



VIVIFY

Beauty Sleep

A GUIDE FOR MORE PEACEFUL SLUMBER

ASHLEY ROBERTS + VIVIFY
E-BOOK



Are you a gym-goer who wakes up feeling like the Tin Man without oil? An insomniac who continually tosses and turns at night to the chorus of your snooze button?

If either of these sounds familiar, then let me introduce you to our full-blown guide to the best sleep of your life.

This is not some Disney-fied fallacy but rather an all-encompassing guide to ensure your body can rest and repair so that you can wake feeling refreshed and ready for a new day!

A good night's sleep has myriad benefits: improved focus, boosted metabolism, better heart health, amplified immunity – and they don't call it 'beauty rest' for nothing!

Read on as I take you through my tips on how best to achieve it.

But first... Let's cover some fundamentals.



THE SLUMBER MYSTERY

Sleep has puzzled scientists for centuries, and we have only begun to scratch the surface of what this natural function does for us.

In spite of years of research, sleep is not yet entirely understood – and there is a great need for further study.

Current research suggests that sleep serves a crucial role in consolidating memories, stimulating creativity, and promoting learning, but it is clearly also beneficial for physical health.

To gain more insight into this vital activity, researchers across the globe should continue to cooperate and collaborate in order to find conclusive answers about the complex workings of our brains during sleep.

One thing we know for sure, though, is that in the context of fitness & health, sleep is the most essential thing due to the fact it is humans' deepest form of recovery.

Now let's have a look at exactly what the implications of sleep are, in the context of fitness and health.



MUSCLE RECOVERY

Sleep is an essential part of maintaining overall health and well-being, and it also plays a crucial role in muscle recovery.

After working out, taking the time to get adequate rest is one of the best methods for aiding muscles as they repair and rebuild themselves.

During sleep, the body enters a deeper state of rest that helps enhance muscle recovery even further by providing greater energy/structural restoration and inflammation control, both of which play essential roles in building strength, mass and preventing injury.

Getting quality slumber after a workout may result in more effective muscle repair and lessened soreness in the morning – making getting the right amount of rest just as important as squeezing in those last few sets at the gym.

MOOD REGULATION

Besides muscle recovery and physical health, sleep is an essential factor in maintaining good mental health, as it plays a key role in regulating one's mood.

Those with poor quality or insufficient sleep are more likely to suffer from depression, anxiety, and other mental health conditions.

It has been established that when we are sleep-deprived, our emotions become more volatile, and our susceptibility to emotional situations increases.

Thus, it cannot be stressed enough how important a well-rested mind can be for maintaining both physical and psychological well-being.

Developing a healthy sleep routine helps keep both physical and mental health in check by providing the opportunity to reset and regain clarity.



HORMONAL HEALTH

Now, physiologically, getting an adequate amount of sleep is key in helping to regulate the hormones that control many biological processes, such as appetite, stress response, energy levels, and even the immune system.

Sleep plays an important role in fulfilling the body's need to repair cellular damage caused by physical activity or environmental exposures.

For example, healthy amounts of sleep help elevate hormones like human growth hormone (HGH) and testosterone, which are crucial players in your hormonal system.

Additionally, attaining restful sleep can help normalize insulin levels and cortisol production - both known for playing significant roles in energy balance.

Simply put, inadequate sleep will prevent these hormones from calibrating normally, disrupting overall balance and health in the body.



THE INSOMNIA PANDEMIC

The issue of insomnia is becoming increasingly widespread across the world, with more and more individuals experiencing difficulty sleeping.

The insomnia pandemic is a growing matter of concern as it can have serious repercussions on physical and mental health, significantly impacting quality of life.

Studies have shown that those who are not getting enough sleep are more likely to feel overwhelmed and depressed, leading to further issues, including a higher risk of developing certain illnesses.

WHY WE CAN'T SLEEP?

Insomnia is becoming increasingly common in the modern day as lifestyle, and environmental factors come into play.

Stress, worries, and other psychological factors often lead to difficulty sleeping, while our environment can also have a serious impact on our rest through bright lights and loud noises.

Additionally, the increased use of technology has meant that screens are commonplace before bedtime, disrupting sleep patterns by emitting blue light and resulting in an overall decreased quality of rest.

This gives a hint regarding the question of how to sleep better, and that is to create an environment that promotes sleepiness!



HOW CAN WE SLEEP BETTER?

Although insomnia is an increasingly common problem nowadays, it does not have to be a life sentence.

With a little bit of care and attention, it can be managed effectively.

Surely, there are supplements and professional treatments available, but one of the best approaches is to first tackle your lifestyle and establish certain habits.

When it comes to managing insomnia, making positive and healthy decisions will ultimately help you get your much-needed restful nights of sleep.

Now let's get into the actionable part of this e-book and have a look at our top 4 tips for getting that good slumber, shall we?



I. PRE-BED ROUTINES

Establishing a pre-bed routine is essential for anyone struggling with insomnia or difficulty sleeping.

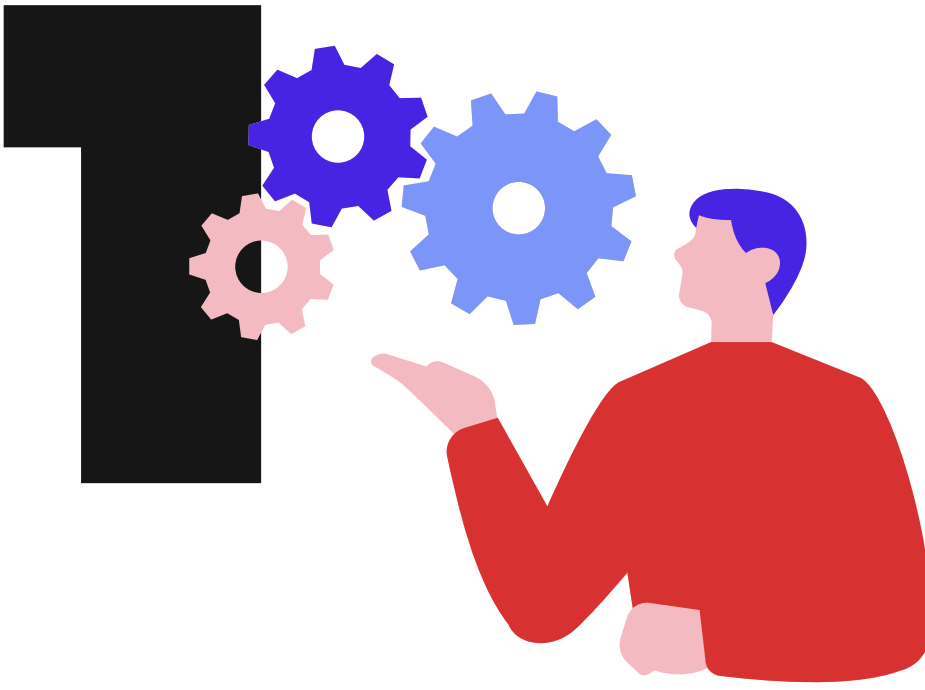
It involves setting time aside in the evening before bed to slowly transition into night mode and winding down activities so that the body and mind are well-prepared for slumber.

This can include anything from stretching, warm showers, light reading or guided meditation, and deep breathing exercises to ensure relaxation and disconnection from the day's events.

Investing in these daily rituals can help establish a regular sleep schedule and promote natural healthy sleep habits that will set your body clock in the right direction.

So why not pamper yourself and make sure to leave enough time in your nightly schedule for a well-deserved rest?

After all, this is one of the best things you can do to tell the body, "it's time to drop the worries and dive into the sheets!"



2. REGULAR SLEEP SCHEDULE

If you want to wake up feeling refreshed and stay alert throughout the day, a regular sleep schedule is essential.

Sleeping at set times helps regulate your body's internal clock, thereby improving not just the quantity but also the quality of your sleep.

By scheduling some quiet time for yourself each evening before bedtime and consistent wake times in the morning, you can fight fatigue and insomnia easily.

Establishing an uninterrupted inflow of sleep can make a remarkable difference in how well-rested you feel the next day.

Maintaining a regular sleeping pattern is often the simplest way to find relief from sleepless nights and ensure that your body is getting its required rest every night.

Ultimately, it may be best to rise with the sun and fall asleep 3-5 hours after it sets.

Because, after all, the body is tuned to the day-night cycle of the Earth - when the morning sun hits your eyelids, it signals the body that it is time to wake up.

With this signal, the body starts releasing serotonin - the daytime hormone that makes you awake and aware.

And vice versa, when the sun sets and its light is absent, this is a signal for the body that it's time for sleep - the body then releases melatonin, which is the nighttime hormone that makes you drowsy.



3. RELAXATION TECHNIQUES

Improving sleep quality and falling asleep in the first place can be difficult, especially when dealing with insomnia.

However, relaxation techniques, such as progressive muscle relaxation, and deep breathing, have been proven to reduce the frequency and intensity of insomnia.

Progressive muscle relaxation (PMR) is an easy-to-practice technique that involves tensing and relaxing different muscle groups throughout the body in order to improve physical and mental states.

On the other hand, deep abdominal breathing can be performed in combination with PMR for greater benefits.

Making use of these techniques can allow for more restorative sleep, better cognitive function, and overall improved well-being.



Here is a 10-step process to use when you're in bed:

1. Lay on your back and close your eyes
2. Take a deep breath and flex your ankles/calves
3. Exhale while relaxing your ankles/calves
4. Take another deep breath while flexing your thighs with locked-out knees
5. Exhale slowly while relaxing your thighs
6. Take a deep breath while flexing your shoulders/torso with arms overhead
7. Exhale slowly while relaxing your shoulders and dropping your arms to the sides
8. Continue inhaling and exhaling slowly while observing your thoughts and heart rate
9. If any intrusive thoughts come to mind, don't latch to them, don't create a story, but simply swipe them away and let the next thought come
10. Continue breathing slowly and swiping thoughts until you find yourself in a relaxed state - in just a few minutes, you'll start seeing vivid imagery, which is one of the first signs you're falling asleep!

4. EXERCISE

Exercise has long been known as an effective way to deal with insomnia and to promote healthy sleep.

By incorporating some form of physical activity into your everyday routine, you can help the body release important hormones and neurotransmitters that act as relaxants and calming agents.

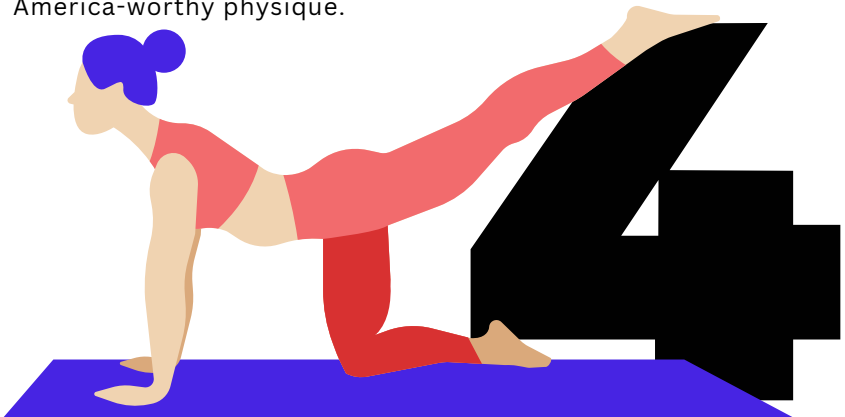
Exercise also helps to tire you out physically, leaving your body more ready for restful sleep.

It can also help to reduce stress levels, allowing you to approach bedtime without anxious energy.

Taking a walk in the evening, doing some gentle daily yoga, or committing to a regular workout regimen can all make a difference in battling insomnia and promoting easier sleep on a regular basis.

Ultimately, though, we'd recommend weight lifting, as this is one of the most exerting exercise activities, leaving you tired and pleasantly sore.

Besides, weight lifting and sleep are mutually beneficial - this type of exercise helps promote better sleep, and sleep helps you recover from the training session... Ultimately leaving you looking progressively better naked, until one day you wake up feeling refreshed and look into the mirror, only to see a Captain America-worthy physique.



EATING AROUND BEDTIME?

Going to bed on a full stomach can be quite uncomfortable, yet far too many of us enjoy late-night snacks and big meals shortly before hitting the hay.

But it's important to be aware that eating a large meal shortly before bedtime can disrupt your sleep quality and even your overall health... and it can even give you nasty acid refluxes, which will only make you jump from your pillow and want to sleep sitting.

Nevertheless, nighttime nutrition is important because the body recovers from the day's activities at night.

This is why it is crucial to get a solid, satiating dinner meal.

Here are our two rules of thumb:

1. Consume a high-protein, moderate-fat & carb meal around dinnertime
2. Make sure this meal is consumed no less than 2 hours before you hit the hay!

These two will ensure that you don't go to bed hungry and you have enough resources to restore your body.



CONCLUSIONS

We all know the feeling of being exhausted after a long night of tossing and turning, struggling to get even an hour of shut-eye.

But what many people don't realize is that not getting enough sleep can actually have some serious consequences on our health and appearance.

From wrinkles to under-eye bags and nasty muscle cramps, there are plenty of reasons to make sure you're getting your full eight hours every single night.

So if you're looking for ways to improve your complexion and overall health, be sure to use these tips and enjoy your best slumber!

Sleep tight.

