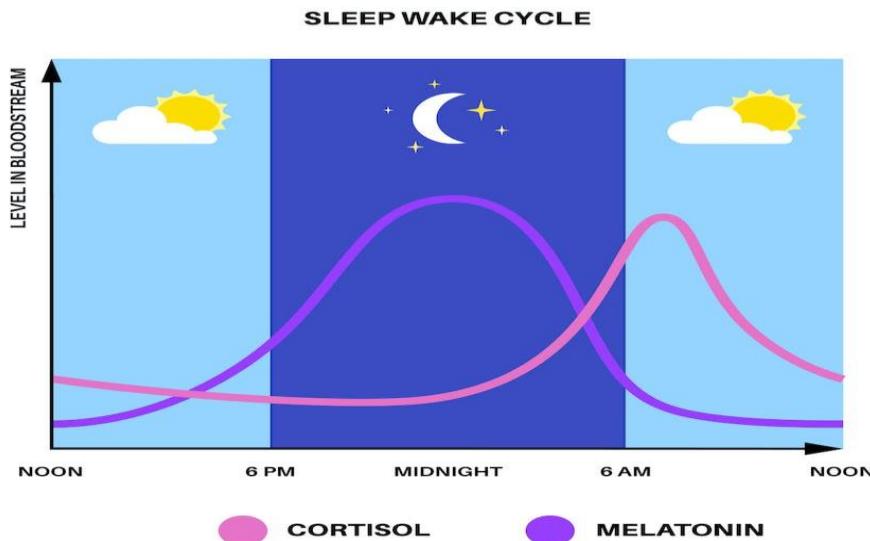


# Sleep Improvement Recommendations

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.

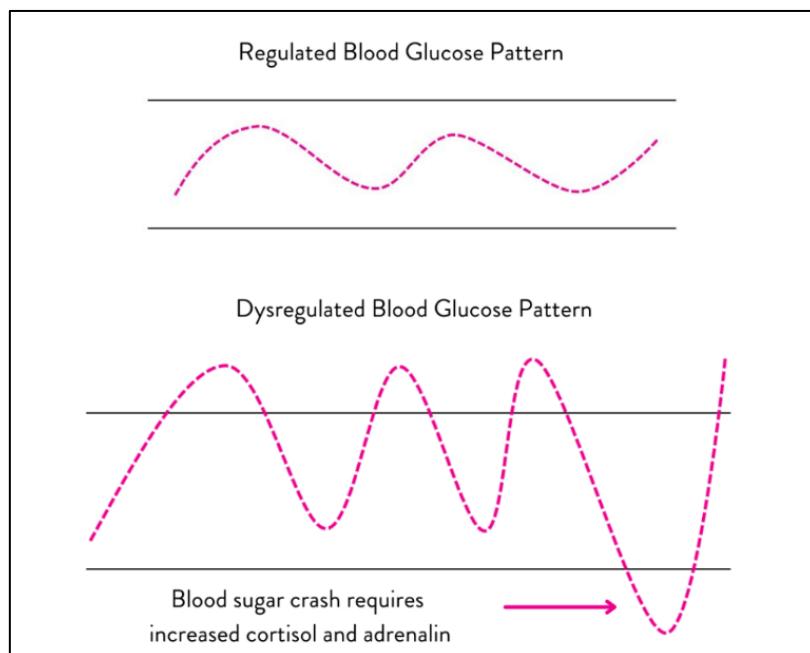


Simple tips to regulate this cycle include:

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.

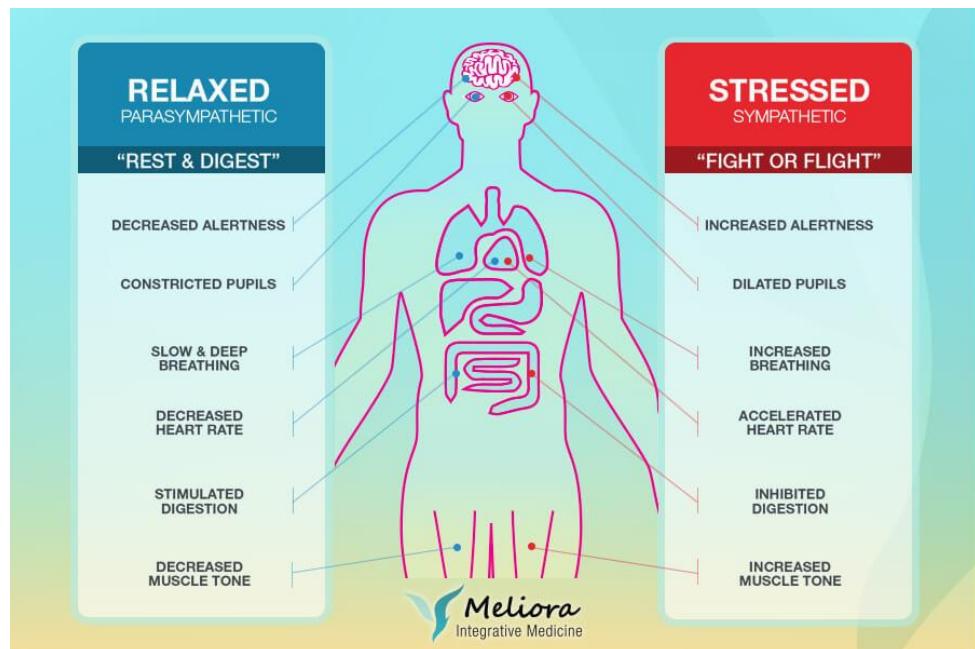
## Adrenal support recommendations

**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.