

Sleep and Blood Sugar

Sleep habits add up over time to either support good health or to wreck health. This includes the impact of poor sleep on blood sugar, mood and weight.

You may remember how when you were a child you probably had a bedtime routine. Your parents likely put you to bed at the same time each night. And you might have also always brushed and flossed your teeth before bed, had a relaxing story read to you before bed, and other cherished activities that preceded bedtime.

Now that you're the grown-up, what's your bedtime routine like? Does your bedtime routine help you get settled into sleep mode, and set the stage for a good night's sleep?

Here are some tips for getting better sleep and helping improve average blood sugar results, over time.

- **Go to bed at the same time each night.**
- **Go to bed early enough to get 9 hours of sleep in a row.** Don't cheat yourself or your loved ones on this.
- **Eliminate looking at any and all electronic screens of all kinds, at least 2 hours before bedtime.** The blue light given off by electronic devices with screens, including smartphones, tablets, laptops, computer screens, TVs, e-readers, etc. disrupts the body's natural production of melatonin, a hormone that helps you get to sleep and stay asleep.
- **Sleep in a quiet, and ideally silent, bedroom.** This lets your mind and spirit really rest, let go and restore.
- **Sleep in a dark, and ideally pitch black, bedroom.** You can use "black out curtains" to block daylight, streetlight, etc. as needed. This lets your eyes really rest, let go and restore.

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- **Turn off anything that can ring, buzz, send alerts or otherwise interrupt your precious sleep.** Set all electronic gizmos to “silent” or “sleep” modes so you aren’t disturbed during sleep.
- Eliminate stressful activities or interactions right before bedtime. If you know something is stressful, or that someone is a major source of stress for you, do all you can to avoid it just before bedtime. Deal with it much earlier in your day so it minimizes its ability to cause you stress and disrupt your sleep. This can then disrupt your blood sugar too. Stress, poor sleep and blood sugar can be quite the cycle! Do your best to keep on track with your health goals.

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