

# Ahh, the Ever-Elusive Sleep

Sleep is one of the four pillars of health - along with movement, nutrition, and stress management. But it's often the first thing busy moms sacrifice. It's so tempting to stay up late catching up once the kids are *finally* asleep! But quality sleep is one of the best things we can do for our strength, body composition, mood, and overall health. It's not easy, but it's worth it. Here's why.

## What happens while you sleep

When you sleep, your body works hard to clean up, recover, and rebuild:

- Repairs muscle tissue from your workouts
- Balances hormones
- Supports your metabolism & immune system
- Clears inflammation
- Flushes toxins from your brain & body (reduces "brain fog")
- Regulates blood sugar & improves insulin sensitivity
- Solidifies learning & memory
- Replenishes neurotransmitters like dopamine & serotonin that impact mood, motivation, energy
- And so much more!

## Impact on key hormones

Poor or insufficient sleep leads to hormonal imbalances that make fat loss and muscle gain harder:

- Insulin: Poor sleep increases insulin resistance, making you more likely to store fat.
- Cortisol: Sleep deprivation keeps cortisol high, promoting belly fat and muscle breakdown.
- Testosterone: T is produced and regulated during sleep & is essential for fat metabolism and building muscle.
- Growth Hormone: GH, released during deep sleep, helps burn fat and repair muscle.

## Make it a thing

Prioritizing sleep is one of the most impactful ways to help us feel strong, energized, and ready to take on what the day throws us! It's something we can improve - it might just take some time and real effort. Look at going to bed on time like you look at your protein goal or your workouts - you just freaking DO IT. You just get it done because it matters and that's it.

Name \_\_\_\_\_



# REWARD CHART

TASK

REWARD

**Lights out  
by**

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