



The Sleep Hygiene Guide

Better sleep = better everything

Sleep is a weight-loss tool

Poor sleep spikes cortisol, cravings, and appetite hormones — undoing so much of what you're working toward. On a GLP-1, quality sleep makes the medication work BETTER.

For natural path members, it's the #1 free tool for hormones, mood, and metabolism.

WHY SLEEP CHANGES EVERYTHING



Faster fat loss

Sleep-deprived people lose 55% less fat



Fewer cravings

Rested = 300 fewer calories craved daily



Muscle recovery

Growth hormone peaks during deep sleep



Sharper mind

Focus, mood, decisions all improve

YOUR SLEEP TARGET

AIM FOR

7–9 hours per night

with a consistent

bedtime + wake time

COACH'S TIP

Same-time bedtime beats total hours. Your body loves rhythm more than length.





Your Nightly Wind-Down

The routine that trains your body to rest

THE 3-2-1 SLEEP RULE

3

3 HOURS before bed

Stop eating. Food digestion disrupts deep sleep.

2

2 HOURS before bed

Stop working. Give your brain time to power down.

1

1 HOUR before bed

Stop screens. Blue light delays melatonin by 90+ min.

OPTIMIZE YOUR BEDROOM

- **Cool it down** 65–68°F is the sleep sweet spot.
- **Blackout it out** Any light through eyelids can disrupt sleep.
- **Quiet it down** White noise, earplugs, or a fan work wonders.
- **Bed = sleep only** No scrolling, working, or eating in bed. Ever.
- **Fresh air** Crack a window or lower the thermostat before bed.
- **Ditch the visible clock** Seeing numbers = anxiety.

THE PERFECT WIND-DOWN (30 MIN)

- 30 min out** Dim lights, screens off, herbal tea, warm shower or bath.
- 20 min out** Bedroom prep — cool it, blackout, no clock, phone across room.
- 10 min out** Gentle stretching or bedtime yoga. Slow breathing.
- Lights out** 3–5 slow deep breaths. Body scan from toes to head. Sleep.

COACH'S TIP

Consistency > perfection. Even hitting the routine 4 nights a week transforms sleep quality.



Sleep Troubleshooting

Why you're waking + what to do

COMMON ISSUES + FIXES

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Can't fall asleep

Blue light or racing thoughts. Try journaling brain-dump + magnesium 400mg.

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Wake at 3am

Cortisol spike from stress or low blood sugar. Try protein snack before bed.

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Restless / tossing

Bedroom too warm or caffeine too late. Cool room, cut caffeine after noon.

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Wake exhausted

Possible sleep apnea (especially higher BMI). Talk to your provider.

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Hormonal wakings (PMS)

Add magnesium glycinate + tart cherry juice. Track cycle to predict.

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GLP-1 vivid dreams

Common side effect. Cooler room + earlier dinner usually helps.

NATURAL SLEEP SUPPORTS

- Magnesium glycinate — 200–400mg, 30 min before bed
- Chamomile or lavender tea — calming without dependence
- Tart cherry juice — natural melatonin boost
- L-theanine — 100–200mg for racing minds
- Weighted blanket — feels like a hug for your nervous system

TALK TO YOUR PROVIDER IF:

- You snore loudly or gasp for air during sleep (possible apnea)
- Extreme daytime fatigue despite 7+ hours
- Frequent nightmares or waking in a panic
- Insomnia lasting more than 3 weeks
- Depression or anxiety disrupting sleep

A GENTLE REMINDER

You can't out-diet or out-exercise bad sleep. Rest IS the work. Prioritize this one thing and watch everything else fall into place.

