flight mode.

FUEL Ensure that you have eaten adequately to fuel you through the night. A balanced fat and protein dominated meal will do the trick nicely. Also lay off the alcohol as it inhibits deep sleep.