

# BETTER SLEEP BLUEPRINT



## 4 GUT-FIRST STRATEGIES FOR DEEPER, MORE RESTFUL SLEEP

*Struggling to fall asleep—or waking up at 3 a.m. with your mind racing? Your gut may be part of the problem.*

*Your gut and brain are in constant communication. If your digestion is off, it can disrupt hormones like **serotonin, melatonin, and GABA**—all key players in your sleep cycle.*

*Try my gut-friendly steps to help you fall asleep faster, stay asleep longer, and wake up feeling more refreshed.*



### 1. NOURISH YOUR GUT

A healthy gut helps produce serotonin, which converts into melatonin—your body's natural sleep hormone. The right foods and supplements can support that process.

#### TRY THIS:

- ✓ Eat more **fiber-rich foods** like oats, apples, flax, and cooked veggies
- ✓ Take a **high-potency probiotic** with diverse strains
- ✗ Cut back on sugar and artificial sweeteners that disrupt gut bacteria

**BONUS:** Fiber also helps balance blood sugar—another sleep disruptor.



### 2. CALM THE GUT-BRAIN LOOP

Stress affects your gut, and your gut affects your sleep. When the gut-brain loop is overstimulated, sleep suffers.

#### TRY THIS:

- ✓ Use calming supplements like **GABA, L-theanine**, or a short-term **low-dose melatonin**
- ✓ Practice deep breathing after dinner
- ✗ Limit screens and stimulation in the hour before bed

**BONUS:** Certain gut bacteria even help make **GABA**, a natural calming neurotransmitter.

CONTINUED...



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## 3. BALANCE BLOOD SUGAR BEFORE BED

Blood sugar dips can cause middle-of-the-night wakeups by triggering cortisol, your body's stress hormone.

### TRY THIS:

- ❌ Avoid sugary or high-carb snacks before bed
- ✅ Have a **small protein-rich snack** like a spoonful of nut butter or a hard-boiled egg



## 4. BUILD A GUT-FRIENDLY SLEEP ROUTINE

Simple nighttime habits can help your gut and brain sync up for better rest.

### TRY THIS:

- ✅ Stick to a **consistent bedtime**
- ✅ Keep your bedroom **cool, dark, and quiet**
- ✅ Take a **warm bath with magnesium salts** to promote calm
- ✅ Use white noise if your environment is noisy

### FINAL THOUGHTS

If your sleep is off, don't just look at your pillow—look at your gut. Supporting digestion and calming your gut-brain axis may be the missing link to better sleep.



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