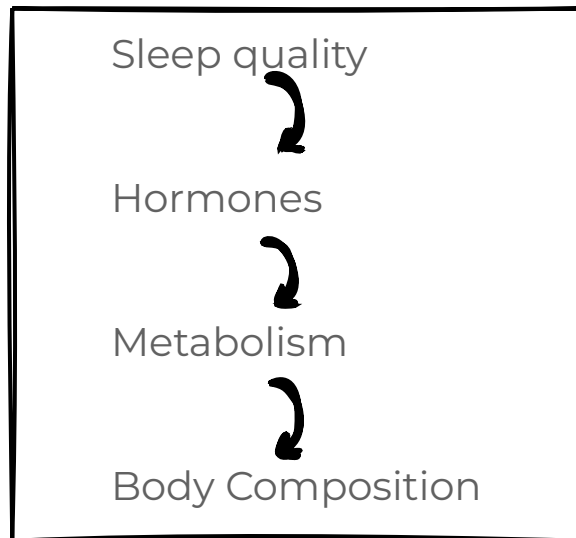


NOURISH: WHY SLEEP MATTERS

Sleep is when the brain and body reset, repair, and recalibrate.

THE CORE THOUGHT

Sleep determines how your body responds to food.



Adequate Sleep (7-9 hrs)

- Hunger reduced
- Fullness signals increased
- Insulin sensitivity increased
- Fat burning increased
- Metabolism stabilized

Result:

*Better body composition
Muscle preserved
Stable energy*

Poor Sleep

- Fat not mobilized
- More muscle loss
- Increased fat storage
- Low energy

Bottom Line:

*Poor sleep results in poor
metabolic outcomes,
Even with a good diet.*

*Sleep is when your body does the work you can't do while awake
—everything else depends on it.*

WHY YOU MIGHT NOT BE SLEEPING WELL

- Stress / nervous system still “on”
- Too much light at night
- Late eating
- No transition into rest

MORNING LIGHT

- Get 10-15 minutes of sunlight in the morning.
- Even cloudy days count.

Why it works:

- Resets your body clock.
- Helps you fall asleep easier at night.

DIM LIGHTS AT NIGHT

- Lower light 1-2 hours before bed.
- Reduce screen exposure, if possible.

Why it works:

- Signals your brain to produce melatonin.
- Helps your body wind down naturally.

WIND DOWN

- 5-10 minutes of quiet time.
- Sit, stretch, or breathe slowly.
- Put your phone away earlier.

Why it works:

- Shifts your body out of stress mode.
- Makes it easier to fall asleep.

EAT EARLIER

- Finish eating 2-3 hours before bed.

Why it works:

- Helps digestion settle.
- Supports deeper sleep.

Small changes in sleep
can create big changes in how your body functions.