



Deep Sleep Protocol



Our Deep Sleep Protocol is designed to help reset your body's internal "clock" and calm your mind and body so you can fall into a deep sleep. It works on all three dysfunctions that can lead to poor sleep and so that you can wake up feeling restored and refreshed. Sleep is critical for overall health, longevity and has a profound impact on your metabolism, hormone balance, cognition and performance. We feel prioritizing sleep goes hand in hand with balanced nutrition!



Healthy Sleep Habit Recommendations:

- 1 Nutrition has a huge impact on sleep. Setting up your macros to fuel your body and consistently regulate your metabolism will help!
- 2 Stick to a sleep schedule. Try to limit the differences in your sleep schedule on weekdays and the weekends by no more than one hour.
- 3 Stop eating 2-3 hours before bed.
- 4 Shut down all electronics (TV, phone, etc.) a minimum of 30-minutes before bed and consider using blue light blocking glasses with substantial artificial light and screen exposure.
- 5 Create a to-do list for the next day to help rest easy with a plan in hand
- 6 Dim the lights and allow yourself time to do something such as reading and/or connecting with your partner (sex does have benefits for sleep too).
- 7 Work on slowing and calming your breathing while breathing in through your nose. Breath practices such as box breathing can be helpful if you struggle falling asleep.
- 8 Make sure your bedroom is dark (black out curtains help)
- 9 Ensure your bedroom is cool (65-68 degrees F)
- 10 Consider removing obstacles from your room that can wake you up such as pets, electronics, etc.
- 11 Create a space that is enjoyable and relaxing.



Suggested Supplementation for Consideration:

- 1 **Super Sleep**
 - a. This unique mix of ingredients can aid in deep, restful restorative sleep, while boosting energy upon waking without a hangover effect. Super Sleep can support your adrenal function and improve cortisol rhythms. This provides a natural stress defense, improved memory, mood, and focus. Weight management is enhanced due to decreased cravings and natural hormone balance of cortisol, serotonin, and melatonin
 - b. Link: <https://macromavens.life/product/super-sleep/>
- 2 **Magnesium**
 - a. Magnesium can aid in recovery, muscle relaxation and supports deep restorative sleep by helping to maintain healthy levels of GABA, the neurotransmitter that promotes sleep. We suggest taking this before bed.
 - b. Link: <https://www.thorne.com/products/dp/calcium-magnesium-malate>



FEEL GOOD
LOOK GOOD
DO GOOD