



JENNIE GOUGH
NUTRITION & EATING PSYCHOLOGY

REWIRE YOUR FOOD BRAIN

Keystone #1 - Sleep

If you're sleep deprived you may be more likely to experience:

- Stronger cravings to eat between meals
- Heightened desire for highly processed and hyper-palatable foods
- Cravings feel impossible to resist
- Increased urges to binge and reduced ability to implement coping strategies

Tips for Optimal Sleep

- If you drink coffee or caffeinated drinks then have them before midday
- Switch off electronics/iPhone/social media etc at least one hour before bedtime
- Switch yourself off! Create a relaxing bedtime routine e.g. take a shower or bath, drink herbal tea, read a book. Even a short bedtime routine will help you unwind
- Get outside in the daytime - just 20 minutes of exposure to sunlight can help improve how well you sleep at night
- Create an environment that's conducive to sleep - your bedroom should be dark, calm, cool and clutter free
- Aim for 7-9 hours of sleep each night - ideally 8.5 hours
- Get moving - exercise and activity during the day promotes restful sleep
- Establish a set wake and sleep time, and make these consistent during the week and weekend as sleeping in on weekends disrupts the sleep cycle
- Seek professional help if needed - if you're struggling with getting to sleep at night or waking up in the night and can't get back to sleep then you may benefit from certain supplements that can help give you a deeper, more restful sleep



My Plan

Write down ONE thing you'll start doing this week to improve your sleep. Be as specific as possible e.g. Go to bed at 10pm on Monday, Tuesday and Thursday, or go for a 20 minute walk on Wednesday lunchtime and Saturday morning

-

-