



## **IRSPT: Sleep Protocols for Blood Sugar Balance - Action Steps**

### **Check Items as You Complete:**

- Review the core content *Sleep* recording.
  
- Assess your clients' sleep habits. Use your own assessment or modify the done-for-you document provided to suit your needs. Include questions such as:
  - Typical bedtime?
  - Typical get-up time?
  - How consistent is bed time and up time?
  - How many hours of sleep usually?
  - Do they awaken during the night? If so, how often and at what times?
  - How easily do they fall asleep? How long does it usually take?
  - How do they feel when they wake up in the morning? Refreshed? Groggy? Exhausted?
  - Do they take (or feel they need to take) naps throughout the day?
  - If they have sleep issues, ask about night time traumas – i.e. abuse, parents fighting, break-ins. Do they feel safe at night?
  
- Explain the relationship between sleep and blood sugar to your clients. Using the documents and resources provided below, you should be able to explain and your clients should understand:
  - The effect of sleep deprivation on hormones, mental function, blood sugar metabolism, energy, and weight
  - How to adopt a bedtime ritual that encourages sound sleep including the activities, herbs, and supplements to use to improve sleep
  - How sleep cycles work and the importance of choosing a bedtime that optimizes deep sleep
  - Basics needed to balance the hormones that interact during sleep, emphasizing how important they are to energy, weight, and mental clarity



## Documents

- Optimizing Sleep for Hormone and Blood Sugar Balance*
  - Herbs and Supplements to Assist With Sleep*
  - The Hormones That Dance in Your Sleep*
  - References for Sleep and Hormone Research*
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- Encourage clients to measure blood sugar before bed and upon awakening to observe for patterns.
  
  - Step-by-Step for Clients:** Teach clients to optimize their sleep to help balance their hormones and assist with healing. These are steps I use. Modify the steps with your own favorite sleep optimization activities. Encourage clients to add steps at their own pace.
    - Complete a pre-program sleep assessment.
    - Be more conscious of your existing sleep routine.
    - Maximize your deep sleep time by learning and understanding sleep cycles
    - Learn to understand how your hormones and blood sugar are affected by sleep.
    - Plan on getting to sleep no later than 11:00 p.m. (preferably 10:00 p.m. or sooner).
    - Get at least 7 - 8 hours of sleep (9 hours is ideal) each night.
    - Stop eating at least 3 hours before bedtime to optimize growth hormone and promote fat burning.
    - Turn off bright lights after sunset to encourage natural melatonin production.
    - Turn off the TV and the computer at least two hours before bed to optimize melatonin production.
    - Meditate, visualize, appreciate, or take a "mini-vacation" before bed.
    - Enjoy a warm (not hot) lavender bath before bed.
    - Consider herbs and supplements to assist with sleep.
    - Get outside in the morning sun.
    - Sleep in as dark an environment as possible.
    - Schedule a 3-day sleep vacation.
    - Avoid intense mental activity within 2 hours of bedtime.
    - Avoid intense exercise close to bedtime.
    - Get horizontal for 30 - 60 minutes before sleep.
    - Complete a post-program sleep assessment.