

# TIPS TO GETTING MORE SLEEP

...HELPFUL THROUGHOUT PREGNANCY AND POSTPARTUM

## Drink More Water

We need to consume half our body weight in ounces of water every day. The reason dehydration affects sleep is the trickle down affect it has on our body's amino acids. These amino acids are required to create melatonin. Disrupted melatonin equates to difficulty falling asleep, and staying asleep. We know that newborn babies obviously do not drink water, but if you are breastfeeding, know that this is a cycle. Your hydration helps you make breastmilk, and your breastmilk hydrates your baby which helps them to fall asleep between sleep cycles.

## Bedtime Snack

In ongoing surveys with new mothers over the last 5 years, we have found that most like to have ice cream, wine, or other sugary snacks and beverages after baby goes to sleep at night. If you have sugar before bed, your sleep will be interrupted due to your blood sugar rising and crashing hard while your body is in restoration mode. If your baby was waking hourly, and you knew a way to reduce even just one wake up, would you want to? We are telling you a way! Stick to bedtime snacks that are high in protein and complex carbs, and lower in sugar. Hummus and veggies are a good example, or nut/seed/soy butter on manna bread.

## Brainy Breakfast

A healthy breakfast affects your entire day. Making sure that it is nutrient dense means that you begin your day on a positive note, and you have energy and brain power needed to keep your mood balanced as well. A good rule of thumb to follow is to ensure your breakfast is protein based and contains "real" food. Oats, eggs, veggies, fruit and whole grains.

## Smoothies & Salads

Think of stress as a poison pellet moving through your body causing damage, and fruit and vegetables as the antidote. Stress is everywhere, from toxins in the environment, to the chemicals in our pools and products, packaged food we ingest and of course the stress of parenting. If we eat a salad every day and a smoothie, that adjustment goes a long way to mitigating the damage done, and helps us heal our bodies.

## Remember your Omegas

It is recommended that new birthing parents eat 2 servings of wild salmon each week. The Omegas in this particular fish aid in healing the body, stabilizing their hormones, and building the brain of growing baby as well. It really is a superfood! If you cannot source or do not wish to eat wild salmon on a regular basis, you can also incorporate flax into your diet and see your favorite natural practitioner for an Omega supplement.

That might be a lot to swallow at once, so pick one or two to focus on for now. The results go far beyond better nights. You will be creating habits that your child(ren) will observe and it becomes the norm for them as well. These adjustments will also add energy to your whole day and truly add years to your life. Just picture the day when you are a grandparent rocking your grandchild to sleep, feeling vibrant as ever!