



KAREN MARTEL NUTRITION

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WEIGHT LOSS HACK

#3

Sleep

OVERVIEW

Lack of sleep will cause weight gain due to it's effects on cravings, stress and hormones.

SIGNS AND SYMPTOMS

- INCREASED HUNGER
- CRAVINGS FOR SUGAR AND CARBS
- YOU GET LESS THAN 7 HOURS A NIGHT ON A REGULAR BASIS
- YOU'RE A MOTHER OF YOUNG CHILDREN
- YOU ARE TIRED BUT WIRED
- WEIGHT IN THE STOMACH AREA

THE HACK

- **SLEEP**

You want to be sure that you are getting an average of 8+ hours a night of quality sleep.

- **QUALITY MATTERS**

Uninterrupted quality sleep. You can do this by making sure your room is kept cool. The blinds are black out type blinds that do not let any light in. You can wear a sleep mask. There are no lights in your bedroom even from an alarm clock.

- **SEPARATE BEDROOMS**

If your partner snores or some how keeps you awake at night get your own bedroom. This is not a reflection of the strength of your relationship. If anything, I have seen this greatly improve ones relationship and sex life because the woman has been sleeping and therefore feels better.



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- **DITCH THE CAFFEINE**

Many people do not metabolize caffeine very well. Cut it out all together or cut it down to one cup a day first thing in the morning. Additional tip: don't eat chocolate at bedtime as it has naturally occurring caffeine in it.

- **CIRCADIAN RHYTHM HEALTH**

Humans evolved being exposed to different spectra of light in the morning, the late afternoon and evening. So it should not be surprising that human physiology is profoundly affected by the daily and seasonal changes in the visible light spectrum. Exposure to the appropriate spectrum of light during the day and evening enhances human health and well being, immune response and productivity. Dim the lights in the evening turn off all of your devices. In the morning if possible get direct sunlight on your face for 10-20 minutes. If this is not possible look into purchasing an SAD light (seasonal affective disorder).

SUPPLEMENT SUGGESTIONS

- Adrenal Complex- to help support the nervous system.
- L-Theanine and Gaba- two amino acids that help calm the nervous system. Great for people that have the hamster wheel brain (can't shut your thinking down) when they go to bed.
- Timed release melatonin- great for people who feel their circadian rhythm is off.
- Valerian- helps calm the system down before bed.



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- Magnesium Glycinate- helps calm the nervous system down before bed.
- Formulas-Cortisol Manager by Integrative Therapeutics, Neuro Calm by Designs for Health.

BIGGEST TAKEAWAY

Sleep can not only effect how you feel day to day but has huge impact on your weight! Lack of sleep will increase hunger levels and cravings for sugar!



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