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MODULE 4: SLEEP-DEEP Solutions

- Wins and Challenges from last week
- Changes in checklist
- Exercise
- Nutrition

1. Sleep Studies

- Performance
 - Pro basketball players, swimmers, and football players
 - Increased sleep to 10 hours boosted performance by nearly 50%
 - Two groups of endurance athletes put through “overtraining” or over-reaching, resulted in one group suffering from performance and the other not: the difference was one group was at “camp” with controlled rest and recovery and sleep – the ultimate recovery
- Cognitive Ability
 - Recent studies liken sleep deprivation with the same cognitive response as having a blood alcohol level as legally drunk
 - Reaction skills, accuracy, balance, coordination
- Weight loss
 - Sleeping 5.5 compared to 8.5 hours a night: significantly greater weight loss and improved maintenance in the longer sleepers
 - 90% of sleep at night
 - Naps are not the ideal but can be better than nothing for severely sleep deprived
- Women
 - Greater tendency toward 9-10 hours of sleep: greater than the average suggested 7-9 hours
- Exercise
 - Even as little as 10 minutes a day of exercise improved self-reports of sleep by 33%
 - Exposure to sunlight first also improves levels of melatonin at night – the sleep regulating hormone

2. Hormonal Effects of Sleep Loss

- Ghrelin + Insulin + Cortisol

- o The “hunger hormone” causes cravings for sugar
- o Increased stress levels physically and cognitively = greater cortisol
- o Giving into cravings + cortisol = insulin > fat storage more likely
- Testosterone and Growth Hormone
 - o Needed for muscle development
 - o Reduced production with age
 - o Produced in deepest cycles of sleep

3. Hormone *Heal* Through Sleep Habits

- Increase quality
- Increase quantity if needed
- Check wake naturally + “well-rested” indicators
- If meds are required, do it rather than suffer, seek to wean

4. Determine Your Personal Sleep Requirement

- Set Rise Time – keep constant on weekdays and weekends.
- Begin with base average sleep time now
- Start adding 20 minutes a night by going to bed 20 minutes earlier than usual. Keep it here for one week.
- Add another 20 minutes the following week.
- You may have to force yourself into the new time. Stick with it at least a week.
- If you can’t fall asleep once you turn out the lights within 20 minutes, get up, read a book, do something else.
- Continue to back out...but by no more than 30 minutes until you find you’re waking naturally, feeling rested.
- Check if you’re waking multiple times or simply aren’t feeling rested (Work with a coach on specifics you can do or a cortisol/adrenal test may be helpful, blood sugar may also be the issue and is related to cortisol)
- An activity tracking product device can track your quality of sleep- might help but how you feel never lies.

5. Super Sleep Habits

- Sunlight first thing even 15 minutes worth can improve melatonin levels that will enhance sleep. Older adults do tend toward lower melatonin production than younger adults. Lightboxes can also help.
- Hot bath (with Epsom salts) or shower 90 minutes before set bedtime. What goes up must come down. As your body temperature comes down, it’s a signal to your body to sleep.

- Place drops or spray of lavender essential oil on your pillowcase, wrists, behind your ears or on collarbone. If you opt to bathe, place a few drops in the tub. (fragrance is a hormone disruptor so not synthetics)
- Keep a worry journal near the bed. Write down a gratitude list so it's the last thing you think about before bedtime. Jot down anything you need "to do" or remember for tomorrow. Then you can leave it and tell yourself it's there and you have no need to think about it.
- Read a book you look forward to, or one that's boring, even if only a few pages. The point isn't the reading it's the routine and cue to your sleep.
- Eliminate screens and LED lights before bed. At least 90 minutes before is ideal. Keep screens you do use 14 inches away from you and dimmed.
- Keep your room temperature at 65-68 degrees. Cooler temps both in body temperature and environment make you want to sleep.
- Control noise and light. If you're traveling, bring along your eye mask and your earplugs just in case. Consider a white noise machine if you are easily wakened by sounds you can't control. I set hotel fans to "on" not auto so there's no stop/start noise.
- A PM yoga sequence or stretching may help you relax and prepare for bed. Be careful not to do one that will stimulate. Even yoga can do that.
- Upgrade your sleep environment so you love it: mattress, sheets, comforters, pillows, pajamas.
- For those times you struggle with waking, practice a guided relaxation or a progressive relaxation routine. That is, taking in a deep breath as you progressively squeeze and contract your feet and then release, your lower legs then release... working up your body to end with the muscles surrounding your eyes and mouth. Don't wait until you need it. Pick up a couple practices that are waiting for you just in case.

6. A Sleep Exception

As a rule, your circadian rhythm requires a regular schedule. While usually the same wake time and bedtime are a big part of better days and nights, there is an exception. If you have adrenal fatigue, (see more in the bonus presentation) allowing your body to reset by sleeping in may support your recovery. There is some science that the adrenals reset between 6 and 8 or 9am in the morning. That's not an excuse to stay up late. But it may, if you can sleep, support your adrenals by sleeping in.

Homework Module 4:

- 1. Identify any signs** that suggest you're not getting enough sleep. Yawning during the day. Falling asleep in a movie. Falling asleep during a massage or facial. Reaching for sugar or caffeine to get through. Weight loss resistant? Sleep can help resolve it.
- 2. Do the Sleep Needs Assessment.** Benchmark your total hours of sleep and your self-grade (A-F) of feeling rested, sleep quality, satisfaction with sleep.
- 3. Begin increasing by 20-30 minutes a night as needed.** Journal your bedtime, wake time, total time and feelings of rested/sleep quality (include on nutrition and activity log)
- 4. Exercise changes:** to benefit sleep most, adhere to "Intense Early, Light Late" and if sleep is a need, make this your highest priority adjusting all other factors to improve it. Get outdoors to move when possible. Be sure you get at least 10 minutes a day.
- 6. Add to the FB group:** your nutrition/activity/sleep log. Include questions on exercises, challenges on nutrition, or sleep!

Tag me with @ in the group and check the facebook page for shares and questions by others too. Share your breakthroughs or questions about what's working for others.