

# Sleep\*

## THE SECRET SAUCE TO HEALTH

### Sleep Deprivation Can Result In:

- Weight gain
- Insulin resistance
- Less fat loss
- Decreased glucose control
- An increase of 30% of insulin resistance the following day
- Increased food intake of an extra 350 calories consumed+

### Insulin Resistance Increases the Risks of:

- Heart attack
- Dark skin patches
- Non-alcoholic fatty liver disease
- Stroke
- Early onset of dementia
- Poor blood sugar control and post meal blood sugar control

### Blood Sugar Control and Sleep Are Connected

Sleep deprivation impairs insulin sensitivity, creating insulin resistance. When insulin resistance is present, there is more overall circulating insulin in the body, which can lead to unfavorable blood sugar control. Studies suggest that insulin sensitivity may take 3-5 days of good rest to be restored back to the baseline.



*Kelly Schmidt*

WELLNESS

# Tips for the day after poor sleep

1. Don't depend on too much caffeine & energy drinks

2. Eat nutritious foods

3. Soak in the sun

4. Take a power nap



# Coping With a Poor Night's Sleep

- Keep caffeine intake moderate and to the morning only
- Hydrate to help you insulin and hormones work better, and to not mistaken thirst for hunger.
- Make a conscious effort to eat balanced, real food meals for the day ahead.
- Expose yourself to sunlight shortly after waking up to help sync your circadian rhythm
- Take a power nap if you can, or when exhaustion peaks, pause what you are doing and sit in the restorative yoga pose, legs up the wall.

## Improve Your Sleep Quality:

- Chill the room temps between 60-68 °F
- Minimize light/sound using blackout curtains, white noise, earplugs, and eye masks if/when needed, especially with travel.
- Cut back on blue light exposure 3 hours before sleep or purchase blue blocker glasses to protect your melatonin.
- Have consistent wake-up times (and bedtimes)
- Don't skimp on carbohydrates the following day, as going too low can stress the adrenals and create an even higher production of cortisol. If you crave salt, use it! But make sure it's sea salt.
- Consider quality supplements that aid sleep (magnesium glycinate, L-theanine and/or GABA, and melatonin).
- Alter workouts to be gentler. Your cortisol is already on overdrive, so you want to nurture it with exercises like yoga, walking, pilates, light weights, high reps, and getting outside verse a boot camp or HIIT workout.

Email Kel with your questions! She is well-trained in this material and can help identify the blends, brands, and types of nutrients that can help with your goals.

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