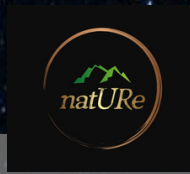




# SLEEP TOOLKIT

[urnaturellc.com](http://urnaturellc.com)





## FOUNDATION: *WHY SLEEP MATTERS*



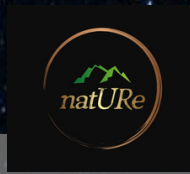
### **Time For Restoration & Recovery**

When we sleep our body, brain, and mind go under processes of deep repair and restoration. This is the time where we consolidate or form our memories, improve our learning, repair our body, grow (muscles, joints, ligaments), and replenish our energy.

When our sleep is optimal, we have ample amounts of energy and vitality, when our sleep is chronically poor, we feel run-down, low energy, lack of cognitive ability, etc.

Learn some great ways you can improve your sleep and set yourself up for a great night of rest so you can feel your best ➡





# FOUNDATION

## QQRT FOR OPTIMAL SLEEP



### QQRT for Optimal Sleep

#### Quality

Focusing on sleep quality: internal & external environment

#### Quantity

Aim for 7-9hrs of sleep per night

#### Rhythm

Aligning your circadian rhythm

#### Timing

Aiming to wake up at a similar or same time every morning





# FOUNDATION YOUR INTERNAL RHYTHM



## **Circadian Rhythm:**

This is your internal clock which all body processes function based on. It is informed by your external environment (mainly light).

### *~Your Circadian Rhythm & Hormones*

Your CR times the signaling and creation of all of your hormones (cortisol, melatonin, testosterone, etc.) your hormones are like chemical messengers for your body. They help to inform your body of your current state of health and wellness and, when working properly, they optimize your overall vitality and performance





## OTHER TOOLS SUPPLEMENTS

### Supplements & Sleep

Supplements can be incredibly beneficial for sleep, if they are high quality and effective compounds.

Here are some of my favorite supplements for sleep, & why I WOULD NOT take melatonin as a sleep “supplement”

#### Supplement List:

Magnesium Glycinate

L-Theanine

Apigenin

Glycine (bone broth/collagen)

Glass of Warm (Raw) Milk

#### Why No Melatonin?

Melatonin is a hormone your body makes. Taking exogenous (external) forms will likely down regulate your body’s ability to create melatonin. This will also likely throw off your *Circadian Rhythm* and all the biological processes that rely on it.

Check out [Circadian Toolkit](#) for more info on melatonin