We have to learn to value sleep as much as we value diet and exercise!

When we are sleep deprived we feel unmotivated, lethargic, find ourselves needing caffeine and willing to eat anything and everything to get our energy back. And when we dip into these artificial energy boosters it can perpetuate the cycle; keeping us up late at night and making our energy crash drastically.

When we are well rested, we are more motivated to workout, we have much better workouts, we tend to eat healthier, get our personal priorities done, spend time with loved ones and have time for ourselves.

Critical sleep time occurs during the hours of 10pm-4am and every hour of sleep before midnight is *actually* perceived by the body as **WORTH 2 HOURS** of rest! Why you might ask? Because during this time...

😴 Human growth hormone is release to nourish and repair our body

😴 Cortisol can reach it’s lowest point to balance the circadian rhythm

😴 The body does a full reset and repair

**These actions ONLY take place from 10pm-4am.**

***No matter how much you sleep you get you can’t make up for critical functions lost during that time.*** (Read that again!!!)

Consistently being asleep by 10pm will drastically increased your energy, make weight loss easier and help you heal your physical body in ways not possible before!

As part of the challenge aim to be asleep by 10pm at least 5 nights per week. If that feels like a stretch, slowly shift your bedtime earlier by 15 min. each day or week until you get there.

Employ a night time routine to help you start to wind down as that time nears… have dinner done by no later than 7pm, get the kids bathed and down for bed by 8pm… this gives you a full two hours to wrap up and prioritize your own self care… Dim the lights all around the house, play soft relaxing music and begin to slow down … Run an epsom salt bath for yourself…Maybe journal at this time or find something you love to read (off line - as in a real book)… try to be away from all electronics by 9pm and do NOT sleep with your phone or computer in your bedroom…

If you really struggle to fall asleep, run the right labs to figure out why (for example, blood work and a DUTCH hormone panel)… Consider the mineral magnesium at night and a pump or two of highest quality melatonin (ideally Bio Ray brand as it is the only melatonin supplement known to cross the blood brain barrier).

Practice this habit for the next 14 days to improve health and feel your best!

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