

**THE DEFINITIVE
GUIDE TO
SLEEPING BETTER
FOR HEALTH, STRENGTH
AND A BETTER
LOOKING PHYSIQUE**

Diabetic.TM
M U S C L E & F I T N E S S

READY TO LEARN ABOUT HOW **SLEEP** CAN IMPROVE YOUR HEALTH, STRENGTH AND HELP YOU GET BETTER LOOKING PHYSIQUE?

I am excited that you have invested the time to develop your knowledge about sleep. By the end of this course you will:

1. Have a clear understanding of the benefits of good quality sleep, and the impact of poor quality sleep.
2. Understand sleep architecture and the functions of each stage of the sleep cycle.
3. Know the main environmental, nutritional, exercise, and stress factors that impact sleep.
4. Know the most effective strategies to combat all factors, to ensure high quality sleep.
5. Discover how diabetes poses an extra challenge for quality sleep.
6. Learn the most effective strategies to minimize the impact of diabetes on sleep.
7. Most importantly, **YOU WILL BE IN CONTROL.**

HOW CAN I BE THAT CONFIDENT YOU WILL GET ALL THIS?

I see the impact of sleep on diabetes control and athletic performance almost every day in my clinical practice as a Diabetes Specialist Dietitian.

Sleep is the forgotten factor when it comes to good diabetes control and optimal performance.

Ever evolving digital technology and artificial lighting are negatively impacting on sleep quality. I often see people who literally sleep with their phones, and they have unwittingly set up their environments for maximum sleep disruption!

I felt compelled to study the sleep research after consistently observing issues such as insulin resistance, weight gain, and poor physique developments despite hard work in the gym.

The research resulted in me trying different strategies to help people improve their sleep quality. Some were resounding successes, whilst others were not practical.

Over time I have developed a set of general strategies that work really well for any person, but also a specific set of strategies for people with diabetes.

The information and practical strategies in this course have taken me nearly ten years to develop, by:

1. Hours of reading the literature to get an in-depth knowledge of sleep architecture.
2. Relentless self-experimentation using different strategies.
3. Trying different techniques with hundreds of different people with Type 1 Diabetes, both in a clinic setting and online coaching.
4. Teaching these methods to health care professionals.

I have set up this course because I cannot see every person with Diabetes in my clinic. I know this content has huge value for people with diabetes, but especially those with a keen interest in muscle and fitness, who want first class control.

THE SECRET IS IN TAKING ACTION!

You will not improve by just watching the module videos.

YOU MUST CONVERT YOUR UNDERSTANDING INTO LEARNING BY TAKING ACTION.

I have purposely not included a load of written text content into this workbook. That is because learning is a participation sport. It is **YOUR** job to:

1. Annotate the key diagrams with how you understand it.
2. Use the tables to write the key points and then most importantly how **YOU** are going to take action.
3. Document your results and share them with the rest of the Diabetic Muscle and Fitness community on Facebook.
4. Share your new knowledge with other people who have diabetes and your health care professionals.

HOW TO GET THE MOST OUT THIS COURSE

1. Print this workbook and all the comparison guides
2. Complete the tasks and action plans of each module
3. Implement your plans before moving to the next module
4. Document your progress on the Facebook group

If you just watch all the videos back to back and do not follow the above points, it's a certainty you are a spectator.

It's only the participants who learn through action.

ENJOY!

COURSE CONTENT

Module 1: The benefits of Sleep

Module 2: Sleep quantity and quality

Module 3: Controlling environment and creating sleep shack

Module 4: Nutrition, Exercise and Stress

Module 5: Diabetes and sleep

Module 6: Sleep Test

MODULE 1

THE BENEFITS OF SLEEP

The benefits of adequate sleep:

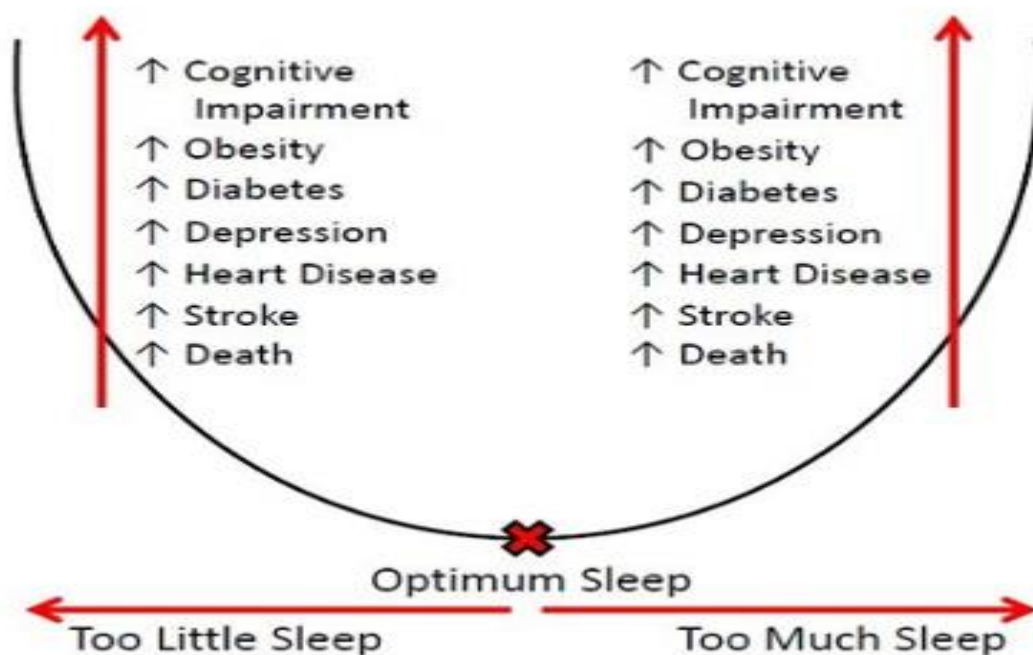
- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

The impact of poor quality sleep:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

U-shaped sleep curve

[J Sleep Res.](#) 2009 Jun;18(2):148-58



My key understanding and knowledge points	How to apply: Be SMART & Accountable
1.	
2.	
3.	

MODULE 2

QUANTITY AND QUALITY OF SLEEP

Weekday

Bed time?

Waking time?

Average hours?

Weekend

Bed time?

Waking time?

Average hours?

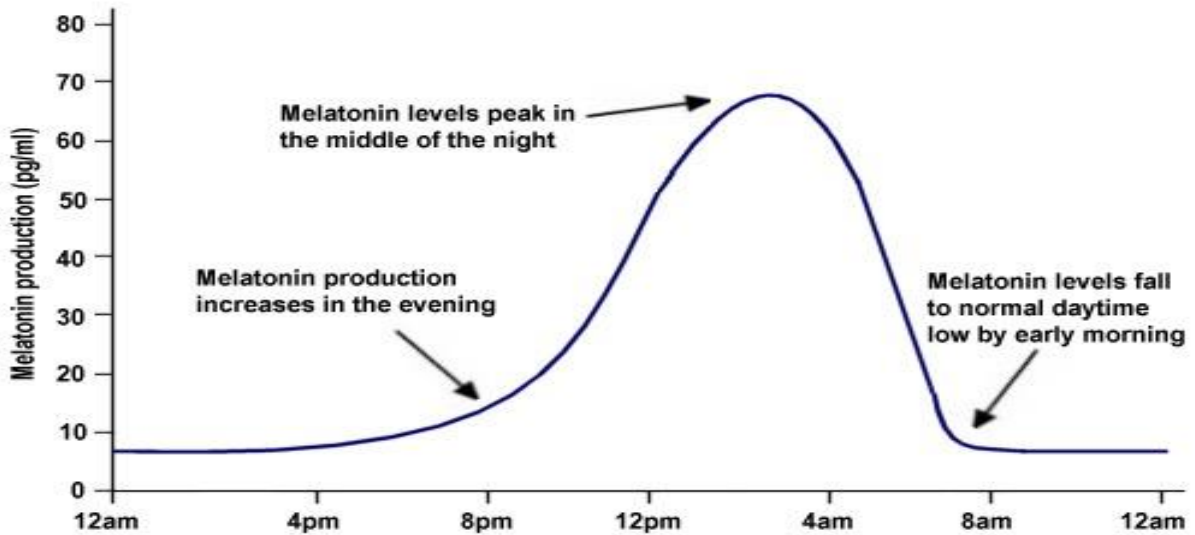
Is your sleep disturbed?

How many times to the toilet?

How many times wake up?

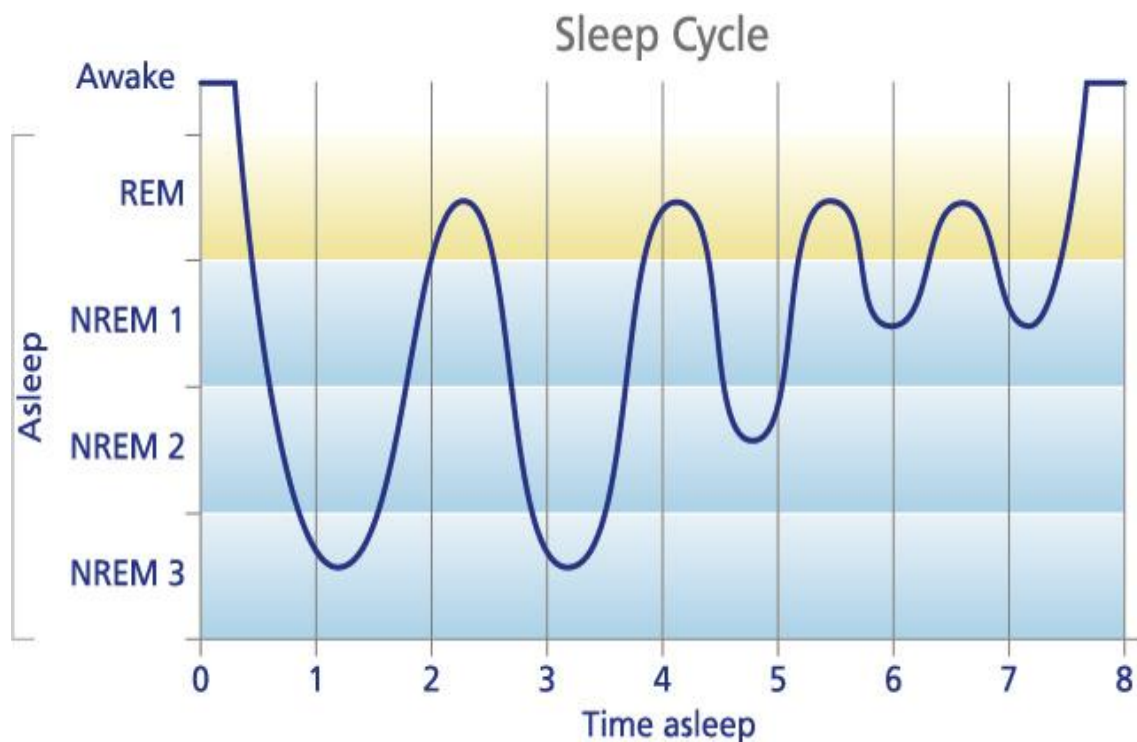
How much sleep do you need each night?

MELATONIN THE SLEEP HORMONE



Detail on this diagram:

- The Anabolic window
- The Learning window
- Brainwaves at different stages



Do you stay up late at the weekend?

Struggle to sleep Sunday night?
Tired Monday, Tuesday, Wednesday?
Living for the weekend?

Define Social Jetlag

What does social jet lag lead to?

My key understanding and knowledge points	How to apply: Be SMART & Accountable
1.	
2.	
3.	

MODULE 3

CONTROLLING ENVIROMENT AND CREATING A SLEEP SHACK

Why does blue and bright light reduce sleep quality and quantity?

What are the key strategies to prevent light disrupting sleep?

- 1.
- 2.
- 3.
- 4.

Why does too high temperature effect sleep quantity and quality?

What are the key strategies to prevent temperature disrupting sleep?

- 1.
- 2.

My key understanding and knowledge points	How to apply: Be SMART & Accountable
1.	
2.	
3.	

MODULE 4

NUTRITION, EXERCISE AND STRESS

Questions

Nutrition:

How many nights do you drink alcohol and what time?

Last time drink beverage containing caffeine or have stimulants?

Last meal and drink?

Do you take any supplements to aid sleep?

Training:

What time finish training?

Stress:

Do you worry about things at night that stops you sleeping?

Do you have a constant stream of thoughts preventing you from sleeping?

Nutrition Issues:

Alcohol

How does alcohol effect sleep?

1.

2.

3.

Caffeine

How does caffeine effect sleep?

How can you minimise the impact of caffeine effect sleep?

1.

2.

3.

Meal timing

What is the ideal time to have your last food and drink?

Why is this important?

1.

2.

3.

Feeding the Microbiome:

Why is having a healthy microbiome important for sleep?

What are the key pre-biotic foods?

- 1.
- 2.
- 3.

What are the best fermented food options:

- 1.
- 2.

Why should you aim for the Rainbow effect?

How do you protect your microbiome?

- 1.
- 2.
- 3.

Exercise

How does exercise effect sleep, both positively and negatively?

1.

2.

What strategies can you use for exercise?

1.

2.

Stress

How does stress negatively impact sleep?

1.

2.

What strategies can you use to manage stress?

1.

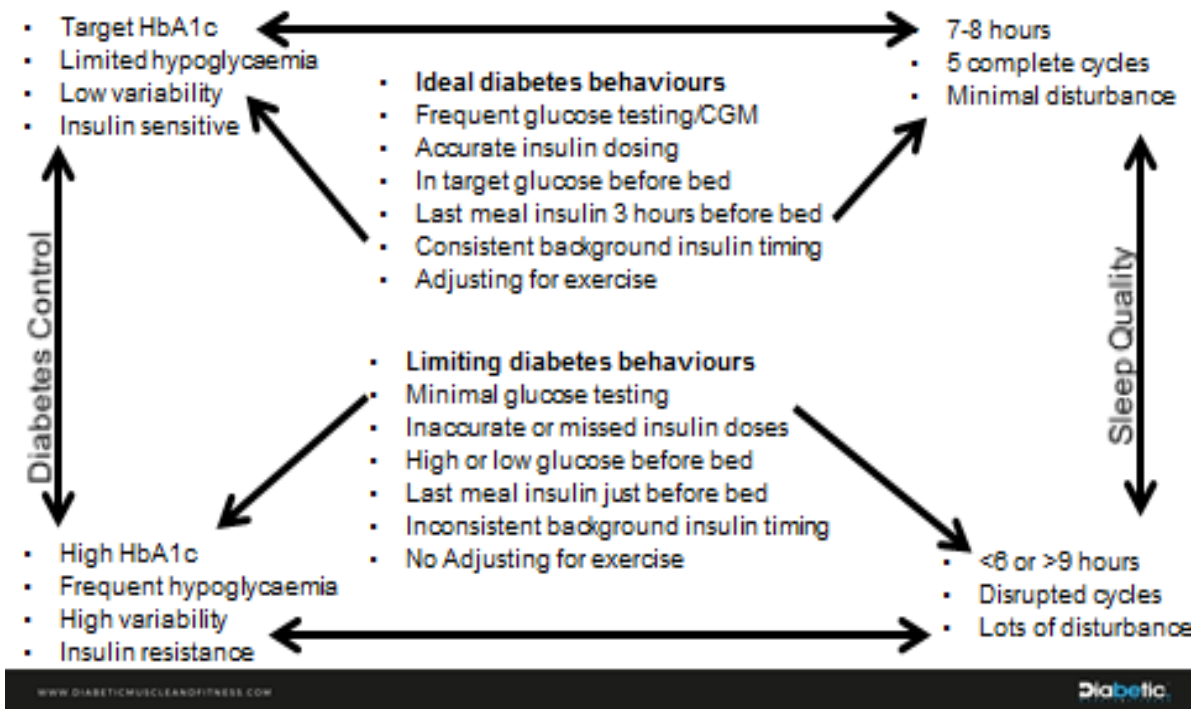
2.

3.

My key understanding and knowledge points	How to apply: Be SMART & Accountable
1.	
2.	
3.	

MODULE 5

DIABETES AND SLEEP



What diabetes strategies can you use to minimize the effect of diabetes on sleep quality?

- 1.
- 2.
- 3.
- 4.

My key understanding and knowledge points	How to apply: Be SMART & Accountable
1.	
2.	
3.	

MODULE 6

SLEEP TEST

1. Print the Sleep Test
2. Answer the questions using your notes
3. Post your score on the Facebook group to show you are a sleep expert.



WWW.DIABETICMUSCLEANDFITNESS.COM