

***BETTER SLEEP***  
SETS THE STAGE FOR  
***BETTER BLOOD SUGAR***  
& BETTER WEIGHT

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## GO TO SLEEP.

Do you want to have better blood sugar and better A1C levels?

Are you feeling frustrated about your struggles with blood sugar and A1C, and suspect that your sleep is a factor in this struggle?

Do you want to get a better night's sleep in hopes that it also helps:

- your blood sugar
- your aches and pains
- your stress level
- your mood
- And gives you more energy to get through your day?

### **Go to sleep.**

Want to hit your health goals? Feel your energy soar, your mood improve and personal satisfaction grow?

### **Go to sleep.**

**HERE  
COMES  
TROUBLE  
FROM  
SLEEP  
ISSUES**

### **A lack of good quality sleep can lead to:**

- High blood sugar and high A1C
- High blood pressure
- Weight gain
- Difficulty losing weight and maintaining a healthy weight range
- Poor decision-making
- Depression
- Anxiety
- Irritability
- Brain fog
- and of course - Exhaustion



# ACHIEVING YOUR HEALTH GOALS

For a surprising number of people, especially people with type 2 diabetes and prediabetes, poor sleep keeps them from achieving their health goals and leading the life of their dreams.

Chronic problems with blood sugar, weight issues, remaining alert, relaxed and focused tend to plague people who don't sleep well.

For people with persistent sleep problems, there are basic things they can do to get a good night's sleep on a regular basis.

## POOR SLEEP CAN ALSO LEAD TO POTENTIALLY SERIOUS CHRONIC HEALTH PROBLEMS LIKE:

- Sleep apnea
- Obesity & relentless weight gain
- Type 2 diabetes
- Food cravings
- Memory disorders
- Dementia (Senility)
- Alzheimer's Disease
- Mood disorders
- Immune disorders, like rheumatoid arthritis
- and more

## EFFECTS ON MEMORY

Many people are very surprised to learn that **a lack of sleep affects a person's short-term memory, and can lead to serious issues with memory.**



## SLEEP AFFECTS IRRITABILITY AND RELATIONSHIPS

Poor sleep also affects a person's mood, making them much **more irritable** and difficult to be around. This can have a negative impact on professional and business relationships, damage job performance, affect promotions at work, shrink pay raises and bonuses, and impair work team morale and camaraderie.

*And guess what?*

This lack of quality of sleep also affects **personal** relationships, too. You likely have noticed that blood sugar issues can cause mood swings.

Think **“hangry”**, an unfortunate combo of hungry and angry.

**Poor sleep can destroy family togetherness and intimate relationships in ways that might not be obvious to the person who sleeps poorly.**

Irritability, anger, depression and acting out caused by poor sleep are quite stressful on everyone around the person who has poor sleep.

The mood swings affect all the people closest to the one having the sleep issue. The changed, altered behavior of the poor sleeper can be rough on family members, lovers, and friends, as well as being rough on the person with the lousy sleep.

**And poor sleep drives blood sugar numbers up, in ways that are not obvious.**

If you keep track of your blood sugar numbers, you may find that after a bad night's sleep your blood sugar levels are higher than normal, and likely much higher than is healthy for your needs.

*So, what should you do?*

Should you throw your hands up in surrender, as if there is nothing you can do about it and accept perpetual poor sleep? Act as if you are doomed to suffer from poor sleep forever?

No.

There is a lot you can do to help yourself improve your sleep, and your blood sugar, with safe, effective, natural means.

# LIFESTYLE SHIFTS

Much of it includes **lifestyle shifts that can support you getting a good night's sleep** on a regular basis. This directly impacts your blood sugar as well.

Getting good sleep is a key part of getting healthier blood sugar levels.

Good sleep is a requirement for leading a life that feels good.

Good sleep has two parts, both the **quality of sleep** you experience and the **quantity (amount)** of sleep you get.



To really sleep well on a regular basis, you need to both sleep long enough and sleep deeply enough, getting what is called restorative sleep, too.

**This dynamic duo of deep sleep and long enough sleep lets your body and mind do its critically important work of repairing the body and refreshing the mind.**

Without this necessary downtime called sleep, the needed repairs, restoration and refresh work don't happen. This leads to illness, exhaustion, burnout, frustration, memory problems, poor decisions, mood problems and much more.

# YOUR SLEEP FACTORY

If you don't think long-term poor sleep can affect you negatively, I invite you to consider the following scenario.

## **What would it be like if you had a factory that you ran, 24/7/365?**

That's right, what would happen if you had a factory you ran 24 hours a day, 7 days a week, 365 days of the year, without adequate downtime, maintenance, and repairs?

You wouldn't be surprised if the factory had problems with maintaining its production, would you?



And you wouldn't be surprised if the factory struggled to turn in a good performance over time, would you? In fact, it is likely you would expect the factory to have problems at some point if you ran it this way.

So, **in the spirit of prevention**, it is likely you would schedule maintenance, set up regular repairs, and from time to time you would turn everything off so it did not wear out prematurely.

This just makes sense, because you would want to get everything you could from the factory, right?



# Self Care Must Become an Objective



If this makes sense to you, then **ask yourself: am I giving myself enough time to sleep?**

Am I respecting my needs for fun and relaxation?

As I push hard to get everything done that is on my to-do list, am I doing it in a way that ***honors my needs*** or am I destroying myself and others in the process of pursuing what I consider to be important?

Take a moment to be honest with yourself, this really matters.

So let's look at some **triggers** for poor sleep habits.

Since lousy sleep affects personal performance in the business world, in personal relationships, at home and everywhere else you go, it is really good to know what some triggers are for poor sleep and therefore unhealthy blood sugar levels.

Once you know what these triggers for poor sleep are, you can dodge them and make any needed changes so you can improve the likelihood you enjoy a good night's sleep, night after night.

You want sleep to be your friend, not an elusive thing you rarely get to experience.

# TRIGGERS FOR POOR SLEEP HABITS



- Alcohol leads to a poor night's sleep –
  - Alcohol affects sleep quality, making sleep too light to be restorative
- Depression
- Anxiety
- Looking at electronic screens shortly before bedtime
- Stress, feelings of overwhelm
- Changing your sleep schedule on weekends and holidays from your usual weekday sleep schedule
- Not having a sleep schedule at all (!)
- Going to bed at wildly different times
- Getting up at very different times
- Going to sleep too late to get enough sleep
- If you wake up in the middle of the night, doing “one more thing” and then have trouble getting back to sleep
- Trying to fall asleep with the TV or radio on
- Watching scary movies or TV shows right before bedtime
- Watching violent movies or TV shows right before bedtime



# Tips for Good Sleep on a Regular Basis

*These are tips meant to remind you of good habits that can lead to deep, restorative sleep.*

## Timing Your Sleep for Success

- Go to bed at the same time each night
- Get up at the same time each morning
- Have a regular bedtime routine for yourself. If you are a parent, you know how difficult it becomes if you let your children have a chaotic bedtime. Why do that to yourself? Be consistent in your bedtime and awakening time.

## Your Sleep Environment

- Make sure your bedroom is completely dark before you go to bed and while you are sleeping. Buy “black-out” curtains or drapes to help keep street light or other unwanted light out
- Make sure your bedroom is completely quiet when you go to bed
- Make sure your bedroom is cool when you go to bed; if the room is hot and the air is stuffy, it may be harder to sleep well
- Make sure your mattress, pillow, blankets and other bedding materials are cool and comfortable to help avoid hot flashes and uncomfortable temperatures
- Sleep in pajamas that you enjoy and feel comfortable in, or no pajamas at all

## Mind Management for Sleep

- Do any preparation for the next day in the late afternoon or early evening, the day before, so you get it done and it isn't on your mind
- Meditate and/or pray just before bedtime, this can calm and soothe the mind
- If you awaken in the middle of the night, it's OK to stay in bed; don't get up and start doing things just lie peacefully until you fall back asleep
- If you can't sleep and do get out of bed, do something that is peaceful and non-stimulating, like knitting, read an enjoyable book or listen to soothing music

## Don't Do This

- Don't check emails right before bedtime. Allow at least two hours between your last peek at email and bedtime.
- Don't check social media right before bedtime. Allow at least two hours between your last look at social media and bedtime.
- Don't let your sleep be interrupted by gadgets. Turn off - or - set up the notifications to prevent your cell phone, tablet, computer, laptop and any other digital device or gizmo from interrupting you at least 2 hours before bedtime so you are not disturbed and have a peaceful transition to your sleep world.

## Body Management for Sleep

- Finish drinking all beverages at least 2 hours before bedtime so you don't have to get up during the night to pee - this can be a game changer
- Finish eating all food at least 3 hours, and preferably 4 – 5 hours before bedtime. Avoid going to bed right after eating a heavy meal.
- Monitor how much caffeine you are getting (including all beverages, supplements, over-the-counter drugs (pain relievers and other sources) and notice if it harms your ability to sleep
- Avoid alcohol. Drinking alcohol can make you “feel sleepier” at first, but this is sedation, not sleep. As your body breaks down the alcohol, it can keep you from resting deeply enough to get the full benefits from the restorative phases of your sleep.

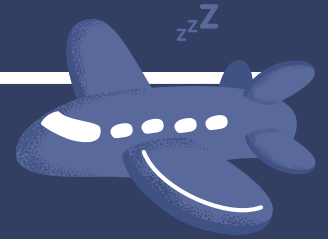


## Exercise and Stress Management

- Don't do anything you find stressful right before bed; tackle it the next day or do it in the early part of the day.
- Exercise 5 – 6 days of the week. Even a little exercise, 20 minutes or more each day, helps improve sleep quality and sleep quantity.
- Be sure to allow at least 3 hours between your exercise and your bedtime, so you get the best benefits of both exercise and getting to sleep at the same time each night
- Exercise can raise cortisol, a primary stress hormone. Higher levels of cortisol may mean higher blood sugar levels for a period of time. Be aware of how your body responds to exercise, including its effect on blood sugar

### A Note About Shift Work

Avoid shift work whenever possible. It's really hard to yank your body and mind all around the clock. Your performance at work and level of alertness will suffer from shift work when you work varying times around the clock. And it's highly likely your weight will suffer too, as shift workers tend to gain weight more easily than others. The nature of shift work disrupts your body's rhythms, including hormonal balance and neurotransmitters that help to keep you healthy. Long-term shift work is a strong interfering factor for getting good sleep.



# Tips for Long Distance Travel Across Time Zones

If you find you need to travel frequently across 3 hours or more worth of time zones, you may find that jet lag really affects your in-person performance when you arrive at your destination and when you return home.

**Here are some tips for making this kind of transition a bit easier:**

1. About 3 days before your travel, start taking 1 – 3 milligrams of melatonin at the time it would be bedtime in the time zone you are traveling to
2. If possible, take a short nap at what would be bedtime in the time zone you are traveling to
3. Once you arrive at your destination, get outside in the fresh air and sunlight as quickly as you can. Stay in the sun and bright light for at least 10 minutes outdoors.

This simple maneuver helps to reset your inner body clock and speed adjustment to the new time zone.

4. For most travelers, meals are the hardest part of trying to adjust to the new time zone. Don't force yourself to eat if you really don't want to. Bring healthy snack bars, protein powders, etc. to help you deal with this issue if needed.

# Habits and Changes

Please know that change can be hard.

If you find that you have lots of habits that don't serve you well, make a plan for what you can change and take it in phases so you aren't overwhelmed.

There's no point feeling bad about yourself, it isn't helpful on your way to creating great sleep night after night. And you are not alone, as many people struggle to get a good night's sleep.

Once you've identified where the issues are, you can make needed changes and see how your sleep responds.

Some people find that 3 or 4 specific changes are enough to make a difference for their needs for rest.

Others find that a more extensive lifestyle overhaul is needed in order to get good habits in place and then reap the rewards that great sleep can bring to the quality of a person's life.

*Keep chipping away until you claim restorative sleep as your permanent prize!*

It's worth whatever it takes to make this happen.

**Better sleep may mean better blood sugar results.**

**Better sleep may mean better weight loss results and a much easier time staying in a healthy weight range.**

Be kind to yourself.

-- Dr. Beverly Yates ND