

# My REST Rx

Rest Rx Rating: **POOR**

Step 1 - Habits (Tips #2, #3, #5)

Step 2 - Hygiene (Tips #1, #4)

Step 3 - Hormones (My Restoration Plan)

## My RESToration Plan

*Talk to your Coach FIRST to determine your Factor/s before implementing any specific strategies*

### #1 Factor: Low Blood Sugar

*(If Tips #4 & 5 are not enough: Try taking Support Minerals 1-2 capsules before bed)*

### #2 Factor: Low Serotonin

*(Try 5 HTP - 50 to 150 mg at bedtime. If that doesn't help after 1-2 weeks trial, Try time-released Melatonin)*

### #3 Factor: Hormone Imbalance

*(Try Adrenal Support supplement + Get hormone levels tested - DUTCH Test)*

## Quality Rest Tips

**#1: Keep room cool, dark, quiet.** Use ear buds or white noise, black out drapes and cool sheets. Unplug all devices/all screens.

**#2: Establish** a predictable sleep schedule. (10:00 pm - 6:00 am) is optimal for most people. *(The liver detox time is 1:00-3:00 am)*

**#3: Avoid stimulants** *(caffeine, strenuous exercise, desserts, large meals, relational conflict)* 2-3 hours before bedtime

**#4: Try Epsom salt bath or foot soak or Magnesium warm drink before bed** *(Natural Calm dissolved in warm water)*

**#5: Eat a small protein snack** *(boiled egg, spoonful nut butter, small piece of chicken, almonds)* 30 minutes before bed *(helps to keep blood sugar stable during the night)*