



DoTheWork

— T H E —

IMPORTANCE OF SLEEP

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One of the biggest things I've noticed over the years when helping 100's of people with their weight loss goals is that they lack structure, strategy and routine. Most people are highly stressed and it's normally down to things that are actually within our control. We just don't always realise it.

We are now busier than ever with our jobs, smart phones and everything else around us. There are so many distractions, responsibilities and expectations which can often leave us tired, overwhelmed, stressed and in most cases overweight.

Now, although we cannot control everything, we have to take the time to make sure that we are taking the time out to control what we can.

If I said to you now that if you follow my guidance, you will be less stressed, have more energy, feel more positive which would lead to you being happier, more confident, have better relationships with better sex and also have a better environment for you to push on with your career to give yourself a better life... Would you do it?

If the answer is yes then you should continue and read on! I am sure that will be all of you!



THE IMPORTANCE OF SLEEP

There are habits that you have that are not positively contributing to the above things, so this is where we are going to start. It may be that only some of the below are relevant so please apply where required to your current situation.

- You don't have a consistent bedtime
- You don't have a consistent wake up time and require 100% on an alarm & snooze
- You watch TV in bed
- You scroll social media last thing at night or first thing in the morning like the morning newspaper
- You get up too late and end up rushing around, feeling stressed and often late for work
- All of this leads to you being sharp with loved ones when they simply don't deserve it
- Your poor sleep quality affects your appetite, motivation to exercise and libido

We spend up to one third of our lives asleep and so it makes sense to create strategies that will optimise this time. Sleep quality and duration plays a huge part in your stress levels and can affect hormones including cortisol and testosterone which can indirectly impact your ability to lose weight or at least make it more difficult.





THE IMPORTANCE OF SLEEP

You don't have a consistent bedtime

This is very common, one of the things I often say to people is... ***“What are the benefits of giving your child a bedtime?”*** Now away from the fact it gives you some peace at night, you do it because you want to get them in routine, in habit, you want to make it predictable and subconscious for them that when that time comes about they become tired and ready for bed. I strongly advise doing this for you, should you stay up a little later at weekend, look to amend you wake up time slightly. Another tip here would be to set an alarm (a relaxing one, maybe low volume or a vibration that is a reminder to either wind down or that it is time for lights out.

You don't have a consistent wake up time and require 100% on an alarm & snooze

In very similar fashion to the bedtime the wake up time is very important in terms of creating consistency. Our bodies have something called the circadian rhythm which is essentially our natural body clock which is why when you consistently stick to these times (like with your kids) you will eventually do this without the requirement of an alarm – although it is useful just in case!

You watch TV in bed

The more distractions you have at night the less likely you will induce good quality sleep. In order to go to sleep our body naturally produces the hormone Melatonin. This is essentially our 'go to sleep' hormone which is heightened in calm, relaxation and darkness. The presence of TV can reduce the effectiveness of the sleep hormone and in some cases cause an elevated level of Cortisol which is known as the stress hormone of which one of it's roles it to wake you up in the morning. It's job is to create an action in your body essentially which is not what we want when trying to sleep. I recommend that you don't watch TV in bed and if you do watch something prior to bed, make it light-hearted and not something that is going to grip your attention and increase stress levels. Reading is a much better alternative.



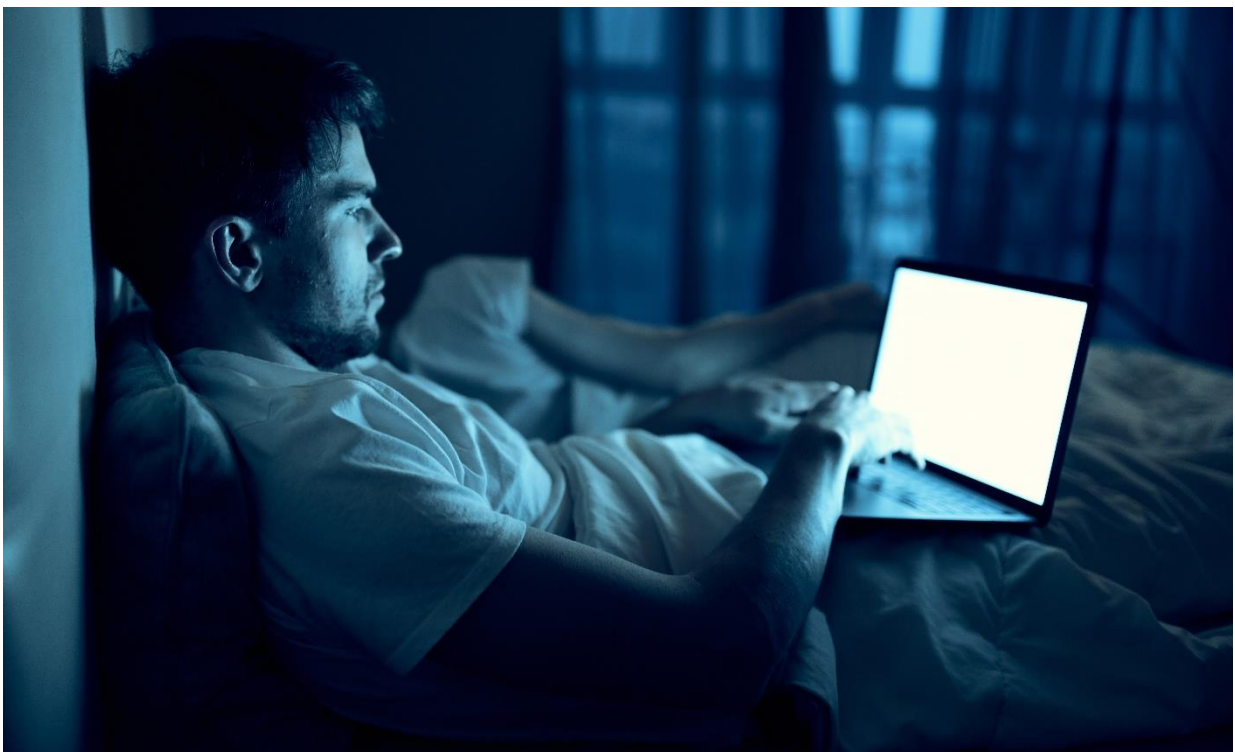
THE IMPORTANCE OF SLEEP

You scroll social media last thing at night or first thing in the morning like the morning newspaper

This is a habit that is difficult to curb. Imagine it this way though, when you are scrolling social media you are simply opening yourself up in everyone else's business. You are not present in the moment, you are simply trying to escape and look at what everyone else is doing. This causes, resent, stress, anxiety, envy, jealousy and basically has a huge impact on your mood. It's the last thing you need at night when you want to relax or first thing in the morning when you want to set your day up.

This is especially true for those who suffer with anxiety because you are probably looking at the very things that cause issues. I'm not saying social media is bad, but there is a time and place and I don't think this is always the best time for it. I suggest you find time for you in these moments, find peace and some clarity – be in the moment, not in someone else's highlight reel.

Maybe look at limiting your screen time and certainly putting the phone down and on airplane mode an hour before lights out.





THE IMPORTANCE OF SLEEP

You get up too late and end up rushing around, feeling stressed and often late for work

A knock-on effect of inconsistency with all of the above is that you regularly find yourself pressing snooze and rushing. Here is a little thought on pressing snooze... People say they press snooze because they don't like getting up, but pressing snooze means you actually need to continually wake up which to me creates a much more negative experience in waking up!

I believe you must create some element of calm in your morning and if this means getting up earlier and going to bed earlier then so be it. In the morning I like to have at least 15-20 minutes to myself that includes journaling, reading and of course... COFFEE!

****** You can purchase your very own [DoTheWork Journal here](#) which is perfectly designed to set your day up for success. This is what all my one to one coaching clients use every single day.***

Imagine creating a situation where you could be relaxed, get to work on time, have much more focus and positivity around your day... That's worth doing right?

All of this leads to you being sharp with loved ones when they simply don't deserve it

You are responsible for your mood and the energy that you give off. If you snap at a loved one, it is **your fault and not theirs**. Looking after all of the above means that you are looking after you, protecting your energy and your stress levels and I am a big believer that if you are a better you, you will be better for those around you too. This includes partners, kids, colleagues etc.

This mood will impact your desire to make the right choices with food and exercise and can be managed through good evening/morning routine and sleep.



THE IMPORTANCE OF SLEEP

Your poor sleep quality affects your appetite, motivation to exercise and libido

As briefly mentioned above, if you do not protect your sleep this will have knock-on effects onto your energy, motivation, stress levels, anxiety and general well-being. Reduced sleep quality means poorer cognitive function, poorer cognitive function means poor decisions. Decisions that will be detrimental to your ability to lose weight. With poor sleep appetite increases; stress increases and mood can drop.

As mentioned this will mean you are likely to have cravings for hedonic foods like chocolate or sweets for a quick energy burst which soon becomes a vicious cycle. You are much more likely to skip a workout if you are not well rested and even if you do that workout it is likely you will not perform optimally which limits your chance of progress. With the reduction in energy your body will find ways of reducing energy output (the burning of calories) and so to run more efficiently, you will fidget less, walk less and just generally burn fewer calories than if your energy levels were optimal.

The final thing to highlight here is generally this goes hand in hand with a low libido and this is another thing that will not only not please your partner in the short-term but it could also negatively impact the relationship as a whole. If you do not have a partner this can simply reduce confidence around sex which can knock-on to other aspects of life too. So with all that in mind, it makes sense to manage your sleep and the routine that goes with it!





BULLET POINT SUMMARY OF YOUR ACTION POINTS

- SET A BEDTIME
- BE CONSISTENT WITH YOUR WAKE UP TIME AND GET UP ON FIRST ALARM
- DON'T WATCH TV IN BED OR SCROLL ON YOUR PHONE
- GIVE YOURSELF AT LEAST 15 MINUTES IN THE MORNING JUST FOR YOU
- PROTECT YOUR ENERGY SO THAT YOU CAN SERVE LOVED ONES
- MANAGE ALL OF THIS TO ENSURE THAT YOU MAKE DECISIONS THAT WILL POSTIVELY EFFECT THE OUTCOME TOWARD GOAL

Ultimately how you manage your sleep quality will impact every single aspect of your life from work, weight loss, health, fitness, nutrition, motivation, energy, loved ones and sex. I fully expect every single person that works with me in any capacity to get a handle on this because not only have I seen the benefit of doing it for me but I have seen the change it can create in clients lives.

Sleep is one of the foundations for success in life as a whole.