

Sleep

Getting high quality zzz's

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How was your week?

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Reflect on your week

1. Write your weight on your chart.
2. Draw a line from your fourth week's weight to the fifth.
3. Review your F&F Log.
 - a) Were you all able to fill it out each day?
 - b) Any notes on label reading or surprising ingredients?
 - b) Make a note about how you did this week.



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What is “good sleep?”

- Our bodies need restful sleep each day.
- Each person is different, but a good way to tell is if you wake up without an alarm, if you can get out of bed without a (huge) struggle, and if you feel alert and rested most of the day.
 - On average, people need between 7-8.5 hours of sleep EVERY 24 hours.
- Think consistency each day. Your wake time is just as important as your bedtime. Go to bed and wake up at the same time each day.



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Can the impact of sleep be overstated?



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Sleep well to lose weight

- Sleep regulates hormones linked to metabolism and appetite.
- People who average 5 hours of sleep/night are 50% more likely to be obese than those who sleep 7 to 9 hours.



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Sleep well for your health



- Sleep is when your immune system does its job.
- Sleep less than 6 or more than 9 hours/night is associated with increased risk of diabetes.
- Lack of sleep is connected to mood and depression. It also impacts your ability to deal with stress.
- Sleep is connected to a host of other conditions, including cardiovascular disease.



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Sleep well to work and play better

- When you are well-rested, you are more likely to be more physically active.
- Sleep deprivation impacts your coordination, agility, mood, and energy. Sleep affects your ability to make physical gains in endurance, cardiovascular ability, and strength.
- Your ability to problem-solve, take on challenges and work productively is intrinsically connected to sleep.



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Sleep strategies

- Dim the lights within an hour of bedtime. Turn off electronic devices or use “blue light” function.
- If you are not asleep after 20 minutes, then get out of bed. Do something relaxing.
- *Begin a routine that helps you relax* each night before bed (warm bath, tea, reading, relaxation exercises).
- Replace your mattress every 5-7 years. Check your alignment in bed, and replace pillows as often as needed.



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More sleep strategies

- *Get up at the same time every morning* – even weekends and holidays. Go to bed at the same time each night.
- Avoid taking naps if you can. If you must nap <1 hour prior to 3 pm.
- Keep a regular schedule – leave 8 hours each day for sleep and rest.
- Don't read, write, eat, watch TV, talk on the phone, or play cards in bed.
- Make the room dark.
- Use white noise to muffle sudden noises that can disturb sleep. *“Relax Melodies” app is free and you can set it to help you fall asleep and even to wake if you like.*



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And more sleep strategies

- Do not have any *caffeine* after lunch.
- Do not have a beer, wine, or any other alcohol within 6 hours of your bedtime.
- Do not have a cigarette or any other source of nicotine before bedtime.
- Do not go to bed hungry, but don't eat a big meal near bedtime either.
- Avoid sleeping pills or use them cautiously. Try Magnesium.



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Getting to Know Yourself



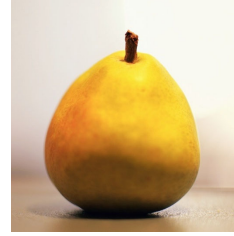
Consider noting how you've slept in your daily log.

Some apps and devices have a sleep tracker that can help immensely.



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Food and Fitness Log

This week's mission:

Record everything you eat.

Record the portion size, calories, and activity.



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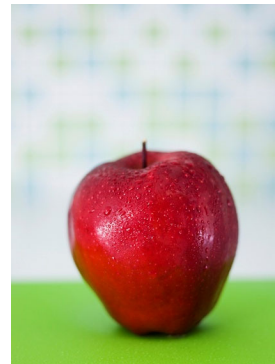
Remember YOUR Goals



1. Weight Loss



2. Exercise



3. Healthy Habits



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Concentrate on Goal 3

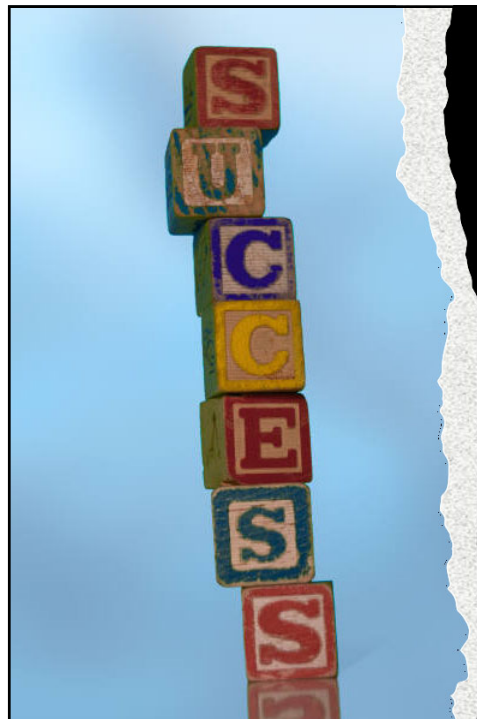
- What is your “healthy habit” goal?
- How does sleep fit in with all three of your goals?
- Is sleep something that you would like to prioritize?
- Change your goals as needed!



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- Remember that overall goal – remind yourself now. Why are you here?
- Practice positive thinking. Focus on what's right, so you have the energy to fix what's wrong.

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This Week:

- DO what you've decided that you will to meet your goals.
- PRINT another week for the food and fitness log.
- RECORD your food, fitness and weight in your log.
- BRING your binder and log to our next webinar.

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Calvin and Hobbes
by WATSON

TOBOGGANS GIVE BETTER RIDES THAN RUNNER SLEDS.

WHY IS THAT?
THERE'S NO WAY TO STEER.

ON THESE CLOUDY WINTER DAYS, SOMETIMES I LIKE TO LIE BACK ON MY SLED AND LOOK AT THE SKY.

IT'S JUST GREY AND SILENT. NO BIRDS SINGING OR BUGS BUZZING. EVERYTHING IS MUFFLED BY THE SNOW.

IMAGINE WHAT IT WOULD BE LIKE WITHOUT ANY PEOPLE OR HOUSES AROUND. IT WOULD BE PERFECTLY STILL.

PRETTY NEAT, HUH?

YES, VERY PEACEFUL.

I HATE ALL THAT SILENCE.

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