

THE NUTRISTIC METHOD

Better Sleep Guide

Sleep is not optional.

For stable blood sugar, balanced hormones, reduced cravings, and fat loss—your body needs **7–8 hours per night**.

If you're not there yet, that's okay.

Small, consistent changes make the biggest difference.

Your body needs time to adjust to a new rhythm.

Choose **ONE** sleep-supporting habit. Pick the one that feels the most doable.

Stay consistent.

Option 1: Set a Consistent Sleep Rhythm

Your body loves routine.

- Go to bed no later than **11:30 PM**
- Wake up at the same time every day (even weekends)

Consistency trains your internal clock and improves sleep quality over time.

Option 2: Create a Dark, Calm Environment

Your brain produces melatonin (your sleep hormone) in darkness.

- Make your room very dark
- Use blackout curtains if needed
- Avoid bright overhead lights in the evening
- Switch devices to “night mode” if you must use them

Less light = better hormone signaling.

Option 3: Reduce Afternoon Caffeine

No coffee, tea, or soda after 3 PM.

This alone can dramatically improve sleep quality.

Caffeine lingers in your system longer than most people realize.

Even small amounts can disrupt sleep cycles.

Option 4: Calm the Nervous System Before Bed

Stress and high cortisol make sleep harder.

Try one of these wind-down routines:

Warm Bath

- Add 1 cup Epsom salt (magnesium support)
- Add lavender or chamomile essential oil
- Soak for 15–30 minutes

Warm water relaxes muscles and signals the body it's safe to rest.

Lavender Support

Place a tissue with a drop of lavender inside your pillowcase or use a diffuser near your bed.

Scent is a powerful nervous system cue.

Option 5: Support Blood Sugar Overnight

If you regularly wake between **1–4 AM**, low blood sugar may be the cause.

Try a small snack **about 1 hour before bed**:

- Whole grain crackers + cheese
- Nuts and seeds
- Greek yogurt + berries
- Apple + almond butter
- Popcorn + almonds

Protein and/or a healthy fat + a small carb helps prevent overnight crashes.

Option 6: Use Sound to Improve Sleep Quality

A white noise machine can block environmental disruptions and improve sleep depth.

Keep the volume just loud enough to soften background noise.

Option 7: Magnesium Support

Magnesium glycinate taken after dinner can help relax muscles and calm the nervous system.

Magnesium is often called the “anti-stress mineral.”

Always follow appropriate dosing guidance.

Option 8: Supplements

If you're still struggling after improving your routine, certain supplements may help.

Examples:

- L-Theanine
- Adrenal-support formulas

Because supplement needs are individual, it's best to discuss which ones are best for you.

[Contact me here.](#)