



Sleep, Stress & Metabolism

What you are eating is only one piece of the puzzle when looking to unleash the power of your food and mood, you must also look at who you are being when you are eating. Digestive stress is about 25% of what you are eating and 75% who you are being. Eating under stress has become socially acceptable as we eat on the go, while we work, as we socialize or are in a hurry to get to the next task at hand. When moving through life too fast we inevitably eat fast, which destroys our metabolism and creates digestive upset. It results in meals eaten under a physiologic stress- response, which diminishes our fat-burning and metabolic power.

The slower you eat the less digestive stress you will have allowing you to metabolize faster, and giving you more energy.

My Top 3 Stressors

My Top 3 Quick & Easy Relaxers

The autonomic nervous system is responsible for digestive activity. There are two branches: The Para-Sympathetic and the Sympathetic.

1. Parasympathetic is also known as the rest and digest response. This is the optimal state for digestion. When the parasympathetic is activated your metabolic power goes up.
2. Sympathetic is also known as fight or flight. This is your stress response. When you are stressed out your digestion shuts down.

Making Time To Metabolize

To boost metabolism you must RELAX and stop producing so much cortisol. The #1 way to stop producing so much cortisol is to slow down.

- If you eat breakfast in five minutes, make it 10. If you normally take 10 min, bump it up to 15.
- Give yourself at least 30 minutes for lunch and dinner.
- Optimize your home and work schedules as best as you can to provide yourself with more time. Commit to providing yourself the gift of more time at each meal.
- As best you can, enroll your family, co-workers, and boss in creating more time and relaxation with meals.
- Chew each bite 20 times
- *****5-5-7 Breath; inhale for 5, hold for 5, exhale for 7*****

When you are in a stressful state, if you consciously adopt the deep and rhythmic breathing pattern characteristic of the relaxed state you fool the Central Nervous System into parasympathetic mode.

List 3 ways to make more time to metabolize that work for you:

1. _____

2. _____

3. _____

Satisfying Sleep

Sleep is one of the biggest pieces to our health and well-being puzzle that most people overlook. When sleep deprived you can feel unmotivated, lethargic, find yourself needing caffeine and willing to eat anything and everything to get your energy back. And when you dip into these artificial energy boosters like caffeine and certain foods it can perpetuate the cycle; keeping you up late at night and making your energy crash drastically.

When you are rested you are motivated to workout, eat healthy, get our personal priorities done, spend time with loved ones and have time for yourself. You must learn to value sleep as much as we value the importance of proper nutrition and exercise.

My typical sleep time is _____

And I generally wake up feeling rested at a level _____ **of 0-10, 10 being most rested**

Sleep is partially about quantity but more importantly about quality. Critical sleep time occurs from 10pm-12am, this is when your body does its most important repair. It's like taking your car for a tune up every day, if you did this it would run better and never breakdown on you. Now here's the tricky part, your body ONLY does this critical repair during those hours, and that's because it's on a set clock that is ruled by the sun cycles, so there's no tricking it to think otherwise. From 10p-12am is when it releases human growth hormone to repair critical systems, balance hormones and reset the nervous system. And every 1-hour of sleep before 12am is worth 2 hours of sleep!

Ways to prepare for a good night's rest so you can set yourself up for satisfying sleep might include:

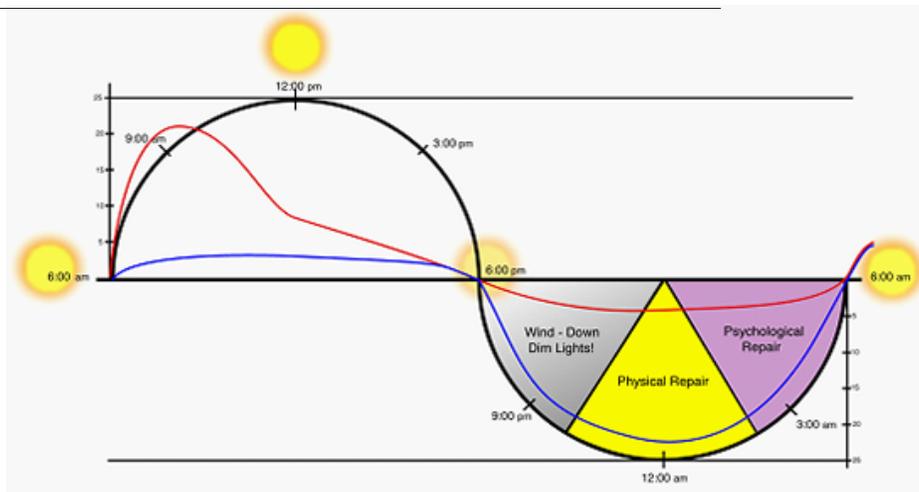
1. Disconnecting from all devices (computers, phone, tablets) at least 1 hour before bed
2. Reading a book
3. Taking a hot shower
4. Taking a mineral supplement
5. Having a balanced snack; containing protein, fat and good carbs
6. Epsom salt bath
7. Meditating
8. Deep breathing
9. Writing down a to-do list for the next day
10. Aromatherapy with essential oils or candles
11. Dimming the lights at least 1 hour before bed
12. Make sure no outside light gets into the room
13. Cover lights coming from clocks, TV's, devices, etc.
14. Journal or write a gratitude list

*****Sleep tracking apps to try- Sleep Cycle for 99 cents or Sleep Time for free.**

This week I will be asleep by _____

Things to help me prepare for bed include....

1. _____
2. _____
3. _____



Action Items

1. _____

2. _____

3. _____

My biggest aha, insight or takeaway from today was....

**This is not recommended for treatment of any disease and/or condition. It is recommended that you consult with your doctor or physician for any medical concerns and changes to your lifestyle for improved health.