



Trim Healthy Podcast with Serene & Pearl

Episode 372 ~ Unleashing the Unknown Powers of Sleep

Air Date 3/13/24 ~ [Watch Here](#) ~ [Listen on iTunes](#) ~ [Listen on Spotify](#)

Quotables

- “The thing about community is that you share a lot of things. You share a lot of thankfulness; you share a lot of wonderful memories, and you share a lot of germs!” –Serene
- “There are a lot of practical steps that can be taken to prevent sleeplessness... start to implement those. And then, when you’re beginning to get into some of the difficulties around sleeplessness during menopause, you can troubleshoot more effectively since you’ve created good sleep habits.” – Pearl

Serene’s Sleep Check In

Serene’s Perspective- “One of the things that I’ve realized is that lack of sleep got me into a lot of trouble. I had pneumonia recently, and I know that late nights were the cause of my immune system breaking down. We eat super healthy... kefir and homemade sourdough bread. Eggs from the backyard... greens and fruit. Sugar is not in the house. But we were starting to have some late nights. We had some sickness coming through our family and I was staying up late with that... then pushing myself with my workouts. I ticked all the boxes with our healthy choices... but it was everything except getting enough sleep!

The Basics of Sleep

We’re getting back to basics. We were talking about breathing a couple of podcasts ago, and now we’re talking about sleep. Because if you don’t get those basics right, you can get yourself into trouble.

What Are the Benefits of Quality Sleep? Or aids to help with gaining sleep? Or what is the downside to *NOT* getting sleep?

- You recharge your mitochondria.
- Quality sleep is incredibly important when it comes to gut health... you can do kefir and other things, but to cultivate quality gut health, sleep is basic.
- As a sleep aid... melatonin has powerful antioxidants. It's also anti-cancer. It is also a detoxifier. (Some worry about taking melatonin because it is a hormone but so is Vitamin D. After 40 most of us are depleted in our natural melatonin and taking more doesn't harm us. Melatonin is found in abundance in foods like cherries.)
- Blue light glasses are helpful with sleep rhythms. Serene recently purchased the following brand but you may find less expensive options that you like.
 - [Bon Charge brand](#)
- Blue light is great for charging your energy. Just don't immerse yourself in it in the hours before you go to sleep.
- The immune system is strengthened by proper sleep.
- Sleep restrictions cause a plethora of issues including metabolic disruption and glucose intolerance. [See Study.](#)
- Another study looked at time spent sleeping and caloric intake. It showed how people compensate for lost sleep by eating more calories.
- Late-night eating is associated with higher weight gain than morning eating. [-See Study.](#)
- Late bedtimes (especially past 11 pm) are associated with a greater risk of heart disease. [-See Study.](#)
- Sleep is an integral part of autophagy. Sleep and strength training are your critical autophagy triggers... fasting helps with autophagy (we recommend this being your nighttime fast rather than an intermittent fasting approach).
- Don't do revving workouts 2 or 3 hours before sleep... if you can avoid it.
- Try a good book (paper kind) and/or deep breathing when you get into bed.
- Having a nice herbal tea and giving thanks to God are great pre-sleep routines.
- *"There is rapidly accumulating evidence to indicate that chronic partial sleep loss may increase the risk of obesity and diabetes. Laboratory studies in healthy volunteers have shown that experimental sleep restriction is associated with an adverse impact on glucose homeostasis."* [-See Study](#)

Pearl's Menopause Sleep Disruption

Pearl's Perspective- I had a dramatic experience during the throes of menopause. I would wake every hour or so with hot flashes and anxiety. I was extremely sleep-deprived for 2 years. I did everything I knew to do including cooling sheets and many other things. I was still sweating profusely. I felt exhausted and this experience was my catalyst to go on BHRT. And then my sleep returned! So, for many women, BHRT may be an important solution for their sleep issues.



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INGREDIENTS: MCT Coconut Oil, Full Spectrum Hemp Extract.

Note: Concerning pregnant or nursing mamas, while we do not know of any contraindications, we always recommend that each woman do her research regarding ingredients and only use those products that she feels are the best fit for each season of her life.

STRENGTH: 3000mg 100mg/ml

SIZE: 30ml (1 fl oz)

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