

TOP 3 NUTRITION TIPS FOR BETTER SLEEP TONIGHT!

KEY NUTRITION TIPS FOR INSOMNIA PLUS
MY TOP 3 BEDTIME SNACKS FOR DEEPER
AND RESTFUL SLEEP



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DO YOU KNOW THAT sleeping better is one of the most underrated as well as the easiest and most simple things you CAN do to improve your health fast - starting today?

Make no mistake: there is no way to get around sleep to be and stay healthy, and there is no substitute for it. Having seen many fantastic outcomes of improving sleep in my practice, I was compelled to write this short guide to give you the most important, simplest and common sense steps you can **do right now** to get sounder and more restful sleep **tonight**.

Why is sleep so important?

Sleep is the body's shut down and reset time to repair tissue damage, perform physical and emotional detox, recharge the energy, deal with inflammation, consolidate and refresh the memories and learnings from the day, to name a few.

The best time to sleep for repair and regeneration is between 10pm and 6am. Physical repairs mostly take place when we are asleep between 10pm and 2am. After 2am the repair and restoration processes are more focused on mental renewal which lasts until you awaken.

Therefore going to sleep late, even if you end up sleeping for the same length of time will limit the benefits and effects of sleep, as you'll not be able to fully recharge and recuperate overnight. When you repeat this over and over for a period of time you'll create a burden and stress for the body which will contribute to feeling of being tired all the time, being depressed, stressed and unwell.

What will you gain from this free guide?

In the past I also experienced significant sleep problems whilst suffering from severe adrenal fatigue, anxiety and sleep problems.

I spent time researching and applying various remedies and healing strategies to find the answers. Since then I've helped many of my clients to sleep well again.

Therefore, I'd like to share with you my key 'good sleep' tips here, especially if you're struggling with sleep issues related to fatigue, adrenal fatigue, high stress, blood sugar imbalances, anxiety, panic attacks at night, racing heart, 'monkey mind' or waking up frequently during the night.



01 KEY NUTRITION TIPS FOR INSOMNIA AND INTERRUPTED SLEEP

Nutrition and sleep are both closely linked to achieving health and wellbeing. My clinical experience as well as many research studies have shown that your [sleep may impact what you eat](#). By sleeping at least [7 hours per night](#), you'll be less likely to crave coffee, sweets, salty or fatty junk foods.

Adrenal function is greatly affected by food and sleep patterns. The adrenal glands secrete a number of vital hormones but the key two hormones that are imbalanced in adrenal fatigue (their levels are either too high or too low) are cortisol and DHEA.

Cortisol is produced by the adrenals in response to any stress in the body, either physical or psychological/ emotional. Cortisol levels rise under stress but if stress continues without enough rest for recovery, the adrenal glands become less responsive and unable to produce enough and adrenal fatigue sets in. See more on cortisol and adrenal fatigue [here](#).

Importantly, cortisol plays a vital role in stabilising and maintaining blood sugar (glucose) levels 24/7 and it ensures there is enough glucose in the bloodstream to keep your body going throughout the night. When you go without food during the night, your blood glucose is normally low by the early morning; however, in adrenal fatigue blood sugar levels drop too low because of low cortisol.

This is a major stressor that acts as an internal alarm for the body, triggering adrenaline (activates flight or fight response) and cortisol release to wake you up to access glucose stores in the liver to fuel the brain and other organs. This can happen many times per night.



Do you wake up between 1am and 4am?

Waking between 1am and 4am often indicates low blood sugar levels (hypoglycaemia) pointing to the low adrenal function and low cortisol. This is often the reason why panic or anxiety attacks, nightmares, or restless sleep occur during this time period.

You might've heard this advice: stop eating 2-3 hours before bedtime to sleep better. This recommendation; however, doesn't always apply to individuals who have adrenal fatigue. For them having a small snack just before bed can make a big difference to their sleep quality, as it helps to sustain the body's night time blood sugar reserves and calms the nervous system.

By having small amounts of slow-burning foods before bed, your blood sugar won't drop off too low during the night. You'll sleep better and have more balanced blood sugar levels throughout the following day, too. This highly effective strategy helps many people with fatigue / adrenal fatigue to sleep more soundly.

MY TOP 3 NUTRITION TIPS FOR BETTER SLEEP

1) **Eat at regular intervals throughout the day and evening**

- Missing meals or having too few carbohydrates (such as vegetables, fruits, grains, beans and legumes) increases cortisol secretion, meaning more stress. In particular, not having breakfast can increase cortisol for the rest of the day as well as at night. Aim to eat breakfast within an hour of waking up to replenish your blood sugar reserves.
- Good breakfast example: have a 2-3 egg omelette (protein) cooked with organic butter (fat) with added vegetables and greens (carbohydrates). You can also add a few small pieces of leftover chicken or fish for an additional protein boost.



2) Avoid consuming stimulants such as caffeine, sugar or nicotine after lunch

- These are stimulating to the adrenals and will increase cortisol secretion, meaning more stress for the body and mind. Also, avoid eating sweets or desserts after dinner as your blood sugar levels will elevate and likely interfere with sleep, and also negatively affect your mood, meaning you'll substantially increase the chances of feeling anxious, restless, irritated, negative or worried.

3) Don't go to bed hungry, have specific adrenal-friendly snacks before bed

- Make sure you don't go to bed hungry as this may result in your blood sugar getting too low triggering the cortisol release which will wake you up. A great strategy to prevent waking up is to have a small snack to help maintain your blood sugar levels longer at night, thus preventing frequent awakenings.

MY TOP 3 BEDTIME SNACKS SUGGESTIONS

- 1-2 tablespoon of well-cooked white rice with full-cream coconut milk or cream sprinkled with cinnamon (it helps to regulate blood glucose).
- Sweet potato: 1-2 tablespoons of room temperature (baked or boiled) sweet potato (e.g. dinner leftovers) with a small amount of organic butter blended in.
- 1-2 teaspoons of good quality nut butter (e.g. almond) on a small slice of toasted gluten-free bread or with seed / gluten-free crackers.



Useful tip: It's handy to keep a snack next to your bed to eat it in the middle of the night, if needed. This way you don't have to get up to obtain it when your blood sugar levels drop at night. It can happen a number of times, triggering the body to wake you up suddenly. Each time you wake up again, have another light snack.

DO YOU NEED MORE SELF-HELP SLEEP RESOURCES?

This short free guide covers my top **Nutrition tips for insomnia and interrupted sleep related to fatigue, adrenal fatigue, blood sugar imbalances, hypoglycemia and anxiety**, and is meant to be the first, simple step to making small changes to improve your sleep.

Naturally, there are other vital steps and strategies to know about and implement to make a big difference to the quality of your sleep. I gathered and organised the most effective ones into three key areas:

- **Key #1:** Nutrition for better sleep
- **Key #2:** Sleep patterns reset
- **Key #3:** Sleep-promoting nutrients

I discuss all three keys and steps in detail in my comprehensive sleep blueprint eBook *'Sleep Better Tonight: How to get a good night's sleep - a step-by-step blueprint for all struggling with insomnia, fatigue, chronic tiredness or adrenal fatigue'*.

You can purchase a copy in my online [Shop](#).

What's included?

- **10+ best foods** that truly help with sleeping longer and deeper, including foods containing sleep inducing melatonin and serotonin, plus recipes



- **Top 4 most** effective sleep-promoting nutrients (minerals, vitamins and other natural compounds) that you can buy at the chemist/pharmacy, including data re their food sources and supplement dose guidelines
- **Top 6** key nutrition tips for deep and restful sleep
- **Top 5 bedtime** snack suggestions to balance your blood sugar levels
- **A step-by-step sleep patterns reset and key tips**
- **Adrenal fatigue and sleep dysfunction** – how are they linked, their health impact, and what to do about it
- **Natural remedies** for insomnia and anxiety
- **Sleep hygiene and lifestyle changes** supporting good sleep

Your benefits of applying the 3 keys will include:

- Sounder and uninterrupted sleep and rest
- More energy and vitality, feeling refreshed and relaxed
- Clearer thinking, feeling calmer and less stressed



FUTHER HELP AND SUPPORT

Hello, my name is **Joanna Sochan** and I'm an adrenal fatigue recovery, sleep and gut health expert.

I know from my clinical experience that only when clients start sleeping better, they can begin to heal, maintain and succeed with treatment and lifestyle modifications, and get well. Throughout the years, I've seen many clients getting significantly better or recovering from sleeping difficulties after putting into practice the information and the three keys mentioned above.

I love providing effective solutions to clients' health challenges, but what I'm really passionate about is empowering and educating them on how to stay healthy and well, using natural remedies and lifestyle adjustments they learnt and applied whilst we worked together.

Having suffered and successfully recovered from severe and debilitating adrenal fatigue and sleeping problems, I know what's like to be sick, exhausted, anxious and depressed all the time, and now I'd like to help others to get well.

If you truly want to get on top of your adrenal fatigue, blood sugar imbalances, sleep better and regain your energy and good health, then a FREE 15-MINUTE CALL with me would be a great next step for you.

It's easy to apply, simply click the button below to book a call or send me an email to joanna@naturimedica.com (Australia-based individuals only). I look forward to connecting with you and to further supporting you towards better health and wellbeing!

[BOOK NOW](#)



For those of you who'd like to master their sleep even further and would prefer to do it at their own pace, I also offer a self-paced, 6 week **Online Sleep Reset Program** you can do anytime and anywhere. Check it out!

Thank you for reading!

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