



AVENU

## Sweet Dreams: Sleep

Sleep is the most underrated tool you have in your wellness arsenal. When you neglect your capacity to get quality, restful sleep, you disrupt your ability to live a truly healthy life.

Not getting enough sleep? You are probably dealing with:

Weight gain	Problems losing weight	Hunger	Irritability
Depression	Memory loss	Easily distracted	Anxiety
Compromised immune function	Decreased sex drive	Glucose Intolerance	Improper hormone function

It is obviously easier to see the external changes that poor sleep can cause but the more pressing issues may be under the surface.

How to get better sleep:

- **Turn down the AC:** Make it cold. Studies show that setting the thermostat to somewhere around **65 degrees** is ideal. The cooler temperatures can trigger your body's wind down system. Other studies also suggest there might be some calorie-burning benefits as well (if you needed extra motivation).
- **Make your room the bat cave:** \*Bats not necessary\* Make the room **DARK**. I'm talking as dark as possible. We as humans are essentially programmed to sleep when it's dark. Your body follows a pattern of reducing cortisol and increasing melatonin, all in the name of helping you sleep. Lights throw that off.
- **Put away your cell phone, laptop, tablet, and turn off the TV:** The blue light emitted from these devices delay melatonin production and interfere with your regular sleep pattern. They also will unnecessarily keep the brain active and engage you in what it is you are doing (watching Game of Thrones, checking out your friend's pictures of their baby on Facebook, or typing up a business plan). Read a book instead.
- **Eat some carbs at dinner:** **Research** shows that eating carbs before bedtime can help people sleep better. So it may not be a bad idea to add some carbs even if you are a low carb-er/ or Paleo style eater.

Fact: Man is the only mammal that willingly delays sleep.