



## Sweat, Love, & Macros

Hey Babe,

Did you know that sleep is one of the **MOST IMPORTANT factors of our health**? This is because when we have poor sleep it can lead to *poor health habits* that don't make us feel our best ☹️

**When we have poor sleep, we have *low energy* which leads to..**

- **Over eating**, because food IS fuel & provides us energy, so if we're low energy then eating/snacking more can be a natural pattern to cope with feeling tired
- **Over consuming coffee/energy drinks** which can lead to dehydration, increased anxiety/jitters, increased blood pressure
- **Being Irritable & Irrational**, we can't think clearly when we're exhausted which will lead to heightened stress
- **Bloating/poor digestion**, a big part of sleeping is resting which allows our bodies to recover & digest what we consumed the day before. If sleep/rest isn't adequate then digestion could be way off which leads to bloating & feeling very "heavy"
- **Hormonal Imbalances**. Through rest our bodies are better able to repair any damaged cells (caused by stress, workouts, or illness) & also regulate hormones which will help us feel our best so our bodies can run properly

Ok, so I think I made my point on why sleep is SO important for feeling our best & now **I want to give you tips on how to improve your sleep tonight!**

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## 5 Tips for Better Sleep

**1) Turn down the lights & get in bed 1 hour *before you want to be asleep*.** Getting in bed with the lights low can help you start to relax & get your body ready for sleep. Too many people think they'll just jump in bed & fall asleep instantly but for most this isn't the case so giving yourself an hour is more realistic so that you can get

the recommended 6-8 hours of sleep.

**2) Turn off the screens OR use Blue Blockers!** Turning off screens & picking up a book or listening to a podcast/book can help our brains recognize it's night time because we're looking at less light.

BUT I know that some of us (myself included) like to wind down for bed by watching tv or maybe reading on our phones. [This is where Blue Blocker Glass are GREAT!](#) They help "turn down the light" for our brains. Along with this, make sure whatever your watching/reading isn't upsetting or too stimulating that it provokes a lot of thoughts before you go to sleep. Watching a silly sitcom or playing a word game on your phone are likely better options compared to being on social media or watching the news before sleep.

**3) Set up the right environment for the WHOLE night.** Do you sleep better with complete silence or white noise? Do you have a family member or neighbor that gets up early & their noise wakes you up? Do you have a lot of light coming in your room early in the morning? Check out my [Healthy Sleep Amazon Faves](#) for setting up a environment to help you fall asleep & stay asleep until you need to get up.

**4) Figure out how/if you should eat before bed.** This can take some trial and error, but figuring out if you sleep better eating close to bed or not could be a game changer! There can be a fear that eating before bed leads to weight gain but this simply isn't true! [You can read more about that here!](#)

**5) Limit Alcohol.** While alcohol is relaxing & we can feel like it helps us fall asleep better, the sleep we get isn't top quality & can lead to waking up in the middle of the night because of the sudden "sugar crash" our bodies feel once alcohol calories are metabolized, & it can lead to anxiety in the morning vs well rested to take on the day. Having a few drinks a week can be healthy for most but nightly drinking or binge drinking often is going to lead to poor health & poor sleep.

Did you find these tips helpful?



If you have any questions, PLEASE [feel free to email me!](#)

I respond to ALL emails I receive as my goal is to truly help as many women as I can be their best selves<3

Best,  
Ashley

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