

NOURISHING YOUR SLEEP CYCLE

HELP YOUR BODY RECHARGE WHILE YOU SLEEP

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CREATE A RESTFUL SLEEP CYCLE

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OBJECTIVES FOR TODAY

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- Create a restful sleep cycle
- Adopt supportive nutrition practices
- Practice lifestyle habits for better sleep
- Listen to your body
- SMART goals for quality sleep

Refuel your body to Recharge overnight!



Let's make some delicious snacks with Chef Olive!
Chocolate Avocado Mousse anyone?

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WHO ARE KITCHEN ON FIRE & OCEAN VIEW NUTRITION?

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Good health, Good food and Good fun!

From public cooking classes to corporate events to individual consulting and everything in between

Bringing people together through
Cooking, nutrition and community outreach

BUY seasonal, local, organic and GMO free when possible

COOK using healthy cooking techniques

EAT a variety of whole foods including herbs and spices

SHARE and enjoy meals with friends and family

AWARENESS of allergies and sensitivities

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PREPARE YOUR MIND AND BODY FOR SLEEP

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Let's get
some tips
and snack
ideas from
Chef Olive!



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WHAT TIPS DID WE GET FROM CHEF OLIVE

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1. Avoid going to sleep hungry
2. Eat a small amount before sleeping; not a big meal
- 3.
- 4.
- 5.
6. To be completed during the event
- 7.
- 8.
- 9.

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WHAT SNACK IDEAS DID CHEF OLIVE SHARE

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- | | | |
|-----|---------|-----|
| 1. | Nuts | 11. |
| 2. | Seeds | 12. |
| 3. | Dairy | 13. |
| 4. | Avocado | 14. |
| 5. | | 15. |
| 6. | | 16. |
| 7. | | 17. |
| 8. | | 18. |
| 9. | | 19. |
| 10. | | 20. |

To be completed during the event

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LATE EVENING SNACKS

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Sweet/Creamy

- Yogurt with a little molasses, honey, or a few berries
- Dark Chocolate Chews
- Dark Chocolate & Coconut Bark

Salty/Crunchy

- Dark Chocolate and Sea Salt Covered Almonds
- Sprouted Pumpkin seeds or Spiced chickpeas
- Oven Baked Pork Rinds

Grab 'N Go

- Tuna, Turkey or Beef Jerky
- Cheese Sticks, Sardines, or Hardboiled Eggs
- Shelled Pistachios, Walnuts, Brazil Nuts

Snacks for Kids

- Edamame, Nuts
- Yogurt Bark
- Popcorn with real butter

Beverages

- Whole Milk or Coconut Milk with Turmeric or Cacao powder
- Smoothie with dairy or nuts for protein with berries
- Herbal Tea

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NUTRITION FOR RESTFUL SLEEP: NUTRIENTS

Include and Increase

- ✓ Magnesium
- ✓ Selenium
- ✓ Omega 3's
- ✓ Vitamin C
- ✓ Vitamin D
- ✓ Vitamin B6
- ✓ Probiotics and Prebiotics
- ✓ Potassium
- ✓ Calcium

Exclude or Decrease

- ✗ Processed Foods
- ✗ Artificial Sugars
- ✗ Soda and Energy drinks
- ✗ Sugar
- ✗ Caffeine
- ✗ Agricultural chemicals
- ✗ Repeated antibiotics
- ✗ Chemical food additives and preservatives
- ✗ Chlorinated water (another form of antibiotic)

BUILDING A DIET FOR BETTER SLEEP

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Targeted nutrients and how to include them in your diet

- **Magnesium** – dark leafy greens, nuts, seeds, seaweed
- **Selenium** – brazil nuts, tuna, almonds
- **Omega 3s** – sardines, anchovy, salmon, herring, cod liver oil, flax seeds, walnuts, cold water fish
- **Vitamin C** – bell pepper, kiwi, lemon, parsley, strawberries, leafy greens
- **Vitamin D** – flaxseeds, walnuts, fish, eggs, mushrooms
- **Vitamin B6** – organ meats, tuna, nuts, seeds, egg yolk, avocados
- **Probiotics** – yogurt, kefir, sauerkraut, kimchi, kombucha, raw goat cheese
- **Prebiotics** – asparagus, onions, garlic, leeks, raw honey, chicory root
- **Potassium** – avocados, sweet potato, dulse, broccoli, bananas
- **Calcium** – sardines, collard greens, ricotta, yogurt, broccoli rabe
- **Herbs & Spices** – cumin seeds, chamomile, hops, nutmeg, lavender, oat straw

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NIGHTTIME TEA

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A blend to help calm the mind and nervous system, resolve sleeplessness and initiate sleep.

Ingredients:

- Purchase the teas from an apothecary or herb & spice shop
- 1 oz. Linden Blossom (calming effect)
- ½ oz. Catnip (reduce anxiety and restlessness)
- Sprinkle of Lavender * (help with anxiety, insomnia, stress and depression)
- 1 oz. Oat Straw (mellow the mood and resolve sleeplessness)
- 1 oz. Chamomile (decrease anxiety and initiate sleep)

Directions:

- Put all the teas together in a jar and shake to mix the dry herbs.
- To make the infusion use 1 teaspoon per cup, infuse covered for 15 minutes and enjoy.
- To make a batch use 5 heaping teaspoons in a large mason jar/teapot/French press. Steep for 20 minutes, strain and enjoy or refrigerate (will keep up to three days).

* Lavender can get overpowering very easily, making your tea taste like just lavender. Add sparingly. I'd recommend keeping it separate from the blend.

Source: Carol Davison, Medical Herbalist, Kitchen on Fire Cooking School



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HERBAL TEA BLENDS: ALTERNATIVES TO CAFFEINE

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Try one of these options to avoid running on adrenals

Red Zinger

1 oz	Hibiscus flowers
¾ oz	Rosehips
¾ oz	Lemongrass
¾ oz	Peppermint Leaf
¼ oz	Orange Peel
¾ oz	Wild Cherry Bark

Energizing Whole Spice Blend

Cinnamon cut
Ginger root cut
Cardamom pods whole
Whole black peppercorns
Coriander Seeds
Cloves

Directions: Mix in Mason jar. Use 1 tablespoon per cup. Infuse for 20 minutes and drink warm or can leave overnight and drink cold.

Source: Carol Davison, Medical Herbalist, Kitchen on Fire

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ADOPT LIFESTYLE HABITS FOR BETTER SLEEP

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Habits for Better Sleep

- ✓ Natural light early in the day
- ✓ Workout in the morning or at lunchtime
- ✓ Weight-bearing exercise 2-3x week
- ✓ Incorporate nutrient guidelines for better sleep
- ✓ Be asleep between 10pm-2am
- ✓ Be aware of the impact of stimulants (moderate as needed)
- ✓ Cut screen time (#1 thing to improve sleep quality)

Habits that may disrupt Sleep

- x Intense light after dark
- x Workout <4 hours before bedtime
- x Excessive cardiovascular workouts
- x Eat based on habit or convenience
- x Stay up to extend your day
- x Dismiss the potential impact of stimulants
- x Use your 'free time' at night for screens

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IMPACT OF STIMULANTS ON YOUR SLEEP CYCLE

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Relaxers	Stimulants
✓ Melatonin (get good sleep hormone)	✗ Cortisol (anti-sleep hormone)
✓ Serotonin	✗ Caffeine
✓ Meditation	✗ Dopamine (search engine)
✓ 'Turning off'	✗ Stress (good/bad)
✓ Alcohol	✗ 'Second Wind'
✓ Herbal Teas	✗ Alcohol
✓ Exercise – Weight Training	✗ Herbal Teas
✓ Fats and Protein	✗ Exercise – Cardio
✓ Dark and Warm Light	✗ Simple Carb or Spicy Foods
	✗ Natural and Artificial Light

Notice some items are on both lists!

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UNDERSTANDING YOUR HORMONES

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Melatonin - the 'get good sleep hormone'

- Helps you sleep deeper, though doesn't necessarily put you to sleep
- Created in your system based on your exposures during the day
- Screens at night trick the brain into thinking it's daytime
- Serotonin is a building block for melatonin

Cortisol – the 'anti-sleep hormone'

- Helps you wake up in the morning and relax later in the day
- Created based on your lifestyle habits and works overtime if needed
- Screens stimulate cortisol levels
- Caffeine impacts adenosine, adrenaline & cortisol

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NIGHT-TIME MIND AND BODY PREPARATION

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90 minutes before bed

- ✓ Night-time snack (if needed)
- ✓ Screens off
- ✓ No exercise
- ✓ Avoid stressful conversations
- ✓ Ensure you're hydrated
- ✓ Enjoy a relaxing herbal tea
- ✓ Magnesium
- ✓ Warm bath or shower
- ✓ Decrease light intensity/blue light
- ✓ Decrease stimulation

Create your environment

- ✓ Dark, cool room
- ✓ Good circulation
- ✓ Live plants
- ✓ Warm hands and feet
- ✓ Phones out of the room or silenced
- ✓ Set an alarm to wake at the end of a sleep cycle (if possible)
- ✓ Natural room scents using essential oils
- ✓ Music or background sound to reduce disturbances, if helpful

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LISTEN TO YOUR BODY THROUGHOUT THE DAY

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Consider the risk before overstimulating your system

- Instead of caffeine... are you thirsty? or hungry (a little protein/fats)?
- Do you need a run or a weight-bearing workout or perhaps just stretch?
- Do you have to send another email, or can it wait until tomorrow?

Journaling

- Track your results
- Write in a journal, or use an app

Change may be uncomfortable

- You may be altering lifelong patterns
- Give it time, good sleep is in your future!

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WHAT STEPS WILL YOU TAKE TODAY? SMART GOALS!

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Start thinking about your goals today!

- ❑ 2 goals to support improving your sleep
- ❑ 2 goals to ensure you have health snacks

What is your first SMART goal?
Anything to share?

Who is going to make Chef Olive's
Chocolate Avocado Mouse

Specific
Measurable
Take Action
Be Realistic
Time-oriented

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WRAP UP / QUESTIONS?

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 - For the Home Chef in Berkeley & Oakland since 2005
 - Owned by Chef Olivier Said (founder) & Lisa Miller
 - Hands-on Cooking Classes, Events: In-Person and Virtual
 - Nutrition Education, Corporate Wellness, Individual Consulting



Link to today's presentation, demo info and more
<https://www.kitchenonfire.com/assetmark-the-pillars-of-well-being>

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