

Sleep

more effortless
zzzz's



THE PEPPERMINT TREE
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Sleep

"I'll just drink coffee to keep to me going"

"I've got so much to do, I can't possibly get to bed before midnight."

"I lie awake thinking about all the things I've got to do"

"I'm so tired I could fall asleep at my desk."

"I'll catch up on my sleep over the weekend."

Does any of this sound familiar to you?

In order for your body to function optimally, it is recommended that adults get between 7-9 hours of sleep EVERY night! However with an endless list of jobs, fluctuating hormone levels and children, partners and bosses demanding more of your time how is this even possible?

Some root causes of insomnia may include:

- High cortisol levels (e.g. from stress or anxiety)
- Hormone imbalance – both too much estrogen and too little estrogen can affect sleep quality as can low progesterone
- Nutrient deficiencies e.g. B6, magnesium.

Read on to find out why sleep is so super important and for some simple tips that have worked for me

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The Low Down.....

Why is 7-9 hours of restful sleep a non negotiable?

- Lack of sleep is associated with weight gain and food cravings
- To regulate hormones. The majority of our testosterone is produced at night. Yes, women need testosterone too! It is essential for fertility, muscle mass, a healthy sex drive, optimal cognitive function and heart health
- 70% of growth hormone is released during sleep: growth hormone is our anti-ageing hormone. It helps us repair, burn fat for fuel, improve bone density and collagen maintenance. Yes - sleep is anti-ageing!
- To boost cognitive function: Sleep helps to organise and consolidate our memory and improve our focus. During deep sleep, our brain detoxifies. If it doesn't, toxins can accumulate in the brain, this has been associated with an increased risk for dementia
- To aid detoxification. During sleep, our body and brain flush toxins from our tissues. This is why drinking lots of water, moving your body, and even tongue brushing are important first up in the morning
- Optimal sleep helps to lower inflammation. Our sleep hormone, melatonin, is one of the most powerful antioxidants in the body and when we optimise sleep we are also lowering our inflammation



Sleep

Start with these tips

STICK TO A REGULAR SLEEP SCHEDULE

Our circadian rhythm (an internal clock run by your brain that repeats every 24-hours) thrives on regularity. If we go to bed at irregular times our bodies literally freak out and become seriously confused.

Sticking to the same bedtime every night can help improve sleep quality and boost deep sleep.

CREATE A BEDROOM ROUTINE.

Do you remember hearing this when your children were babies? Well it's the same for us, our body loves routine so create your own bedtime routine.

It could include all, or a few of the following: a bath, meditation, gentle stretching, a good read, journalling, using an eye mask or applying your favourite essential oils or setting up your essential oil diffuser.

JOURNALLING

Before turning out the lights spend 10-15 minutes writing about what's on your mind and make a list of things you need to do the next day so that you can go to bed feeling unburdened and peaceful

SET AN EVENING ALARM

Set an alarm on your mobile phone that is your evening signal to begin winding down.

Ideally this should be around 8:30pm. Your alarm might also display a message on the screen that says something along the lines of, "I respect myself and I treat myself kindly".

Winding down means ceasing to do jobs for the family, yourself and your employer.

Aim to be asleep by 10:00-10:30pm – this is your daily appointment with sleep



Sleep

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SPEND TIME OUTSIDE

In order for our bodies to sense the difference between night and day, our eyes need to see and feel the changes.

Sunlight exposure first thing in the morning and during the day (without sunglasses if the brightness is tolerable) significantly helps to regulate our circadian rhythm and can help improve the quality of our sleep.

Aim for 15 minutes as soon as possible after waking, and 15-30min during the day if the weather allows.

AVOID BLUE LIGHT FOR AT LEAST 1.5 HOURS BEFORE BEDTIME

Bringing your laptop to bed to finish that final piece of work may sound tempting (guilty!), but it's best to leave it behind at your desk and set boundaries.

Blue light exposure has been shown to interfere with melatonin secretion and reset our circadian rhythms, delaying and reducing our quality of sleep.

If you spend a lot of time in front of a screen it may be worthwhile investing in a pair of blue light blocking glasses.

These can be purchased at regular stores that sell eye glasses and can be adapted to your prescription if needed or they can be purchased from reputable online stores.

LIMIT STRENUOUS EXERCISE LATE IN THE DAY

Strenuous exercise includes exercise such as high-intensity interval training, running, swimming, cycling, or weight training. Strenuous exercise stimulates the nervous system which is not ideal when you need to be winding down before sleep!



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LIMIT CAFFEINE INTAKE

Caffeine is a stimulant!

Full Stop!

Caffeine blocks adenosine receptors in the brain.

Adenosine is a brain chemical that affects the sleep-wake cycle.

Adenosine levels increase during waking hours and decrease during sleep.

LIMIT ALCOHOL

Alcohol is perhaps the most widely used non-prescription sleep aid. However, it really does not help us get the quality of sleep we need.

Alcohol reduces REM sleep (memory storage sleep stage) and increases the number of times you wake up during the second half of the night.

DETOX!

Swap out products in your home that contain harmful, endocrine-disrupting chemicals that upset your hormones.

Hormone health is key for good sleep.

If this is something you need help with, reach out and book a free coaching call. I will guide you through this maze!

SUPPLEMENTS

Magnesium, herbs such as valerian and passionflower, L-theanine and melatonin are all considered useful when it comes to sleep.

It is important to note that individuals will respond to differently to each supplement.

Ask your trusted health care practitioner or book a wellness call with me (see last page) for further advice.



Sleep

What's next?

As a certified Health and Hormone coach, I work with women who would like to make positive changes to how they feel and operate on a daily basis.

Your unique goals become the basis of your individualised coaching.

Maybe your goal is to

- Shed a few kilos
- Sleep through the night and to wake up feeling refreshed
- Have a weekly meal plan that works for your family or
- Start each day with a healthy breakfast
- Know how to unwind and feel unburdened and at peace
- Kick those hot flushes
- Clear the fog that lingers in your brain

What ever it is, as your coach, I am your guide on the side who will endeavour to keep you accountable, pick you up when you need it and cheer loudly for each positive step forward

Book a free Wellness Call to find out more. You can do that at <https://www.thepepperminttree.com/book-online>



My Story

Hey, I'm Lou!

Welcome to The Peppermint Tree, a space where busy women can find balance and vitality so that they can wake feeling energised and positive about themselves every single day.

As a busy mum, my life has been full of challenges! I am one of those people who always tries to cram 3 days into one because I want the best for my family, myself and my tribe! I work in our family business and as well as having my own business and I love to fill my spare time with CrossFit, gardening, reading, going to the beach, cooking good food, craft and supporting my family.

This however, changed a few years ago as a result of a few family health challenges I began menopause in all its glory along with sleepless nights and hot flushes I was also struck with frozen shoulder!

At around the same time my daughter was admitted to hospital with several mango-sized blisters on each of her feet!

This was a result of simply applying physio tape to her feet in an endeavour to determine whether she required orthotics

Thankfully, the brilliant Professor Fiona Woods treated her with her burns protocol and her feet were as good as new

However, we were subsequently referred to an immunologist who advised us to avoid **synthetic fragrances**. He explained that my daughter, at the young age of just 13 had a toxin overload and her body had become sensitive to the synthetic chemicals found in our foods, personal care and cleaning products. What the?????



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My Story

Of course my daughter's health came first so my frozen shoulder, hot flushes and sleepless nights were put on the back burner and I devoted my time to countless hours scanning labels in health food shops, chemists and supermarkets in an endeavour to find safer products for Grace and the rest of the family

During this time I learnt about "green washing" and inaccurate and unfair labelling laws I discovered useful Apps and websites that identify potentially harmful ingredients, including hormone disruptors in common everyday products

I learnt that Australian regulatory bodies and manufacturing companies have little to no consideration for the potential side effects of many of the ingredients in their products and that over 1100 chemicals commonly used in Australia are banned overseas

Amazingly, in my quest to find low-tox products for Grace, I came to understand that many common every day products including cosmetics, skincare cleaning products, hair care and candles contain hormone disrupting chemicals and BINGO! Thanks to Grace's feet I also began to uncover answers to my menopausal challenges!

Always look for the silver lining I say!

My family was fortunate to have had guidance and advice from an amazing support group of friends and professionals

We now have a beautiful "toolbox" to support our health, we use clean products in our home and my menopausal symptoms have subsided. I realise however, that this is not the case for everybody.



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My Story

Hence, it is my passion to help other women to achieve their health and wellness goals and to navigate the challenges of peri-menopause and menopause
I have studied with the IIN to gain my certification as both a Health Coach and a Hormone Health Coach

Through my learning I have observed that

- it is often "acceptable" for women to experience painful and troublesome periods
- peri - menopause and menopause bring with them many challenges for which modern medicine often doesn't have the answers for
- many women suffer from seemingly unexplainable weight gain
- quality sleep seems to be elusive for many
- stress and anxiety are rife
- nutrition is often overlooked because it is either overwhelming or the family is simply too busy

Through my coaching programs I guide women to make small sustainable changes so they too can live their best possible life.

If you would like

- easier, pain free cycles
- satisfying, restful sleep
- to know what to eat
- to feel unburdened
- to shift stubborn unwanted weight
- to wake feeling energised and positive every single day



Book a free [Wellness Call](https://bit.ly/chatwithlou) to see if we can work together
I look forward to supporting you in your personal journey to wellness.
<https://bit.ly/chatwithlou>

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