Transcript – Improve Your Sleep, Transform Your Health

So welcome to September's live session, Improve Your Sleep, Transform Your Health transform your health with the brilliant and lovely Clare Hegarty. I'll let you introduce yourself briefly, Clare. And as mentioned, I will probably turn my video off just because of my bandwidth here today. So over to you.

Perfect. Hello, everyone, and welcome to today's session. I am absolutely delighted to be talking to you today. My name is Clare Hegarty, as Louise said, and I am a nutritionist and health coach. And one of the areas I work in is sleep. And I have the absolute privilege of working with so many people particularly lately, to help them improve their sleep. That includes getting them to sleep, having them fall off to sleep, getting them to stay asleep, and most importantly, to wake up the following day feeling totally refreshed. So today, I am going to give you some tips and strategies that will help you do just that.

Some of them will make me popular. I'm going to tell you that up front, but we'll move on anyway. So why don't you just to take a look at this next slide and have a read through these are some facts. Some of them might be true, and some of them might be false.

Two thirds of people do not get sufficient sleep.

The shorter you sleep, the shorter your life

Repeated disruption to sleep can have an adverse effect on your health.

Lack of sleep or insufficient sleep is linked to an increase in heart disease, stroke, diabetes, obesity, and certain cancers.

And insufficient sleep may be one of the most significant lifestyle factors determining the development of Alzheimer's disease.

All of these, unfortunately, are true.

So very often, when people come to work with me, the first thing as you can imagine, I will say to them after the greeting is telling me how well do you sleep.

And it's a really good idea to get a handle on this for yourselves. Anyone whether your sleep is good, not so good. Whether you're struggling every night or you know you have frequent frequent bouts of sleeplessness, it's really important that you understand what's going on with your sleep, both the quality of it and the quantity of it. So I am going to ask you three questions, to think about these three questions. And they will give you a really good indication of how good your sleep is.

Speaker 2:42

How long does it take you to fall asleep at night, the average good sleeper I would say falls over to sleep within about 15 to 20 minutes, and there's nothing else between them and their sleep. So there's no phone, there's no iPad, reading a book, no lights, no social media, nothing at all. It is just you your pillow. Sleep 15 minutes later.

If you are taking longer to fall over to sleep, and you're tossing and turning and it's three or four nights a week or it's every night of the week, then that is a clear sign to me that there is something wrong when it comes to your sleep.

How many times you wake during the night, if it's two or three times and sometimes they will explore a little bit around what time you wake because that can be indicative of something that may be going on in your diet or medicines or so on. But it's always important to keep a note of just how frequently you are waking up throughout the night and how difficult it is for you to fall back oversleep.

Speaker 3:50

Do you feel well rested and refreshed when you wake in the morning? So often people will say to me, how do I actually know that I am getting enough sleep? You are your own best gauge for this. And when you wake up in the morning, and you feel like you either need a crane to lift you out of bed or want somebody to drag you out by the ankles which can happen even to me some mornings, then, you know, really we need to look you need to start asking yourself okay, what is it about my sleep that is making me feel exhausted on refreshed on restore when I wake up in the morning. Some indicators would be when I asked further questions for example. Do you need coffee to get you going in the morning? Are you still tired and a bit groggy and foggy? About 20 minutes after you wake up? And mid morning? Do you get a crash. So typically, when we wake in the morning we have a hormone called cortisol that starts to increase as our sleep hormone is switched off. And that the time of day when we should be at our best peak in terms of performance and ability, and feeling refreshed and energised, is around 10 to 11 o'clock in the morning. So if my client said by 11 o'clock or by halftime, whatever the time maybe around that, I need something, I need a cup of coffee before I can go into the next meeting or start the next piece of work. And sometimes we get a chocolate or we, you know, a bit of a croissant or a scone gives me that lift. That's another indicator that you're not getting good quality stored and sleep the night before.

Speaker 5:36

But why is sleep so important? I think it's generally well accepted that sleep does play a part along with the other pillars of health such as nutrition, exercise, stress management. But some would argue that sleep is actually the foundation upon which all of those pillars of health fit. And I have to say I am in that camp. Why, because I have seen firsthand particularly since March 2020, and the dreaded C word. And the number of clients who have been coming to me who were completely, physically and mentally exhausted, I could see that when we did a little bit of work on their sleep, and their sleep patterns and their sleep schedule and how they were eating and their sleep hygiene, that it was making a significant impact on all of those other pillars. So they were eating better, their stress levels were lower, they were motivated to do some form of exercise or movement when their sleep was in place.

But there are so so many reasons why sleep is important. memory consolidation, brain health, heart health, immune health, the list goes on and on. But I think this quote from Professor Matthew Walker, he's a sleep scientist. He's absolutely amazing. If anyone is interested in reading about sleep, look up his book, and it's called why we sleep that will put you to sleep, I will, I will admit that even for me who actually thoroughly enjoys reading and studying sleep, I have snored peacefully many nights after having spoken and woke up with it on my face some mornings.

But he says there isn't any system within our body or process within our brain that isn't enhanced by sleep, when we get enough of it are demonstrably impacted when we don't. And for me, that just says it all.

Speaker 7:43

But there's another thing he talks about, which I find really interesting. He talks about this global experiment, that 1.6 billion of us take part in twice a year across 70 different countries known as daylight savings time. And what happens when we lose that one are asleep in the spring, apart from feeling like a demon for three or four days and roaring and everybody hit your sights, mostly, in my case, my poor husband, the rate of heart attacks increase the following day, by around 25%. And autumn, when we gain that are back at the end of October, we see a 21% reduction the following day and heart attacks. And this information has been taken from records across hundreds upon hundreds of hospitals all over the 70 countries.

What I would also say which I find quite alarming is that we see the same profile when it comes to minor and major car accidents. You see it also when it comes to suicides. So for me, that tells us again, that sleep is one of the most underrated pieces of the health equation. We're not talking enough about it. We're not educating people enough about it. But it is extremely important.

Speaker 9:16

And I'm going to just take a couple of areas. I'm going to give you the sort of hard hitting aspects of it and the areas that resonate really well with people. When it comes to our brain health, sleep is crucial. The brain has its own little cleaning system. So our body has a system called the lymphatic system and it does a great job of cleaning during the day. And the brain has a system similar to that for the glymphatic system. And its job basically is when we sleep at night and the rest of our body goes into like a semi sleep mode, our brain fires off this activity. And its main job is to clean the brain. Some of our brand new brain cells actually shrink, to allow this fluid known as cerebral spinal fluid to actually wash away byproducts that have been built up in our brain during the day, a totally natural process happens to all of us all during the day. But one of these metabolic process products known as beta amyloid plaque, which builds up in the brain during the day, in Alzheimer's disease, something that, thankfully, is being studied significantly, particularly by those in this area of sleep science. And why is that image of Alzheimer's disease is quite a depressing one, there is so much great work, groundbreaking work that has been done, that will hopefully in time allow those same scientists to do something to help protect people against it. But your brain needs sleep. Because this process that takes place place in your brain, every single night is crucial for many things, but one of them being this cleaning process that takes place.

Speaker 11:23

Something else that I talk about a lot and surprises so many people is the link between sleep and weight. Many are surprised by it. But I'm going to talk to you a little bit about how it works. And essentially, we have two hormones, one is leptin and one is ghrelin, they are satiety and hunger hormones that tell us when we need to eat. One is in our stomach, and ghrelin, it's you know, think of your stomach growling and you're sitting there, maybe no listening to me talk on and you're thinking, I cannot wait to get something in my belly. Or maybe you're eating as you're listening to this. So that growling is a signal that is going to your brain to tell us that it's time for us to eat. When you're full up that signal that signals the hormone leptin tells us okay, had enough time a knife and fork and finished my me. And we should be satisfied after that particular meal, whatever it is we're eating.

But what happens when we're sleep deprived very interestingly, is that signalling doesn't happen effectively. But more than that, unfortunately, for many of us, one of them goes up quite significantly, and the other goes down. And of course, it would have to be the one that tells us we're hungry all the time watching this, that goes up.

But what's also interesting about it is that the type of food that we actually do create so it's not that our brain when we're underslept needs more calories to fuel the brain. It's that the brain actually craves certain types of foods. And we're not very often run into the fridge to get a floor out of broccoli, or make ourselves a beautiful multicoloured juice, as Louise and I do love in the mornings, more often than not. And think back to those days maybe where you were getting off after no sleep with baby number, whatever. And or maybe you were you had an all nighter and you were really late and you woke up the next morning, you are not skipping downstairs to make yourself a beautiful fruit salad bowl, you're looking for something stodgy, and you're looking for something to give you that lift. So that has the sugar

in it that releases quickly into the bloodstream, the brain is very clever. It'll know what it's going to give us that lift. And what we see generally, is that over the course of a week, people are consuming on average three and a half to 4000 calories more per week of those kinds of foods when they're sleep deprived.

Speaker 14:03

So some more bad news. And it does get better because there's so much that we can do but I have to I have to give you the facts before I give you, you know the positive pieces of information and the strategies.

But our immune health which I'm sure the amazing Louise has spoken to you about maybe before will do in the future. But our immune system, our most powerful weapon, the most powerful weapon we have, when it comes to fighting off infection and disease, its main role is to remove those foreign invaders that enter our body to cause us to get sick and infected and so on. It's our defence system that is sitting there every day working quietly and diligently in the background to keep us healthy and strong. And obviously, the stronger our immune system, the less set we're going to be to catching flus and colds and certain viruses. And I'm sure this last year and a half has, has taught us something about our immune systems anyway. But here's a very interesting fact, when we are sleep deprived, we have these killer cells, they're like the little, they're like little ninja immune cells that look for threats, identify them and kill them off. And when we have four hours sleep per night, so anything less than six our sleep per night, it has been measured and can easily be measured as having an impact on health. But four hours of sleep, reduces those liver ninja killer cells that we still desperately need to keep us healthy, produces them by up to 70%. And that is astounding for me. I look at that. And I think oh my goodness, how many of us think about our lives and think about how the factors that I see preventing some of my clients from sleeping at night, our stress and anxiety and worry, in some cases, insomnia, but that's a different conversation to the one that we're having today. Think of the amount of people around you, yourself included every single day, whose immune systems are desperately compromised, because we're not getting out of sleep.

Speaker 16:19

Another area that is very, very apparent for me in my role of work is sleep and our emotional and mental health. There is not one no one psychiatric condition or sleep is normal. And a lot of my clients, when they come to me may come to look at maybe improving their sleep, changing their diet and losing some weight, you know that the reasons can vary. But very often, a very, very large percentage of people I do work with are suffering from anxiety, at some level, maybe the low lying anxiety, maybe it's trauma and anxiety that has been going on for some time. But none of them, none of them have good sleep. And that's a really, that relationship between anxiety and insufficiency is very, very strong.

So the other thing that I say a lot of the time is, I find it quite amazing that song, who talked to me will say I have to be honest, as if they're about to tell me something really shameful and potentially illegal. And I have to be honest, curvy, desperate, almost saying this to but I can't function without like nine hours sleep per night. So we have this sort of society has somehow given sleep, this really terrible image problem, that having a good night's sleep, getting tucked into your bed with, you know, a book at night at nine o'clock and wanting to get, you know, eight or nine hours sleep is something that you don't do. You know, we work hard, we play hard. We talk and almost boast about the fact that we only had, you know, four to five hours sleep last night, look at me and still in the office, and I'm still working and so on.

So really, really important to know that the link between our sleep and our emotional and our mental health is inextricable, those links are really, really strong.

Speaker 18:18

Yes, you're right, Louise rest is a dirty word. When at the end of the day, if we even took 30 minutes or introduced 30 minutes into our sleep schedule more or gave ourselves that, as they talk about in this sleep industry is that non negotiable. eight hours of sleep per night. The difference is just profound. But our emotional and our mental health is impacted. It's like therapy for our emotional and mental health. When we get that deep sleep at night, a lot of people will say to me, Claire, how do I get deep sleep because these trackers that people use, you know, their Fitbit, or the Apple Watches can be beneficial in many ways. But people almost become obsessed with them. Say that they're not getting enough deep sleep, ring me or send me a message to say, Oh, I only got like three hours, 20 minutes deep sleep last night, each stage of sleep. And there are several stages of sleep that we go through every night. Each one of them is as important as the next, use those trackers if it helps you. But don't get bogged down in those stats that you see on your phone the following morning. Your best guide is yourself. And you'll know if you wake in the morning and you're ready to take on the day or you just want to bury your head on the pillow and hope nobody calls your name.

So that's all the depressing stuff out of the way. And I'm now going to talk to you about okay, what do I do to improve my sleep? I think I hope from that first 15 or 20 minutes that I've been speaking to you today that you do understand that it does play a really really critical role.

Speaker 20:00

When it comes to our survival, and it comes to our health, our overall all physical and mental health.

But the number one question I get asked a lot of the time is, how do I improve my sleep? Can you tell me what I can do to make my sleep better at night?

So, we need to do is this quite simply, we need to adapt our lifestyle in such a way that we're increasing our drive for sleep. So we need to increase the drive to sleep, want to sleep at night, and cut out those factors that are suppressing our sleep?

Okay, so the first thing that I would say to people is this, you know, consider your diet and your lifestyle, track your sleep. So think firstly, about what is my sleep like from Monday to Friday, is it different at the weekend was he longer weekend when need more sleep at the weekend. Generally, if you need more sleep at the weekend, it's a really strong indicator that you're not getting enough of it during the week. And you're not like me for saying this to you. Please get off at the same time, within about 20 minutes. On a Saturday and Sunday. As you do Monday to Friday, your body will really thank you for it.

So there are many things that we can do to improve sleep. And I'm going to talk to you about a cat and mouse. Okay, so picture the cat and the most in your head. And the cat stands for coffee, alcohol. And the third one that was just completely escaped my mind is technology. Of course, the big one, the huge one is technology.

So first off is caffeine, caffeine, which I'm sure most of you love. I love and will never ever, ever be able to accept anyone telling me that I have to stop putting coffee or tea. I'm a tea drinker. I'm Irish. I think my mother put tea in my bottle. I'm pretty sure she didn't hopefully it was only tea and nothing else. But you know, we are tea drinkers here and we you are over recross the water as well. And I'm not here. I'm not coffee police that I'm not the alcohol police or the technology police. But it is worth knowing the facts when it comes to caffeine. It's a it's a drug and a psychoactive drug at that.

Speaker 22:30

But it stimulates us. So what it does is it gives give us that lift in the morning. And it helps us when we get off maybe some of us have just got into that routine of having a cup of tea before we start the day. Some mornings, I'm not even aware I've made a cup of tea, I forgotten that I made one as I'm running around the kitchen, like a headless chicken, trying to get children like for sterile, but it becomes a habit. And that's okay, you can enjoy your tea, and you can enjoy your coffee. But no, for those of you who do struggle with sleep, that it does impact it both getting to sleep and staying asleep.

But the other thing that caffeine actually does is it blocks that REM sleep that deep, deep sleep that I was talking to you about earlier, that is really good for so many things from memory consolidation to brain health, and also for our mentioned health.

Speaker 23:21

So what I would say to you is this, enjoy your caffeine, if you like it, enjoy your tea and coffee, but enjoy it earlier in the day. So most drugs are measured by their half life and caffeine has a half life of around six hours. Most people you know we're all very biochemically diverse, we we metabolise things differently, so my cup of coffee versus Louise's might be out of my system quicker than than hers. But generally, six hours later, you still have half a cup of coffee or tea washing around your system and your brain. And it has a quarter life forever hours. So let's say you do have a cup of coffee at three o'clock in the afternoon. And it's a pretty strong one to get you through that mid afternoon slump similar to the one that you may have had morning that I talked about can be impacted by personally. So you're lying awake at three o'clock in the morning, and you have a quarter of a cup of Starbucks or Costa or whatever it is rolling around in your system. But what actually happens is caffeine is competing with something in your brain that is trying to help you sleep is trying to it's known as melatonin. It's a sleep hormone. It rises about four hours before we go to bed in the evening, peaking at around four o'clock 4am and then starts to tail off again to help us get up the next morning. But what happens with caffeine is that it blocks out. So drink it knowing that it may impact your sleep and if you're struggling with sleep, just play around with it.

When you're consuming your last cup in the day.

Speaker 25:04

Next up is alcohol. And sometimes it amazes me that people do continue to work with me after the first session that I delivered to them. But I also love alcohol as well as tea and coffee. Not too much of it, but I do like a glass of red wine. Many of my clients do as well. And many of them tell me that it helps them to get over to sleep. So you might think that it's helping you get over to sleep, and it could very well be making me feel groggy and not off. But it is a type of substance that actually sedates you, it doesn't it's not naturalistic sleep. So when you go to bed at night, and you've had maybe a bottle, or half a bottle of red wine, and you're, you're you know, you haven't embraced sleep or waiting, you think it's Friday night, I'm going to sit down and have something to eat, and then have a lovely glass of red wine. That's perfectly okay, and do that. But also know that if you are struggling with sleep, and it is difficult for you, then alcohol is going to fragment your sleep that night, and fragments and really well it does the job of getting you maybe feeling groggy and relaxing and resting into your weekend. But it fragments sleep. And it also does a really good job at blocking REM sleep, like caffeine does up to about 20%, which would be the equivalent of you ageing, by about seven years.

So be mindful of your alcohol intake in the evening. I would say have it with your dinner. So if you're having your main on Friday night, habit, but make sure that you're just having it as you're eating, and maybe a half a glass as you're finishing, it does make a difference to eating and then opening a bottle of wine afterwards.

Speaker 26:57

So the next thing I'm going to talk to you about or break the news to you is technology. Okay, and the first thing I'll say about technology is thank God for it, because we have been through a very strange year and a half. And my business has thankfully survived and even thrived as a result have been able to do what we're doing now, which is jumping online and having these conversations with people. But it is also very important to know the impact that technology has on sleep. Okay, so blue light, which is something that I'm sure many of you would have heard about at this point in time. And you can see by that poor man's face that he looks blue, and everything about him is blue, because the light is coming off this bone is blue, and it is tricking his body into thinking that it is time to get off. So it sends through your retina, it sends a signal to the brain to trick the brain basically to say it's morning time. So this blue light actually has the same exactly the same wavelength as the song. But our brains can't tell the difference between the latest iPhone and the song. So it puts us into this difficult position where we want to sleep, we're in bed sleeping, but yet we're giving our body these signals that are telling it not to sleep. And that's what I mentioned at the start that this is an example of one of the things that we need to do to promote the onset of sleep, and stop those factors that suppress it. And blue light suppresses asleep, because it suppresses the production of melatonin.

And actually there were there was a study done, I can't remember where it was done, I think it was done somewhere in the UK. And they took a group of people and they they gave one group an iPad with a book, a short booklet. And it was you know, maybe would have been two or three nights worth of reading. They gave the other group the book and asked that group asked both groups to read it. And over the course of a week, the difference between different studies that were done on the group who read the book, using the iPad, were so dramatically different their brain function and how they're able to respond to things. recall information, recall short term and long term memory, as opposed to those people who were reading the book. Obviously, the boot was much, much better.

Speaker 29:37

So be aware of that. And I have to say the one area where I see this being really problematic at the moment is for younger kids and teenagers because they have the blue light, but they also have the stimulation. They also have this dreaded thing of FOMO where they're afraid of missing out, but the stuff that they're seeing online.

At the moment and the stuff that they're reading and being subjected to, is really overstimulating them, and having a huge impact on their sleep, which is impacting their mental health. So if you do have younger kids, or, or teenagers, or you know of any, be aware of that, because I think that's the one group in society that are really being impacted the most.

The way to get around this is what, three to four hours before bed, be mindful about the lighting in your house, be really mindful of it. So start to dim the lights. Think about this phone and the signal that you're getting, you're giving your brain start, maybe by putting your phone down 20 minutes before you go to bed and building up and up to about an hour. But come winter time when you're coming home from work in the evening, or it's getting dark, go out and buy light bulbs that are dimmer, and keep as few lights on in the evening as you possibly can, again, helping your body with the onset of sleep, that's what you're trying to do is to set yourself up for sleep in the first place.

Speaker 31:07

You have the most unattractive glasses that you've ever seen their blue light blocking glasses, I have them and you can get them anywhere. I think I got them on Amazon, and they work they're 60% effective and blocking blue light. So that's an option for people who do have to work at night and do have to work online. For whatever reason. Get yourself a pair of those really fetching blue light blocking glasses. And hopefully you will see the benefits. There are also screen protectors available that you can put over your phones, not too expensive. But ideally, what you want to be doing is putting the technology away in the hours before bed.

So moving on to our mice. So that was our cat or caffeine or alcohol and our technology. And we're moving on to the mice, things that really will help you with sleep, movement. So we weren't designed to sit on our backsides, which unfortunately, as you know, most of us do. We're working we're maybe on the run between here, there and everywhere. But we really don't get the opportunity to move our bodies as much as we need to. And I'm not talking about a spinning class or you know, rolling 5k after work. I'm talking about moving your body in a way that feels good. Because if you do, you are more likely to continue doing it.

So it increases your drive for sleep. If it's outdoor, all the better. That's it and we'll talk about lighting way outdoors important and shortly. But essentially, if you can move your body in some shape or form throughout the day, you Your body will thank you for it and your sleep will be better for it. Be mindful that there are certain times of the day when exercise is better. I like getting outside in the morning. It helps with the natural rise in cortisol, which is the thing that makes us alert and bright throughout the day. Then you know some will argue that sort of body lifting and weightlifting is better in the afternoon because your muscles are more praying for it. In the evening time what I would say for those of you who are sensitive to sleep or to light and to exercise, just be careful about doing overstimulating types of you know, those head exercises in the evening. I know some of my clients they already started lockdown last year we're coming home from work and doing a fully fledged your works in their living room. And then were telling me dinner, I didn't sleep bloody went last night. And you know, it was dying to pro Joe and in fairness, he did a great job for Manny because his I think his workouts were meant to be done earlier in the day. So move your body as much as you can get off every Are you sitting working like I am for most of the day, set alarms, I haven't sat on my phone and I haven't sat in my oven in my kitchen where I'm working. And I'll get off and I'll do laps around my island and do a few stretches and that sometimes is enough.

Speaker 34:12

Getting outdoors. So light, light is the key component of sleep. It's the key component of our internal body clock known as our circadian clock. Our circadian rhythms are so important when it comes to our sleep. There are the natural rhythms that are designed to adapt to the natural cycles of light and darkness. So the best way, the best way that you can help your body naturally adapt to light darkness is to get outside into that lovely natural form of blue light. So we spoke about the artificial blue light that you'll see coming off your phones and your devices, but the natural blue light that we get from the sun during the day, really angry still sleep and wake cycles.

Would you believe that a study I read somewhere, and I think it was actually from and Sachin Panda's book, The Circadian Code, spoke about the fact that if over 80%, I think it was like either 87 or 89% of people spend the majority of their life indoors, averaging about two and a half hours in a day outside, but 50% of that is at nighttime.

So that's alarming when you think about just how essential light is, but how do we do that? How do we factor that into our lives when we're really busy. And we have so much to do, and we've, you know, we have to keep doing the job. And we're, you know, last year, we were homeschooling and doing all of that, just try to get outside as much as you can, if you're in an office, have a meeting, have your meetings, close to a window, because the lux of light. So lux basically is the measurement of life as received by your eye. And even on the cloudiest of days that we get in the coming months in the UK and Ireland. being outside on a cloudy, cloudy day, you'll get about 1000 lo ofuxlight, versus being inside in an office with windows, where that lux of light will be about 50. So if you get outside in the morning, I will say to my clients 10 minutes before 10 o'clock, even if you can do that, at the early part of the day. And then again, dusk, because those two periods of day are really, really important when it comes to anchoring, sleep and wake cycles.

Speaker 36:45

So the messages, get outdoors, and get as much light radio as you can weigh, it helps sleep, but it also helps your learning. It also helps with cognitive ability, it also really impact your mood that blue light is so important for mood.

You and mice is about understanding your sleep. So it's a really good idea. You know, very often we go through life as many different things. And we don't really take the time to stop and say right, okay, what's not working, let's really take a minute to jot down what's happening, whether it's your diet, whether it's you know, your mood, your exercise, but it's really important when it comes to sleep, both the quality and quantity of it. And, look at your sleep pattern over the course of a week. If one night in particular, it was really bad. Was there something in that day, or the day to come that was causing you stress, because the link between stress and poor sleep was fairly significant? Was it stress and if so find some way of dealing with that stress. And Calm is a great app for meditation. Some of my clients love what they call a brain vomit before they go to bed at night, they'll actually physically write down on a piece of paper, what annoyed them about that day, or what they're concerned about the following day to get out of their head. And some of my clients actually hate doing that, because they find it kind of some of them can't find that a triggers anxiety. So what they'll do is they'll actually use an imaginary pen and a piece of paper. And when they're lying in bed, they will write it out in their head to try and get it out of their brain.

But look for those triggers, understand if you can, what's keeping you awake, and take those actions to try and help yourself. Again, promote the onset of sleep, and cut out those factors that are suppressing it for you. Whether it be food, whether it be you know, late night eating is not ID quite simply because it elevates our core body temperature. And our core body temperature needs to drop slightly only by about one degree to help with the promotion of sleep. So it could be that you had a big curry and chip before you went to bed at night. So look at those things, chart them I plot them out you he made that may not make sense to you when you're writing them down at first. But when you look at them from afar, you will start to see some patterns that you can then start to work on.

Speaker 39:24

This one, which is the s in mouse is sleep schedule. Our body absolutely every part of our body, our circadian rhythm, our circadian code, all the circadian mechanisms within our body, including our sleep. love regularity. So if there's one thing I'm often put on the spot, if I'm doing a talk somewhere that is not related, maybe to sleep at home, I do a huge amount of work when it comes to picky eating but people who know I work in this scenario of sleep will say to me, could you just give me one thing clear. Just one thing that will really help with sleep. And if I had to pick one thing, it's got to be regularity, every single time. So going to bed at the same time, every single night, and waking up at the same time every day is

so important. And if you try it for four to six weeks, you will absolutely know what I mean. It's very hard for me to relay or tell you, you know how you will fail, but basing it on higher I know my own clients feel I feel when I am in a regular sleep pattern. It really helps to think about those two hours or three hours extra that you lay in bed on Saturday or Sunday. And think about how you feel on a Monday morning. Some people it hits them on a Tuesday, other people it hits them on a Monday. But you're jiggered because you have done what was referred to in the sleep industry as social jetlag. So you sleeping for four hours later on Saturday and not getting up lunchtime. It's like you catching a flight to I don't know terrorist, on a on a Monday morning and heading back into work. That is the impact that it has on your body, and it puts you into haywire for a couple of days, do you feel tired, and you feel groggy, and you just can't get started? Well, at the start of your week, and then you do it all again next weekend. And the same thing happens and you're in this cycle. So if there was one thing I would say it is to please consider putting a sleep schedule in place for everyone in the family. Obviously not at the same time. But you know, kids and adults go to bed at the same time every night and get up every morning, set your alarm for nighttime, not morning time. Because in an ideal world, and if you're doing this properly, your body will wake up naturally when it's meant to.