



HASHIMOTO'S

SELF-MANAGEMENT PROGRAM

ROOT CAUSE:
Sleep Guide

WHY IS SLEEP SO IMPORTANT?

Sleep is important for nearly every function in the body, including hormone regulation, weight management, and stress management in daily life situations (work, home life, etc).

Getting adequate rest is crucial for healing, but often people with Hashimoto's will struggle with insomnia, unrefreshed sleep, blood sugar imbalances, and multiple awakenings throughout the night.

When we don't get enough quality sleep (this could manifest as insomnia but also as hypersomnia), our health suffers.

WHAT AFFECTS SLEEP AND HOW CAN YOU HELP RESOLVE THESE ISSUES?

There are many reasons why we do not fall asleep, but perhaps the most common reasons are listed below:

1. **Blue light (phones, television, computers)**

- At least 30 minutes before bed - turn lights down and turn your phone and other electronic devices off.

2. **Evening exercise aside from restorative yoga, breathing exercises or meditation**

- Exercising 2 hours or less before bed may cause raised cortisol levels. Yoga or meditation can be helpful.

3. **Caffeine (especially after 2 pm)**

Coffee puts your mind in an amazing place where you become more productive and perform better. However, you need to let your mind rest after its high output performances.

- In general, don't drink coffee after 2:00 pm or at least 8 hours before bedtime, whichever comes first.

4. **Staying up past your second wind (generally around 11 pm)**

There is a window from 10:45 and 11 pm or so when you naturally get tired. This moves a little bit based on the season. If you don't go to sleep then and choose to stay awake, you'll get a cortisol-driven "second wind" that can keep you awake until 2 am.

- You'll get better sleep when you go to bed before 11 pm and wake up feeling more rested than if you'd gotten the same amount of sleep starting later.



5. High stress

Perhaps the most common reason people report not being able to sleep is that they don't know how to clear their minds and stop worrying.

- **Deep breathing exercises** like the Art of Living, pranayama yoga, and meditation can do wonders for helping your brain shut down, recuperate, and prepare for another day.

6. Sleep apnea

Having sleep apnea episodes multiple times throughout the night, which cause you to stop breathing for fractions of a second, can be a trigger for Hashimoto's and can be worsened by hypothyroidism.

- Some symptoms of sleep apnea include: snoring, nasal congestion, restless sleep, stopping breathing in the middle of the night, and brain fog.
- You can get tested for sleep apnea at an overnight sleep lab through your health insurance.

7. Parasites: Thieves of Sleep

Parasites are a big contributor to intestinal permeability and have been connected to awakenings in the middle of the night, as well as early morning awakenings. [GI MAP](#) is a great lab to test for parasites, among other pathogens.

PROTOCOLS TO HELP PROMOTE A MORE RESTFUL SLEEP

1. Fill Up with Fat for Dinner

High quality fats, such as **MCT oil, coconut oil, and grass-fed animal fats**, are great sources to fuel up with. The shortest length fats of MCT oil are converted into ketones that are immediately used as fuel for your brain. MCT oil also helps you burn body fat while you sleep. Fat is a long burning fuel for your body and mind and as a bonus, can help you think faster and more clearly in the morning.

2. Prime with Protein

Our bodies use protein for muscle repair and immune function. The muscle repair happens at night during deep sleep, so you want to make sure your body has all the raw materials it needs at night to heal and grow new tissue.

Most proteins, except collagen, are not tolerated well before bed due to being hard on the system. Too much protein can also disrupt sleep. Taking 1-2 tablespoons of hydrolyzed grass-fed collagen peptide before bed is a good option.

3. Track your Sleep Quality

Often those who have sleep trouble don't know what's going wrong. Using a sleep app like [Sleep Cycle](#) on the iPhone can help pinpoint problems. This app simply



requires you to put your phone on your mattress under your top sheet and set the alarm. It will then track your sleep patterns and quality using the microphone on your phone.

Doing this for at least one week will help you get a sense of your baseline sleep quality. Once you've tracked your sleep, you'll have all the data you'll need to hack your sleep. This will ensure that what you're doing is working and allow you to make adjustments along the way based on how you're feeling when you wake up and what the numbers are telling you.

4. **Wake up at the top of your sleep cycle**

As we sleep, we go through different cycles. When you wake up at the top of your sleep cycle, you'll feel great whereas when you wake up in the middle of a deep sleep, you'll feel groggy for hours.

[Sleep Cycle](#) can also help solve this problem. It will act as an alarm clock and wake you at the top of a sleep cycle instead of letting your alarm jerk you awake when you're in a deep sleep. This will leave you feeling more refreshed and awake all day.

5. **Set the right room temperature**

One way to improve sleep quality is by maintaining an optimal body temperature throughout the night. **Make sure the room temperature where you're sleeping is between 60-70 degrees Fahrenheit.** If the room is too hot, you're more likely to wake-up in the middle of the night, toss and turn, and have nightmares, leading to unrestful sleep or early awakening. A room that's too cold may also disrupt sleep as our bodies try to regulate our internal temperature.

I use the ChiliPAD Sleep System to help regulate my body temperature during sleep. It utilizes water to match your body's heat load, which not only improves comfort, but also affects core body temperature, recovery and deep sleep. And best of all, they're offering my readers 25% off the [ChiliPAD](#) system using code **Chilipad25**, or 15% off the [OOLER](#) system using code **Ooler15**, at checkout.

I like pairing my ChiliPAD Sleep System with my [ChiliBLANKET](#), the world's first hydro-powered, temperature-controlled weighted blanket. I love that you can personalize your sleep microclimate by connecting it to your OOLER or chiliPAD control unit for hydro-powered, temperature control. (Receive a special discount on your purchase of the chiliBLANKET by entering the code **Chiliblanket10** at checkout!) Please note, I recommend using a weighted blanket that is within 7-15% of your body weight. The weight of the ChiliBLANKET is 20 lb.



TESTING

- Sleep apnea test (obtain order from your practitioner)
- [ZRT - Adrenal Stress Profile Test](#)
- [DUTCH Cycle Mapping + Adrenal - Precision Analytical Inc. Kit](#)
- [Comprehensive Adrenal Function Profile - Labrix Kit](#)

SUPPLEMENTS

Supplements that may help promote sleep:

- [Melatonin](#) (follow dosage instructions on bottle)
- [Magnesium Citrate](#) (follow dosage instructions on bottle)
- B6- if you are not recalling sleep, you may be deficient in B6. B6 is required for the production of melatonin. [Ulta Labs has a test for B6.](#)

Disclaimer: None of the statements in the Hashimoto's Self-Management Program have been evaluated by the FDA, or any other government body.

The opinions expressed, while based on scientific research and experience, are the personal opinions of Izabella Wentz and may not adhere to current practices.

The guidelines in this program are not meant to replace your physician's advice, your personal beliefs or your own common sense.

If you have a medical emergency, please call 911.

