



WELCOME!

HEALTH FOR EVERY BODY

Peggy Szczepanski, RDN, MAPP

Week 5 of 6



Menti.com

Code: **7848 5953**



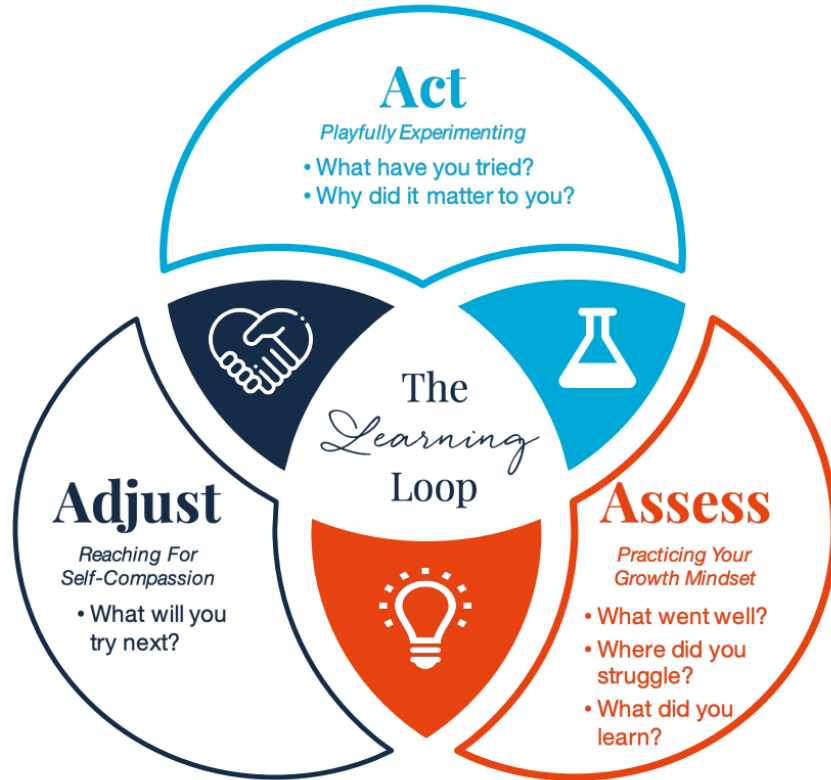
WEEK 5 OBJECTIVES

- Weekly Review & Check-in
 - Tool: Learning Loop
- Week 4 Carry-over Question: Intermittent Fasting
- The Power of Sleep
- Create Week 5 Action Plan



Menti.com
Code: 7848 5953

CHECK-IN TOOL: THE LEARNING LOOP



(McQuaid & Melville, 2019)

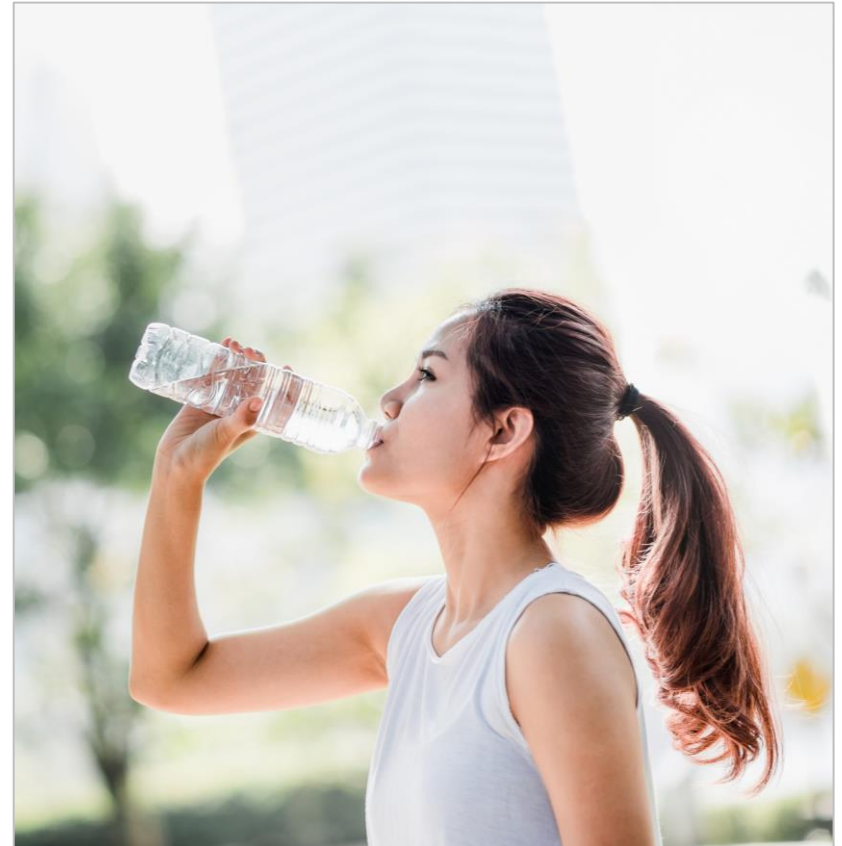
- What action did you take this week?
- What went well?
- Where did you struggle?
- What did you learn?



Menti.com
Code: 7848 5953

INTERMITTENT FASTING

- What is it?
 - Only eating during a specific time and/or frequency
- Why?
 - Allows body to exhaust energy stores in blood and requires greater need to burn stored fat (*metabolic switch*)
- How?
 - Daily ex: 16/8 - eating for 8 hours and fasting for 16; 18/6 – eating 6, fasting 18
 - 5:2: regular eating 5 days week with one, 500 – 600 calorie meal/day on the other 2 days
 - Overall low calorie: 800 – 1100 cal/day eating 5 – 6 x/day (100 – 200 cal/meal)



[Johns Hopkins Medicine: Intermittent Fasting: What is it, and how does it work?](#)

SLEEP



- Worldwide, most of us are not getting enough rest.
- In the United States, the Centers for Disease Control has officially deemed sleep a public health issue, with **nearly 87 million Americans suffering from sleep deprivation.**

WHY SLEEP MATTERS

- Sleep is the foundation of a healthy body and mind.
- Not getting enough sleep is a risk factor for obesity, diabetes, depression, and cancer.
- Without enough rest, lack physical and mental stamina to do things that bring us joy.
- While we sleep, every cell in our body repairs and restores itself to keep us functioning and feeling our best.



WHAT CAN WE DO ABOUT POOR SLEEP?



- Track your sleep!
 - bedtime, rise time, wakeups, etc.
 - The goal: figure out **how many hours of sleep you need per night.**
 - You've hit your **sleep "sweet spot"** on the days you wake up feeling your best.
 - *Remember: Don't worry about how much you get (or don't get) in the meantime. Research shows that many people lose much of their sleep worrying about sleep itself!*

TRACKING YOUR SLEEP



Sleep Diary

Track your progress in this sleep diary so you can find your sleep sweet spot, which is the number of hours of sleep you need per night.

Keep the diary for about a week or until you feel confident you know the number of hours you need per night to feel good.

Day of the week	Bedtime	Rise time	Time to fall asleep? (Est.)	Wake-ups?	How do I feel today?
<i>Monday</i>	<i>11PM</i>	<i>6:30AM</i>	<i>25 mins</i>	<i>1: 60 mins @ 2:30AM (Worrying about work)</i>	<i>Hard to get up, but felt energy kick in mid-morning. Overall, I feel okay.</i>

TEST YOUR SLEEP SAVVY – TRUE OR FALSE?

1. People should always get 8 hours of sleep.
2. To be healthy, you should get as much sleep as possible.
3. Sleeping medications lose their effectiveness the longer you take them.
4. If you're short on sleep during the week, you should try to catch up on the weekend.
5. When you are sick or sleep deprived, your body will get healing deep sleep first.
6. About 1-in-3 people in the U.S. report some symptoms of insomnia.
7. Sleeping pills address underlying causes of poor sleep.
8. If you're having trouble falling asleep, it's best to get out of bed.



HOW'D YOU DO?

1. False – People's needs vary. For many, 6-7 hours is ideal.
2. False – Studies show quality matters more than quantity.
3. True - As your tolerance build, you may require higher doses to get the same sleep-inducing effect.
4. False – Studies show it's best to stick to a consistent routine.
5. True – Your body prioritizes this special kind of sleep first when you're physically rundown.
6. True – though for most people, insomnia does not last. Only 10% of people have chronic difficulty sleeping.
7. False – Sleeping pills work by suppressing brain activity, but don't necessarily produce more restful sleep.
8. True – Don't lie awake trying to force it.



THE POWER OF SLEEP

- Sleep is the ultimate performance enhancer, helping us:
 - Make smart decisions
 - Experience joy
 - Manage setbacks
 - Spur creativity
 - Heal our bodies
- Poor sleep:
 - Increased irritability
 - Enhanced anxiety
 - Lack of motivation



THIS WEEK...

- Based on your personal 6-week goal and your week 1 learning...
- What Tiny Habit will you try THIS WEEK to move yourself forward?



MAKE IT A GREAT WEEK!





Seek

Together™