CREATING A HEALTHY SLEEP PATTERN

If you don't get enough sleep, you may have trouble functioning the next day and many of your body's systems may suffer. For example, if your adrenal and thyroid glands are not producing enough hormones because of lack of sleep, you can lose the ability to regulate stress and vital functions, including the ability to properly metabolize food and maintain your weight. Sleep is what allows our body to turn off the stress and catabolic nature of the day and begin to rebuild overnight. It is the key to regulating hormones, detox, blood sugar, inflammation and many of the other process of the body.

Top 3 Ways to Reset Your Sleep Pattern

Top 3 Ways to Reset Your Diurnal Rhythm

30-Minute Rule:
Try to go to bed within 30-minutes of the same time every day

10-6:
Try to going to bed around 10pm and then waking up around 6am the next morning.

The 15-Minute Method:
The easiest way to reset your sleep schedule is to simply change your current bed-time by 15 minutes every week.