

How To Improve Sleep Quality?

By: Nick Klein



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My Thoughts On Sleep

Are you really getting enough sleep?

Around 60% of Americans say they don't get enough sleep each night. Its no surprise that the the obesity curve closely matches the sleep disturbance curve.

Today, the average person is sleeping less than 7 hours a night. People who sleep less than 6 hours a night are automatically 30% more likely to become obese. A large reason for this has to do with the society we live in, where almost everything revolves around smart phones and other technology.

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A prime example happens in many homes: sleeping with a television on.

This can prohibit the body from producing melatonin, the body's hormone responsible for regulating circadian rhythms.

Circadian rhythms produce a 24-hour metabolic cycle. When these cycles are interrupted by distractions such as television, our metabolism is no longer as efficient as it should be. This causes us to eat more at night, keep stress levels elevated, thus causing us to pack on the pounds.

Even if you are committed to a specific diet, you will not see improvements in your fat loss unless you are getting the proper amount and kind of sleep. Simply getting enough sleep helps build muscle, enables fat burning within the body, controls appetite and reduces hunger and those late night cravings.

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On the other hand, not getting enough sleep can negatively affect your body by burning rather than building muscle, packing on fat instead of burning it, and potentially becoming insulin resistant.

Not getting the proper amount of sleep will also cause an increase in the hormone Ghrelin, which stimulates hunger. When getting adequate sleep, it will cause an increase in the hormone Leptin, which sends signals of satiety to the brain and suppressing appetite.

Your track to living a better and healthier life all begins with a good night's sleep.

My Thoughts On Sleep

Sleep has a bigger impact on our metabolism than food or exercise. Getting 7 hours or more per night makes you less hungry, decreases stress, increases metabolism and increases lean mass.

Sleeping less than 7 hours per night is linked to:

- Inflammation
- Oxidative stress
- CVD
- Endothelial dysfunction
- GI problems
- Cancer risk
- Sex and thyroid imbalance
- Bone loss
- Diabetes
- Aches and pains
- Weight gain
- Food cravings

My Thoughts On Sleep

Good sleep is laying down and falling asleep within 5 minutes, not waking until the morning. Waking to pee through the night is another sign of disturbed sleep. Every time we wake, melatonin production is disturbed and a deep REM sleep is disrupted.

Please review the 6 tips below on improving sleep quality.

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Step 1: Have a relaxing bedtime routine.

- Stop using all electronics 2-3 hours before bed
- Take a hot bath, stretch, or meditate
- Read

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Step 2: Keep all forms of electronics out of the room.

- TVs
- Computers
- iPads
- Cell Phones/Home Phones

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Step 3: Set up your room like a bat cave.

- Make the room as dark as possible
- Cover windows
- Cover all lights from devices (alarm clock, etc.)

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Step 4: Minimize clothing while sleeping.

- Take all forms of jewelry off
- Make sure bed blankets are made evenly and not bunched up

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Step 5: Sleep in a cool environment & try to go to bed and wake at the same time each day, even weekends.

- Lower temperature before bed
- Regulates circadian rhythm

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Step 6: Complete a gratitude log & write down tomorrows to do list before bed.

- I learned the below gratitude method from the book [59 Seconds](#) - change your life in under a minute by, Richard Wiseman

How To Improve Sleep Quality?

Gratitude Log:

Doing this simple tip 5 nights per week clears your mind and lowers cortisol for a better nights rest. It leaves us with a positive outlook on life reinforcing that you deserve good things, which will set you up for success. If you are mindful of being grateful, focusing on the positive and being a blessing to others, it makes it that much more difficult for anything or anyone else to steal your joy.

To help you incorporate effective writing techniques into your life I have put together a rather unusual diary. Instead of keeping a record of the past, this diary encourages you to write about topics that will help create a happier future. The diary should be completed on five days of the week, with each entry taking just a few moments. Maintain the diary for one week. According to scientific studies, you should quickly notice the difference in mood and happiness, changes that may persist for months. If you feel the effects wearing off, simply repeat the exercise.

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Gratitude Log Instructions

Monday: Thanksgiving

There are many things in your life for which to be grateful. These might include having close friends, being in a wonderful relationship, benefiting from sacrifices that others have made for you, being part of a supportive family, and enjoying good health. Alternatively, you might have a job that you love, have happy memories of the past, or recently have had a nice experience, such as savoring an especially lively cup of coffee, enjoying the smile of a stranger, having your dog welcome you home, eating a great meal, or stopping to smell the flowers. Think back over the past week and list three of these things.

1.

2.

3.

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Gratitude Log Instructions

Tuesday: Terrific Times

Think about one of the most wonderful experiences in your life. Perhaps a moment when you felt suddenly contented, were in love, listened to an amazing piece of music, saw an incredible performance, or had a great time with friends. Choose just one experience and imagine yourself back in that moment in time. Remember how you felt and what was going on around you. Now spend a few moments writing a description of that experience and how you felt. Do not worry about your spelling, punctuation, or grammar. Instead, simply commit your thoughts to paper

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Gratitude Log Instructions

Wednesday: Future Fantastic

Spend a few moments writing about your life in the future. Imagine that everything has gone really well. Be realistic, but imagine that you have worked hard and achieved all of your aims and ambitions. Imagine that you have become the person that you really want to be, and that your personal and professional life feels like a dream come true. All of this may not help you achieve your goals, but it will help you feel good and put a smile on your face.

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Gratitude Log Instructions

Thursday: Dear...

Think about someone in your life who is very important to you. It might be your partner, a close friend, or a family member. Imagine that you have only one opportunity to tell this person, describing how much you care for them and the impact that they have had on your life.

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Gratitude Log Instructions

Friday: Reviewing the Situation

Think back over the past seven days and make a note of three things that went really well for you. The events might be fairly trivial, such as finding a parking space, or more important, such as being offered a new job or opportunity. Jot down a sentence about why you think each event turned out so well.

1.

2.

3.

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Supplement Support Protocols

(Protocol 1)

Breakfast: 2 caps - [Licorice Plus](#) (do not take if you have high blood pressure)

Dinner: 3 caps - [MyoCalm Plus](#)

Before Bed: 1 dropper - [Hemp Oil](#)

(Protocol 2)

Breakfast: 2 cap - [Exhilarin](#)

Lunch: 2 caps - [Licorice Plus](#) (do not take if you have high blood pressure)

Dinner: 2 caps - [Magnesium Glycinate](#)

Before Bed: 2 caps [Benesome](#)

(Protocol 3)

Breakfast: 1 cap - [Magnesium Glycinate](#)

Lunch: 2 caps - [Serenagen](#), 1 cap - [Magnesium Glycinate](#)

Dinner: 2 caps - [Serenagen](#), 1 cap - [Magnesium Glycinate](#)

Before Bed: 1 scoop - [Cenitol](#)

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Please use the link to view a short 2 minute video on the importance of sleep! [Improving Sleep Quality](#)

What To Do Next?

To book in a time to discuss your goals please contact us from any of the option below:

Website: <http://www.bodybychoicetraining.com>

Email: diana@bodybychoicetraining.com

Phone: (616) 259-9064

Facebook: <https://www.facebook.com/BodyByChoicePersonalTraining/>

Instagram: https://www.instagram.com/body_by_choice_training/

Google +: <https://www.google.com/maps/place/Body+by+Choice+Personal+Training/@42.9110889,-85.6113866,17z/data=!3m1!4b1!4m5!3m4!1s0x0:0xe5d8e2e90ea97706!8m2!3d42.9110889!4d-85.6091979>

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