



The Acadami
Fitness

Week 2: Sleep & Water

Ami Davis - Acadami Fitness – Team Train with Ami

#AcadamiFitness

#teamtrainwithami

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YOU WILL NEED YOUR PHONE AT THE END OF THIS!

Sleep

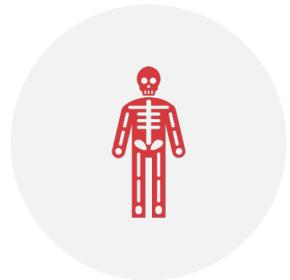
Quality VS Quantity

Average adult = 7 hours/night (not bad); 1/3 get only 6.5

People who get 6 or less a night are 2x more likely to GAIN weight than those at 7-9/night; more than 9 showed similar results to less than 6!

WHY?! – Cortisol, more time awake (more time to get hungry/eat), gut hormones

- Lack of sleep = gut hormones disrupted which = more appetite; higher Cortisol levels (stress hormone, fat storage hormone), lower GH, lower thyroid production, lower insulin response, lower Leptin levels (full feeling), higher Ghrelin (hunger feeling)
- People with a higher body weight tend to need more but get less sleep. Women tend to sleep more than men.



Stress hormone that stores (especially) stubborn belly fat



Can be increased by physical stress (working out, working, lack of sleep, improper diet, dehydration) and/or mental/emotional stress (financial, fighting with family, etc...)



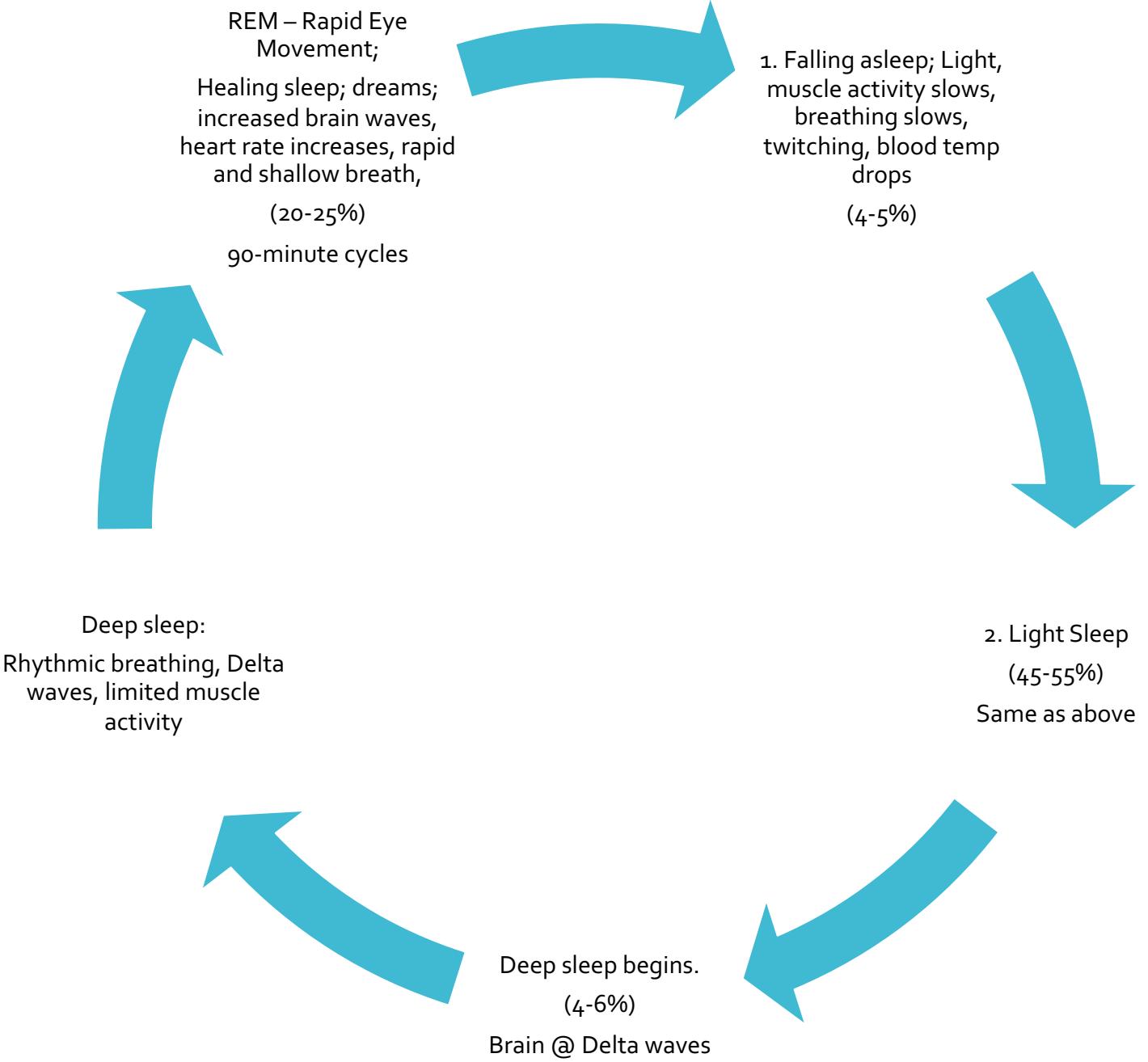
Cortisol is naturally highest upon waking, lowest at night; reduce it first thing in the morning, during mid-day, post-workout, and before bed for lowest possible spikes.

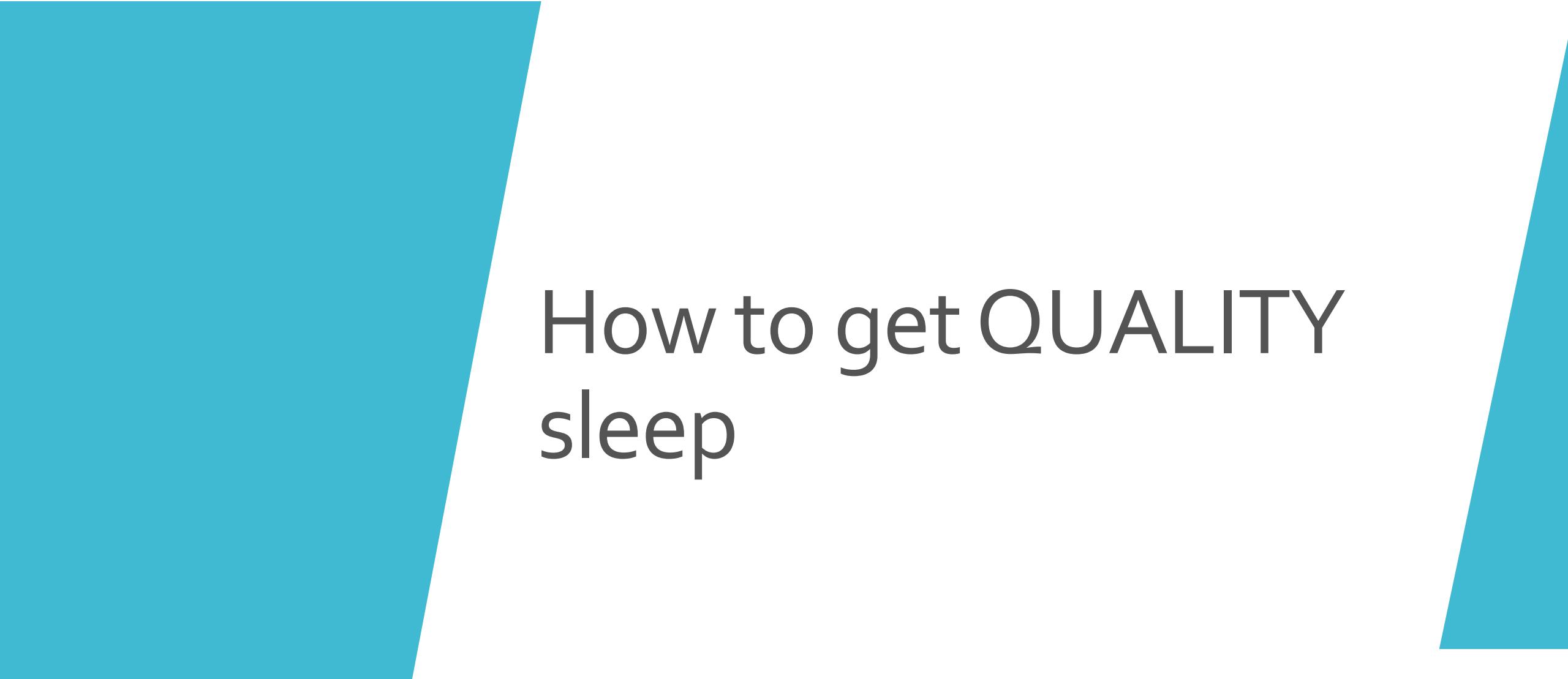


Insulin & Cortisol = Cortisol “blocks” Insulin and with too high of regular Cortisol release, you can become Insulin resistant ☹

Cortisol

Sleep Stages



The background features two large, solid teal-colored triangles. One triangle is positioned in the top right corner, and the other is in the bottom left corner, meeting at the center where they overlap.

How to get QUALITY sleep



Have a bedtime
ROUTINE; PJs!

Constant
bedtime and
wake time

Remove
phone/screens
from room (no
TV/phone for 1-2
hours before
bed)

“blue light
settings” are
basically bullshit

Black out
curtains

COOL, quiet
room (no noise
unless white
noise): 65-68%

Magnesium
(400mg) &
Valerian Root at
night

Magnesium
helps cramps as
well

Night T and Core 21
have these

DO NOT drink
alcohol before
bed

Read a hard
copy book
before bed and
upon waking

Sleep “hacks” - How to reduce Cortisol

Sleep supplementation VS sleeping pills

Asleep VS unconscious

Some anti-depressants can disrupt sleep quality and quantity

Sleeping pills can be addictive

Sleeping pills can cause drowsiness/sluggishness

Sleeping pills actually disrupt REM sleep

Core 21 naturally decreases Cortisol levels to prepare your body for healing;
has digestive enzymes to help with gut health (rec most for women)

Night-T same as Core-21 but increases growth hormone while sleeping (rec
most for men)



Yes, if your brain/body says so. Do not force it. If you can't lay down and fall asleep in about 10 minutes, just get up.



DO NOT NAP FOR 1 hour! 30 or less minutes or 2 hours sleep



8oz of black coffee BEFORE your power nap

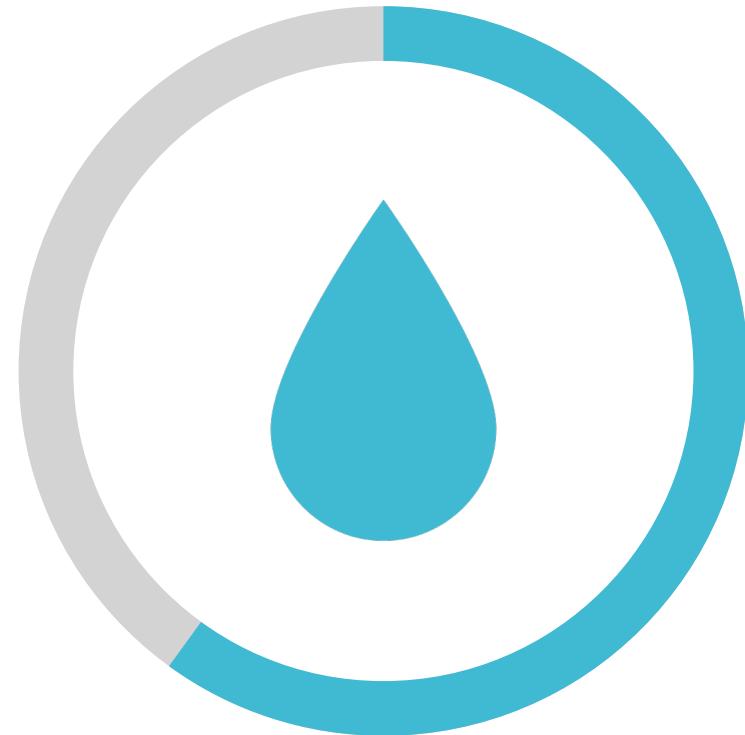
To nap or not to nap, that is the question...

Water

How much should we be drinking?!

- Think about this: our bodies are made up of 60% water, which means MOST of our molecular processes happen in....water. Correct. So we need to have it constantly circulating.
- SO we should be drinking 60% of our body weight MINIMUM/day
- The more water you drink, the less you retain.
- Fat stores leave your body as water (sweat and urine)
- Improper dehydration can cause fatigue, hunger cues, tiredness, cravings (especially for salty foods)
- Water helps EVERYTHING: digestion, energy, circulation, gut health/hormones, sleep

GOAL: 100-128 oz/day



IDK what the question is..but the answer is DRINK.. WATER!

Often, we “misinterpret” cues

- If you are bored – drink water!
- If you are hungry – drink water!
 - Upon hunger cues, drink a bottle of water first, wait 20 minutes then if you’re still hungry, eat.
- If you have cravings for salty snacks especially – drink water!
 - Your body is trying to make you thirsty so your stubborn ass will hydrate it!
- If you are tired – drink water!
 - Upon sleepiness cues, drink a bottle of water first, wait 20 minutes then if you’re still dead tired, take a power nap as we talked about earlier.
- If you are stressed – drink water!
 - Best practice: a bottle immediately upon waking, a bottle before bed; for those with a sensitive bladder: a bottle 2 hours before bed with or after last meal of the day
 - If you are storing stubborn belly fat/love handles, drink water. This could be due to elevated stress and cortisol, which proper hydration can help to offset

QUIZ TIME!

< Back

Week 2 Quiz: Water and Sleep

To complete the survey, go to PollEv.com/amidavis004

0 surveys done

⟳ 0 surveys underway

[Logout](#)

Next Week:
Gut Health

Questions?!?



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