

STRESS AND SLEEP OPTIMIZATION

Supporting Metabolism Through Rest and Resilience

A person with short dark hair, wearing a white t-shirt, is sitting cross-legged on a grassy hill, facing away from the camera. They are looking out over a vast landscape at sunset. The sky is a mix of orange, yellow, and blue. In the distance, there are rolling hills and a body of water. A dark jacket is lying on the grass next to them.

04

What You'll Achieve This Week

- Explore how stress and sleep impact metabolic health.
- Learn practical techniques for managing stress.
- Understand the components of restful sleep.
- Use tools to track and optimize your stress and sleep patterns.

Content



Inside?

Stress and Your Body



- Chronic stress raises cortisol levels, increasing fat storage and cravings.
- Reduces insulin sensitivity, leading to energy imbalances.
- Impacts digestion and sleep quality.
- Managing stress supports weight regulation and overall well-being.



Tools for Reducing Stress



- Breathwork: Practice diaphragmatic breathing to lower cortisol.
- Mindfulness and Meditation: Ground yourself in the present moment.
- Movement: Use gentle exercises like walking or stretching.
- Social Connection: Spend time with supportive friends or loved ones.



Sleep as a Metabolic Ally



- Restorative sleep regulates hunger hormones (ghrelin and leptin).
- Poor sleep disrupts metabolism and increases cravings.
- Aim for 7-9 hours of high-quality sleep nightly.



Your Sleep Sanctuary



www.reallygreatsite.com



- Maintain a consistent sleep schedule, even on weekends.
- Reduce screen time 1-2 hours before bed.
- Create a calming pre-sleep ritual (e.g., reading or taking a warm bath).
- Optimize your sleep environment:
 - Cool, dark, and quiet room.
 - Comfortable mattress and pillows



Metabolic Reset

Resources for Stress and Sleep Optimization

08

www.reallygreatsite.com



- Sleep Log: Track your bedtime, wake time, and sleep quality.
- Stress Tracker: Record stress levels and coping strategies.
- Guided Relaxation: Access audio or video meditations.

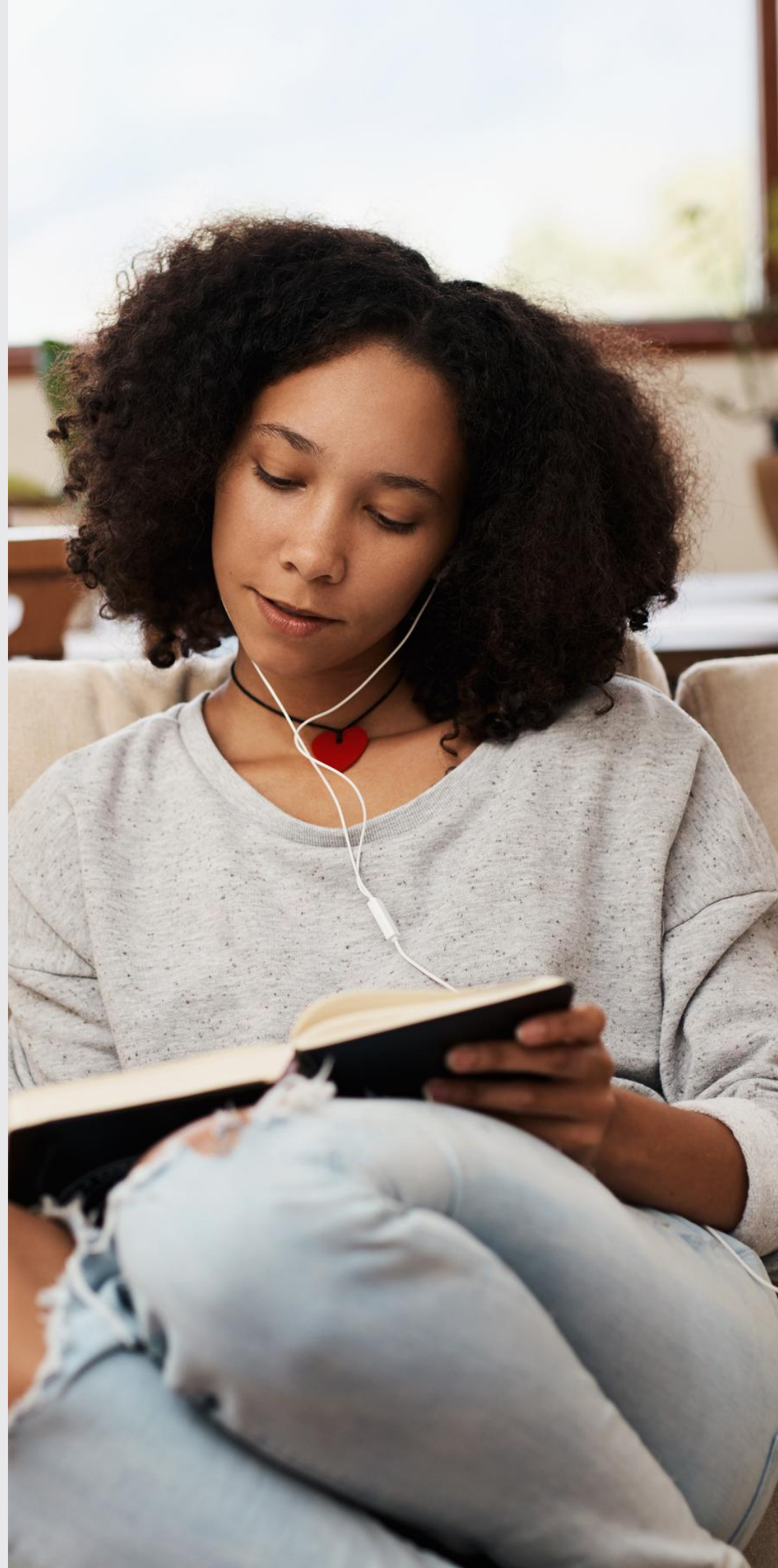


Metabolic Reset

Sustaining Stress and Sleep Health

09

www.reallygreatsite.com



- Recognize stress signals early and take proactive steps.
- Incorporate 5-10 minutes of relaxation into your daily routine.
- Reflect on how better sleep and stress management enhance your energy.
- Celebrate progress, even small improvements, as steps forward.



Your Stress and Sleep Action Plan



- Complete the Sleep Log and Stress Tracker for one week.
- Practice one relaxation technique daily.
- Commit to a consistent bedtime routine this week.
- Share your favorite stress-reduction activity in the community forum.



Metabolic Reset

Thank You

