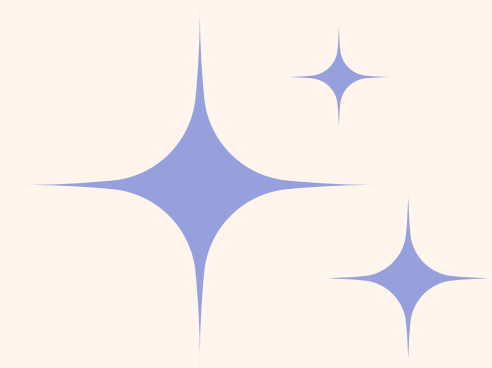
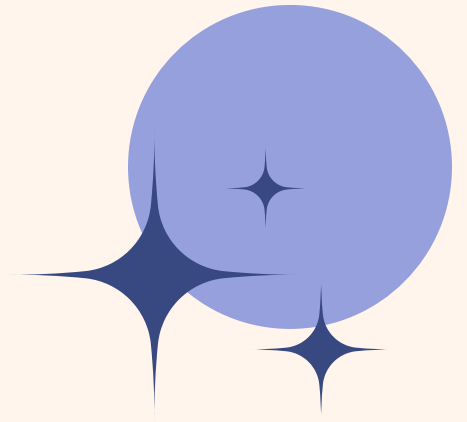


# How to Improve your *Sleep Quality*

& BOOST OVERALL HEALTH



# How does sleep, or lack thereof, impact us?



Consistently sleeping less than 6 hours per night raises the risk of insulin resistance, cardiovascular diseases, mood imbalances, arthritis, and other chronic conditions.

It also throws our hormones off balance, causing our appetite to increase due to the surge of the hormone ghrelin, and the suppressing of the leptin hormone, which signals to the brain that we are full. Our bodies seek food for fuel, when really what we need is sleep.

When we do get enough sleep, our bodies have the ability to rest, recover, and combat underlying symptoms such as fatigue, inflammation, and brain fog.



Luckily, regularly sleeping 7-9 hours per night can have opposing effects, including:

- supporting muscle recovery
- strengthening the immune system
- improving brain function and mood
- clearing out cellular waste
- reducing inflammation
- lessens risk of accidents & injuries
- decreases risk of developing a chronic disease
- helps to balance hormones and manage stress

Here are my best tips  
for getting a good  
night's rest

Even if you are an insomniac like me!



# Consider your Intake

# 01

Caffeine and alcohol consumption can disrupt our circadian rhythms. Aim to stop caffeine consumption 10 hours before bed.

It is also important to note your light intake. Getting sunlight first thing in the morning can help regulate your circadian rhythm, while blue light from devices can disrupt it. Wearing blue light blocking glasses, getting enough sunlight, and limiting screen time in the evening can help limit circadian rhythm disruptions.

You can also add in magnesium rich foods such as dark chocolate, avocado, pumpkin seeds, almonds, or edamame. Calming herbal teas, and foods that support melatonin production such as tart cherries, bananas, milk, or pistachios can be a great bed time snack!

# 02

# Check your Mindset

It is important to give yourself unconditional permission to rest. Whether you got a lot or nothing at all done today, give yourself permission to shut out anxious thoughts and other responsibilities. Remember that you deserve to sleep, and that *rest allows us to give our best.*

When we have the mindset that we need to earn rest or time for ourselves, we become burnt out and are unable to show up for ourselves and others. It may take time, but the more you change your mindset around sleep and self care, the more you will see a difference in how you rest.

If you find yourself struggling with anxiety or overthinking, I highly recommend journaling before bed. Even if it is just making a short list of what is worrying you, or the things you need to get done tomorrow, writing them out makes them less intimidating, allows you to feel organized and able to let go of the thoughts until after you get some rest.

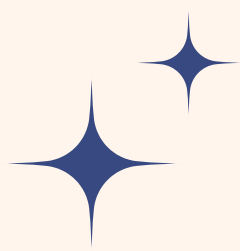
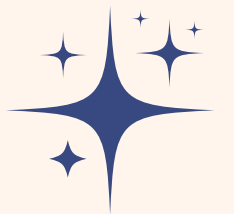
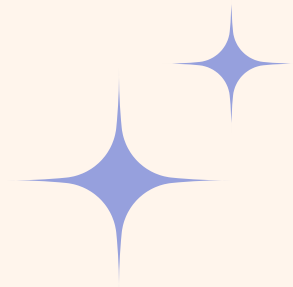
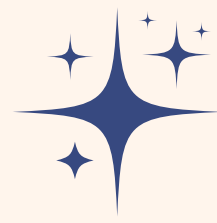
# Cultivate Relaxation

Creating a relaxing bedtime routine and a peaceful environment can go a long way for improving your quality of sleep.

## Ideas for a relaxing routine:

- **1 activity to calm the body:** yin yoga, a hot shower/ bath, or a sunset walk
- **1 activity to calm the mind:** journaling, prayer, meditation
- **1 activity just for you:** reading a favorite book, listening to a calming playlist, skincare routine

03



## Create a peaceful environment:

- **Limit stressful distractions:** Silence your cellphone and store other devices and work-related items in a separate space.
- **Keep things tidy:** studies show that people sleep best in cool, clean spaces

# 04 Tips for the Insomniac

If you're reading all this and thinking, "Savanna, I've tried all of this but I still can't seem to get a good night's rest consistently", I get it. I have struggled with insomnia for most of my life, which is why I am so passionate about this topic. Here are some things that have helped immensely on my personal journey to better sleep.

## Before Bed:

- have a calming routine that you can stick to
- use a magnesium lotion or spray on the soles of your feet
- aromatherapy with lavender, bergamont, or other calming essential oils
- keep your room at a slightly cool, comfortable temperature
- use a weighted blanket
- keep your room very dark and only have a lamp on during your bedtime routine

## When You Can't Fall Asleep:

- get out of bed & read a book in a separate room
- lay with your legs up the wall and breathe deeply for a few moments
- 4-7-8 breathing: inhale 4 seconds, hold 7 seconds, exhale for 8 seconds
- eat a small snack if you are hungry
- don't stress it. Try not to count the hours of sleep you have left. Do your best to relax, enjoy the coziness of your bed and let sleep take over naturally.



Wishing you lots of  
rest &  
*Sweet Dreams!*

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