

# SLEEP

KEY TIP: DON'T UNDERESTIMATE THE VALUE OF A GOOD NIGHT'S SLEEP. SUPPLEMENT IF NEEDED.

When life is stressful, our brains react by making our neurotransmitters go haywire and our nervous system switch to sympathetic mode, all of which make quality sleep near impossible.

When you drink alcohol, it disrupts your blood sugar and consequently, the sleep-wake cycle. Not to be a party-pooper, but if you're in a cycle of poor sleep (see below), you might just try forgoing the alcohol for a few days and see if you sleep better.

Insomnia perpetuates the stress cycle, which perpetuates insomnia. When you get into this cycle, something has to change.

Yes, you can plan for better sleep. If there are stressful events on the horizon, pay extra attention to prioritizing sleep in anticipation and/or as you recover from the event.

Action steps to getting a good nights' sleep:

- avoid alcohol
- eat well (sugar causes insulin to spike, which can disrupt sleep)
- avoid caffeine after lunch time
- turn off devices at least 1 hr. before bed
- chamomile tea or magnesium supplements can help

