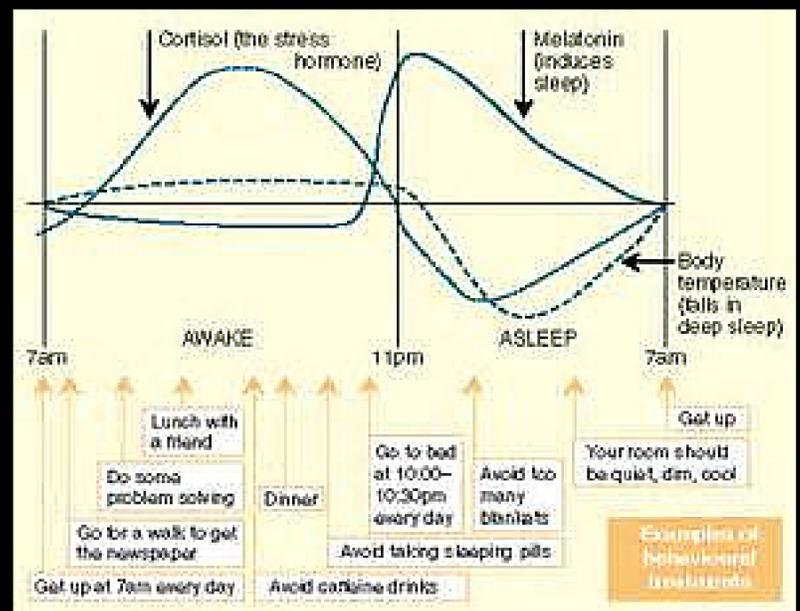


FAT

3

Fixing Broken Sleep

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We are intrinsically designed to sleep at night, be awake during sunlight. Sleep is our greatest destressor, fat burner, muscle builder, emotional reset time but so many of us struggle with it!

The graph above shows cortisol (yep the fat gain hormone) is actually needed to wake us up in the morning, but it is meant to drop off through the day, as melatonin, our sleep hormone increases!

Too much of our evening lifestyle choices are disrupting sleep and causing difficulty in losing fat, energy levels, stress management, mental and physical

- illness
- Electromagnetic exposure (phones, computers, TVs)
- Allergies
- Chronic disease
- Late night TV or computer work (light and EMF)
- Alcohol
- Stimulants (like coffee)
- Staying up too late regularly
- Travelling across time zones
- Menopause (ageing)
- Emotional Stress and worry (acute and chronic)
- Nightshift Work
- Dieting
- Sleep medications
- Natural Supplements
- Sleeping in too long

FAT 3 Fixing Broken Sleep

The main problems are light and food for most! Light, natural or artificial (phones, computers) tell your body to wake up. Food can give us energy which wakes us up, but then can cause us to get sleepy after, some will initially sedate us only to wake us up later (alcohol for example) With food it comes down to the carb content and combinations. If you are very low carb, your body will release stress hormones to tap in to your carb stores. This inhibits melatonin and disrupts the curve above! Too much carbs can cause your body to crash later due to the insulin response. This causes a similar response to too little carbs!

Confused? Don't worry too much about the hormonal affect but try these practical guidelines:

- Avoid caffeine 6 hours before bed
- Avoid alcohol 2 hours before bed
- Difficulty going to sleep - eat closer to bed and have enough but don't overdo the carbs
- Difficulty staying asleep – eat closer to bed and increase the protein and fat content of your meal, with slow release carbs (sweet potato, rice, quinoa, squash, green veg)
- Reduce how much artificial light you're exposed too when the sun goes down (you can get apps that reduce the light emitted from your phone and laptop)

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Try to establish a regular night time routine that doesn't involve TVs, computers, lights and phones. Candles, reading, baths, meditation, sex (you'll have to put your phone down for that one) can all dramatically improve the quality and quantity of your sleep!

Finally to reset your sleep patterns try one of these approaches:

- 1. Get up at the same time each day including weekends, and go to bed when you are naturally tired, your body will begin to settle in to it's normal routine which is disrupted by lay ins and late nights
- 2. Go to bed at the same time and get up when you want. After a couple of days, you'll repay any sleep debt and no longer be able to lay in.

With both of these approaches be strict with the time to get up or go to bed. Eventually your body will settle on the amount it actually needs, and should be between 6 and 10 hours! :

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