



Experiments for Better Sleep

Sleep is essential for clear thinking and vibrant energy

Sleep disturbances such as:

- early-morning waking
- oversleeping
- not being hungry for breakfast
- not being functional in the morning
- nightmares and PTSD night terrors

are ALL made worse by glucose-regulation problems.



Don't give up on a good night's rest! It can take 10–14 days to see the impacts of the following sleep experiments.

Experiment 1: Fuel Your Brain Before Sleep

Reduce sleep disturbances in the middle of the night by fueling your brain with a protein snack (7–10 grams) shortly before going to bed.

This could include:

- couple slices of turkey
- ¼ cup cottage cheese
- ¼ cup Greek Yogurt
- ¼ cup nuts

Experiment 2: If you can't fall to sleep, have a Lizard Brain Treat™

If you wake up from a PTSD night terror or racing thoughts are keeping you from sleep, have a Lizard Brain Treat™. Keep this by your bed for easy access.



Lizard Brain Treat™:

- ¼ cup of fruit juice or “tot box” of juice to help you fall asleep faster and
- ¼ cup of nuts to provide long-lasting fuel to help you stay asleep.



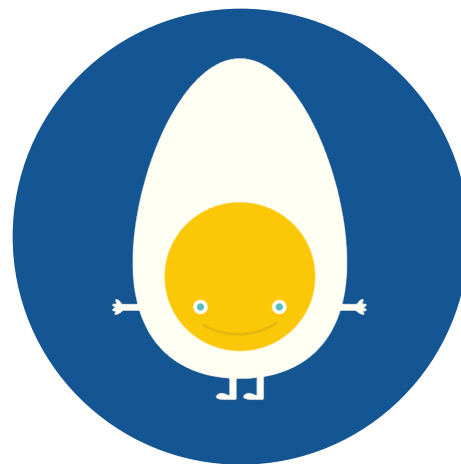
Experiment 3: Eat Breakfast

- If you:
- Aren't hungry when you wake up,
 - Have a hard time functioning, or
 - Feel numb or detached...

You likely have adrenaline in your system. You may not feel hungry, but your brain and body need fuel!

Start with $\frac{1}{4}$ cup of juice shortly after waking, followed by a balanced breakfast (protein, healthy carbs, healthy fat, and fiber), within 20-30 minutes.

Eating breakfast will help you function better in the mornings and reduce afternoon fatigue and sugar cravings.



Bedtime Routines for Improved Sleep

A lack of sleep routine can create fatigue, mental health problems, and physical health problems such as obesity and diabetes.

Decide when you want to go to sleep and when you want to get up. Try the following routines to help you stick to your desired schedule:

- ✓ **Reduce the amount of high-carbohydrate foods (sweets, chips, alcohol) you eat before bed.**
- ✓ **Avoid scary or high-adrenaline TV shows and books before bed.**
- ✓ **Pay attention to your body's sleep cues. When do you start feeling sleepy in the evenings? When do you feel it again? Learning your body's rhythms will help you work with your physiology.**
- ✓ **Use your bed only for sleep and sex.**

This will help you function better in the mornings and will also help reduce afternoon fatigue and sugar cravings (although the first few days might be a little more difficult).

