

Sleep Those Pounds Off!

So here we are, losing an hour of sleep because we're springing forward to daylight savings time. Yuck, I think, because there goes another hour of precious sleep time!

Yes, sleep is crucial for our bodies to rejuvenate and for our minds to function clearly. Sleep has so much effect on our bodies and such a science behind it that I was amazed to take it all in when I attended a Health and Wellness Summit in NYC hosted by Dr. Oz. Yes, I can't get enough of Dr. Oz or the guest speakers that he had on stage with him that I had to travel to NYC to listen to the experts on health and wellness.

One of the experts that really caught my attention was a clinical psychologist who is one of the world's foremost experts on sleep. He wrote a book called "Good Night: The Sleep Doctor's 4-Week Program to Better Sleep and Better Health" and it was an Amazon.com Top 100 Best Seller. His name is Dr. Michael Breus. He focused on how crucial it is to make sure we get REM sleep, which is when we dream. REM sleep deprivation affects you significantly - this can include symptoms such as walking into a room and you don't know why you are there. Or if you lose keys often, maybe you are short on REM sleep. Dr. Breus stressed that more calories are burned in REM sleep and REM sleep aids in reducing body fat!

So you are probably thinking, like I was, what can I do to help me sleep better?

Dr. Breus suggested the following 5 steps for better sleep:

1. Select one bed time and stick to it
2. Stop caffeine consumption by 2 p.m.
3. Limit alcohol 3 hrs before bed
4. Limit exercise 4 hrs before bed
5. Get 15 minutes of sunlight every day

Well that sounds very easy to do ... but I've found it really is quite difficult to follow these strategies 100 percent of the time. So I thought to myself, score one step at a time and see how my body feels. Well, until you test it out for yourself you will really never know how good it feels to get good sleep.

So are you up for the challenge of trying to get in a pattern of consistent sleep? If so, then give us a call to book your free initial consultation to discuss what steps you need to take to put yourself in a healthy lifestyle routine.

Submitted by Nadia Bender

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