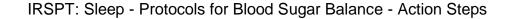


IRSPT: Sleep Protocols for Blood Sugar Balance - Action Steps Check Items as You Complete:

Review the core content <i>Sleep</i> 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 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.