

# NIGHT NIGHT SLEEP TIGHT

## SLEEP STRATEGY – IT'S ALL IN THE APPROACH

"Beep Beep Beep Beep!!!" The alarm sounds and you're about to hit the snooze button.



### DON'T DO IT!

You might think the few extra minutes of "snooze" time that you get by reaching for that button is beneficial, but it puts you into a deeper sleep in a small amount of time the second time around. This sudden interruption will leave you feeling groggy, making you feel worse than you would have if you just fully woke at the sound of the first alarm.

Playing the snooze button tango is just one unhealthy lifestyle habit that stems from poor quality sleep. However, it likely isn't the only one!

- Do you rely on caffeine to power you through the day?
- Do you feel the need for a mid day nap?

Sleep is essential to every aspect of health and wellbeing. Building a sleep strategy can help to avoid the crutches that perpetuate poor sleep hygiene and will have you wake feeling refreshed and ready to tackle the day ahead!

### BUILD A HEALTHY SLEEP STRATEGY

#### CREATE THE RIGHT SET-UP

Creating the right environment for a good quality sleep was addressed in week 1. The right comfort, light, sound, and temperature are the key elements which help to regulate your sleep cycle and provide the best chance of quality sleep.

#### EAT A BALANCED DIET

Eating to support your health, will also support your sleep. When you feel your best, you will sleep your best. A balanced diet and avoiding alcohol, caffeine, and sugar will help to avoid disruptions to your sleep due to fluctuations in your blood sugar, lack of satiety, stimulation, and an overburden on digestion that can prevent a restful sleep.

#### ENGAGE IN DAILY MOVEMENT

Daily movement encourages healthy circulation, an active lymphatic system, and healthy hormones including those related to sleep. It's important to be aware of the timing and types of movement to participate in to encourage healthy sleep. An energizing gym workout is best as part of your wake routine. Light activity such as a nature walk, gentle stretching or yoga are better choices to help wind down.

#### WIND DOWN WITH RELAXATION TECHNIQUES

Our brains are wired for thought. And while this can be beneficial in the daylight hours, racing thoughts can leave you tossing and turning for hours as you watch time pass on your alarm clock. Process your thoughts or feelings in a journal or a next day to do list and calm the brain through meditation. Do what you can to not engage as your day comes to an end.

#### CREATE A WAKE-UP ROUTINE

Wake early at the same time everyday, rise gently, hydrate, engage in movement, eat a healthy breakfast, set a positive mindset. A well-established sleep/wake routine correlates with a healthier lifestyle including better eating habits, more physical activity, better productivity and mental clarity, balanced moods, and better sleep. Knowing how and when to wake up helps to set your "internal clock" allowing you to sleep and wake easier and leave you feeling ready to conquer the day ahead.

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## SLEEP STRATEGY – IT'S ALL IN THE APPROACH

### THE WIND DOWN



Exercise during the day can help you sleep at night, but if done improperly in the evening, it may be disruptive. Your evening workout should encourage relaxation and be a gentle progression into sleep. Slowing down your heart rate, calming the mind, and releasing the stress and tension of the day.

#### 5 Components to Include in Your EVENING Workout

- 1) **Time it right.** Planning your workout in the early evening will give your heart rate a chance to slow down so it doesn't keep you up at night.
- 2) **Take it slow.** Slow paced activities are best to release stress and tension and promote relaxation. Try Yoga, stretching, and low impact activities.
- 3) **Consider evening hunger.** A small light snack like hummus and crackers or vegetables will keep you from going to bed hungry after exercise but also not overtax digestion.
- 4) **Remember proper breathing.** Proper breathing throughout your workout can put you in a more restful, relaxed state post workout.
- 5) **Cool down and warm up.** After your cool down, warm up. A warm bath will soothe and relax and as your body temperature drops after the bath and will cue your body that it's time for sleep.

Sources: <https://www.bodybuilding.com/content/the-5-rules-of-morning-workouts.html>

<https://www.thesleepdoctor.com/2017/05/22/benefits-exercise-sleep/>

<https://www.ruthpreston.com/blog/sleep-training-for-adults-reclaim-your-sleep-feel-energized/>

<https://www.livestrong.com/article/321723-how-to-reduce-a-fast-heart-rate-while-working-out/>

<https://www.independent.co.uk/life-style/health-and-families/snooze-button-better-sleep-alarm-bed-wake-up-neuroscientist-a7941961.html>

### THE WAKE UP



Your morning workout should start with a few stretches to awaken muscles and progress in intensity. Circuit training is ideal as it combines several different exercises to work multiple areas of your body in a variety of ways, get your heart rate going, and provide the energy you need to support your day.

#### 5 Components to Include in Your MORNING Circuit Workout

- 1) **Don't delay.** Take a few minutes to wake up, stretch, and hydrate and then begin your workout immediately. It increases your chances of staying regular with your workout.
- 2) **It should have one "explosive" exercise to get your heart pumping and increase your metabolism.** Jumping jacks, jump squats, lunges or burpees.
- 3) **It should have one static stretch component to support flexibility.** Lateral lunges, chair holds, or leg lifts.
- 4) **It should be short and enjoyable.** Too long of a workout can leave you feeling fatigued. Keep it under 15 minutes and find a routine you enjoy.
- 5) **It should fit your goals.** Whether you're working on a specific body part, or overall vitality. your workout should be optimized to support your goals to keep you consistent and goal centred.