

SIMPLE SLEEP STRATEGIES

Take-Away Guide



MONTANA'S
CREDIT UNIONS
Educate. Advocate. Collaborate.

BALANCE BLOOD SUGAR

The #1 reason most people wake throughout the night is due to a blood sugar imbalance. Balance your blood sugar throughout the day for high-quality sleep:

- Consume less than 25 grams of processed sugar per day - 1 tsp = 4 grams.
- Eat healthy, clean protein - wild-caught fish & seafood, organic meats, non-GMO tofu, organic nuts & seeds.
- Eat healthy fats to mitigate inflammation, balance your blood sugar & ignite brain power - wild caught salmon, avocado, flax meal, chia seeds, nuts, seeds, coconut oil, avocado oil & olive oil.
- Consume fiber through leafy greens and vegetables - spinach, kale, broccoli, beans, squash, parsnips, green beans.
- Eat naturally sweetened foods to curb cravings and avoid blood sugar peaks and valleys - sweet potatoes, roasted parsnips and carrots, apples & nut butter.
- Consume 80 ounces of water daily, every process in the body depends on it!

FOLLOW THE 12-12-8 RULE

Following the 12-12-8 rule helps build a consistent, high-quality sleep routine:

- Stop consuming caffeine by 12:00 pm - consuming caffeine thereafter disrupts your sleep cycle
- Offer your body a 12 hour fast - stop eating 2-3 hours before bed and enjoy breakfast 12 (or more) hours later. A nice balance is ending food intake at 7 p.m. and eating again at 7 a.m.
- Achieve 8 hours of sleep consistently - create a sleep routine that supports this. If you need to expand sleep time, move your bedtime back by 15 minute increments per week.

CREATE QUIET AND CALM

Create quiet and calm in your mind and physical space to decompress before laying your head down to sleep.

- Breathe-Breath is a beautiful & powerful gift to give to your body - anytime, anywhere. Close your eyes for 1 minute & take deep abdominal breaths. Breathe in from the nose, filling your abdomen with air, hold & gently exhale with open mouth.
- Read something positive and inspiring. Do not watch the news or read information that might be difficult, worrisome or scary, we want to keep a positive mind before rest.
- Meditation and prayer is a fantastic practice.
- Practice gratitude, give thanks for everything big & small.
- Listen to peaceful music.

join us!

Text "HEALTHY" to 66866 to join our community & receive health tips in your inbox.

share!

Share healthy resources with friends and loved ones.



FUN IN THE SUN

Vitamin D boosts the immune system, and supports overall health and happiness:

- The best way to get Vitamin D3 is to enjoy daily fun in the sun!
- Physical activity has a host of benefits far beyond just getting better rest at night. Physical activity reduces stress and the risk of hypertension, coronary heart disease, various types of cancer, depression and anxiety.
- Get outside for fresh air and absorb natural Vitamin D for 30 minute breaks, twice a day.
- If you take Vitamin D supplements, do so while in the care of a physician so they can accurately monitor your levels..

STRUCTURE

Creating a structured sleep routine will get your body into a sleep/wake rhythm:

- Establish consistent sleep/wake times
- Make your sleep environment is cool, dark & quiet, research shows this helps achieve good quality sleep.
- Create a plan, honor it and stick with it.

www.AngelaGaffney.com

connect@AngelaGaffney.com

800-504-9726

© 2020 Essential Health and Wellness