



***WHY IS GOOD  
QUALITY SLEEP SO  
ESSENTIAL TO OUR  
WELL-BEING?***

**A guide to sleep smarter**

*Glenis O. McEwen*



## **About the author**

Glenis McEwen is a Life & Wellness Coach. She has an advanced degree in nuclear engineering. Her Master Thesis included designing an instrument for early breast cancer detection. The results were published in 2 articles in the Journal of Medical Physics. But all her adult life, her passion has been How to enjoy Healthy living including nutrition, optimal health, and all-around wellness: physical, mental, and spiritual. She was a successful entrepreneur in the corporate world where she ran her company GlenTech Services, a manufacturer representative company for 20 years where she sold & trained scientist & researchers in Europe, Latin America, and the USA in the use of analytical instrumentation.

Most of her life she had enjoyed good health and maintained a healthy lifestyle and a body that fit size 6. But after years of following her own standards of a disciplined eating and exercise program she encountered an abrupt stonewall, called menopause. She gained 28 lbs. Yikes!! without changing her diet or exercise regime. All her nutritional advice and meal plans failed to reap the desired results. Undeterred, she launched an intense search for a solution. Initially, she intensified her exercise program, drank more water, took more vitamins, and consulted an anti-aging doctor. She was prescribed bio-identical hormones (estrogen, testosterone, and progesterone) and medication for both adrenal and thyroid conditions and still found herself fighting fatigue, and experiencing, unwanted weight gain, bloating, constant tiredness despite following a healthy lifestyle. She was stuck in a body that did not respond like it did before to any conventional weight loss programs. Her adrenal & thyroid glands were out of balance, and she could not lose weight no matter how hard she tried.

Together with her late husband (a retired chiropractor and nutritionist) they read everything they could get their hands on about exercise, diet, hormones, and food.

Then in January 2017, Glenis's sister was diagnosed with breast cancer and had to undergo radiation and chemotherapy treatments and Glenis & her husband deepened their research, became expert in analyzing blood test and what Optimal values should be and their efforts brought them to an inexpensive and unique program to help her sister detox, repair her digestive system, strengthen her lymphatic systems, boost her immune system, minimize inflammation, and balance her hormones.

## 28 lbs. heavier



They combined the program with a mindset changed approach to help her renew her mind and identifying and replacing her limiting beliefs with God's word and promises.

Glenis and her husband decided to follow the program themselves. When implementing the program, Glenis was able to finally lose stubborn fat and regain a healthy body. The program does not rely on the popular standard solutions that involve intense exercise, pills, calorie counting, portion control, or the elimination of any major food group, but rather a system that requires eating real food. After going on the program, she reached her weight loss goals in 8 weeks. She lost 15 lbs. on the first four weeks and another 13 lbs. in the following 4 weeks.

## After losing the 28 lbs.



What is even more impressive, she lost 5 inches of her waist in 8 weeks, and she no longer suffer from fatigue neither digestive problems, and she started to have a clearer skin complexion. And she was able to maintain her weight loss despite encountering extreme stresses such as the sudden passing of her husband in July 2019 and the Covid-19 lock down. Furthermore, no one of the previous symptoms have returned.

In her new company The Life Renewal Coach LLC, Glenis now offers individual and group coaching programs including “A 90-day Radical wellness Transformation”. Everyone who has followed the program is getting similar results.

Not just weight loss but improvement in all blood work markers and other health benefits like, acid reflux gone, insulin dependent diabetics being able to cut down the amount of insulin to less than half in a couple of weeks, clearer skin, more energy, sharper mind, radiant skin, less aches and pains, general sense of wellbeing, and looking and feeling younger than they did before they started the program. She empowers clients to become the best version of themselves physically, mentally, relationally, and spiritually.

But a key component of the program is to get good quality sleep because if you do everything else and don't get enough sleep you may be sabotaging your wellness goals and that is why Coach Glenis decided to write this E-book.

Coach Glenis hopes that you will start practicing the tips she recommends here to get better quality sleep, to sleep smarter, to sleep your way into a healthy, fit and energetic body and mind so you can live a life abundantly and full of passion and purpose.

They don't call it beauty sleep for nothing.



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# 1. The 7 Pillars to improve your Longevity & wellbeing

I put into practice 7 pillars necessary for my health, longevity, and wellbeing. I teach women over 50 to incorporate these 7 pillars into their daily living and it radically transforms their body, mind and overall health. My coaching program "90-days to Feel & Look Younger than Your Biological Age" A Radical Wellness Transformation Experience has created many successful testimonials.

## HERE ARE THE 7 PILLARS:

1. Detoxification: get rid of anti-nutrients that are sabotaging our health.
2. Good nutrition: eat nutrient dense foods to provide our bodies with the right tools for healing and increase immunity.
3. Repair our digestive system
4. Practice smart exercise (short and sweet)
5. Get good quality sleep
6. Stress management/mindset changes
7. Drink more water

Today, let's talk about good quality sleep. Because lack of sleep may be sabotaging our efforts to get healthy, fit and look and feel younger than our biological age.



## 2. What happens while you sleep?

Did you know that sleep accounts for  $\frac{1}{3}$  of the human lifespan?

It turns out that sleep is a period when the brain engages on several activities which are linked to our quality of life. So, let's find out a little bit more about sleep and how to get better quality sleep.

**Do you know what our Circadian Rhythm is?**

The circadian rhythm, a near 24-hour internal clock controls how our body's functions change throughout the day. Your cognition, metabolism, sleep-wake cycle, and many other functions all follow a circadian rhythm. Maintaining a consistent circadian rhythm is essential for general health. Inconsistent eating and sleeping patterns can throw off your circadian rhythm and increase your risk of developing several diseases.

Likewise, not getting enough quality sleep can affect your physical and mental well-being

# What is happening while you sleep?

While sleeping, your brain will cycle through two different types of sleep: REM (rapid-eye movement) (25% of our sleeping time) sleep and non-REM sleep (75% of our sleeping time).

The first part of the cycle is non-REM sleep, which is composed of four stages. The first stage comes between being awake and falling asleep. The second is light sleep, when heart rate and breathing becomes regulate and body temperature drops. The third and fourth stages are deep sleep. In the past REM sleep was believed to be the most important sleep phase for learning and memory function yet newer data suggests that non-REM sleep is more important for these tasks. It was also discovered that it is the more restful and restorative phase of sleep.

As you cycle into REM sleep, the eyes move rapidly behind closed lids, and brain waves are like those during wakefulness. Breath rate increases and the body becomes temporarily paralyzed as we dream.

The cycle then repeats itself, but with each cycle you spend less time in the deeper stages three and four of sleep and more time in REM sleep. On a typical night, you'll cycle through four or five times.



# 3. During sleep, what is the brain really doing?

1. Our brains sort and process the days information, important for creating long term memories as our brain consolidates all the information it picked up during the day and files it away for later use.
2. Cleaning itself from neurotoxic waste products. One of the important things that happens while we're sleeping is that our brain has its own unique waste disposal system which is like the lymphatic system which handles our body's cellular waste management but that doesn't include the brain. The brain uses its own cellular waste disposal, the glymphatic system with a g and it will clean up your brain of all waste products produced during all metabolic processes the brain does during our waken hours. During our sleep the glymphatic system becomes 10 times more active than the rest of the day. Something interesting happens, your brain cells reduce in size by 60% to make room for a more efficient waste removal.



3. Our immune system releases inflammation fighting cytokines

4. Our brains releases hormones with different important purposes:

- Melatonin, a hormone released by the pineal gland, controls our sleep patterns. Levels increase at night making us feel sleepy. The nick name is the “get-good-sleep hormone. Is anti-aging, boost cognitive function and controls our sleep patterns
- Human Growth Hormone (HGH) which is released by the pituitary gland helps with muscle repair and tissue growth and repair. 75% of total HGH production happens while we sleep. The nickname of this hormone is “the youth hormone”.
- Cortisol, a hormone that shows during stress. This hormone controls our flight or fight response. The levels decrease during the first few hours of sleep before rising soon after waking up. When melatonin is high, cortisol is low. Cortisol helps us wake up, be ready for the day and switches on our appetite. It is low when we sleep and high when we are awake. The nickname for cortisol is “the stress hormone”
- Leptin: Regulates body weight by inhibiting hunger. The nickname “satiety hormone”. It tells us when we are full and guess what, its production decreases with sleep deprivation.
- Ghrelin: Stimulates hunger. Lack of sleep increases its production. The nickname for ghrelin “the hunger hormone”
- Insulin: Controls glucose. Sleep controls insulin levels so our body can use it properly during the day. The nickname for Insulin is “the fat storage hormone.

# 4. What does Fat in our bodies have to do with sleep deprivation?

Being overweight not only causes severe stress to our internal organs and nervous system but it also disrupts our hormonal balance.

- After a meal, overweight individuals produce 51% cortisol vs 5% for healthy weight individuals. So, if you eat a meal after 8 PM and you are overweight it interrupts your sleep because cortisol is as close to an anti-sleep hormone as you can get. Consequently, if you are overweight do not eat before going to bed because it will interrupt your sleep with all the unintended consequences we have mentioned. However, if you are lean, eating late is not a problem. It is what is going on with your hormones that matters most.
- Hormones are chemical messengers that deliver information throughout all the cells in your body, and you have a huge impact on what your hormones are doing every moment of your life. Hormones are going to change their ratios and functions as we age. We are either supporting normal hormone function or working against it with the choices we make regarding food, rest, exercise, sun light exposure, etc.
- Not all fat is created equal. Fat all over our body is not pleasing to the eye but fat around the organs, the visceral fat is very detrimental to our health. Visceral fat around the abdomen produces 3 times more inflammatory cytokines than fat cells elsewhere in the body, and in overweight individuals up to 35% of all inflammatory compounds.



- Another culprit of bad quality sleep is people suffering from Sleep apnea, a sleep disorder characterized by pauses in breathing or infrequent breathing during sleep. Each pause in breathing called an apnea, can last from at least 10 seconds to several minutes and can occur 5 to 30 times or more an hour. Basically, the person stops breathing and that results in abnormal blood pressure, depressed brain function, and dozens of other problems. Neuroscientist have found that as a person gains weight they are more prone to have sleep apnea. Currently more than 18 million Americans have sleep apnea and 60-90% sleep apnea sufferers are overweight.

# 5. What happens when we improve our sleep ?



1. Better skin health and more youthful appearance
2. Emotional regeneration and better relationships
3. decreased risk of stroke and cardiovascular disease



4. Fewer accidents
5. Lower levels of inflammation
6. Enhance function of the immune system and lower risk of cancer and infection





7. Hormonal balance

8. Faster rate of weight loss

9. Decrease pain



10. Stronger bones

11. Lower risk of Alzheimer's disease and cognitive decline, better memory

12. Longevity

**If that list does not make you find out more about how to get better quality sleep, I don't know what would.**

Our sleep quality or lack thereof is heavily influenced by our diet, exercise, stress level and many other lifestyle factors. There isn't one facet of our mental, emotional or physical performance that's not affected by the quality of our sleep and the consequences of sleep deprivation are not a joke: immune system failure, diabetes, cancer, obesity, depression, memory loss and on and on.



# 6. 12 Strategies to Get Better Quality Sleep.

## 1. Take Nutrients that promote a better sleep:

Food should be the first choice since the body recognizes the nutrients from whole foods better than isolated compounds or nutrients from a lab, but here are 11 nutrients that will help you improve your quality sleep.

1. Selenium
2. Vitamin C
3. Tryptophan
4. Potassium
5. Calcium
6. Vitamin D
7. Omega -3s
8. Melatonin
9. Vitamin B6:
10. Probiotics and Pre-biotics
11. Magnesium



For a description of the role each of the 11 nutrients play on improving our sleep and the best food sources for each, click on the green button below for a pdf with the information.



## 2. Eat foods that support healthy hormone function

### What is the relationship between hormones and fat storage?

In this age where hormone-disrupting chemicals lurk in processed foods, shampoos, scented candles and air fresheners, it doesn't take much to throw off that delicate balance. And out-of-whack hormones could affect almost every facet of your health, making it hard to lose weight, have babies, and even feel happy. Unhealthy hormone levels can even increase your risk of certain cancers and other chronic diseases and it makes losing weight nearly impossible.

Here is a list of some of the foods that help your hormone function:

1. Broccoli
2. Flaxseed
3. Matcha green tea
4. Red wine
5. Extra virgin, cold pressed organic olive oil
6. Avocados
7. Organic Apples.
8. Chia seeds
9. Nuts
10. Water
11. Berries
12. Cinnamon
13. Oat Bran.
14. Buckwheat
15. Pomegranate
16. Turmeric
17. Ginger
18. Dark chocolate



For a description of why the foods help, click the red button for a pdf with information.

### 3. Exercise at 7 AM

Research shows that the best time to exercise for better quality sleep is 7 AM.

Start the day with 5-10 minutes of high intensity exercise, to increase cortisol level in the morning when you needed and it goes down at night.

Your heart rate needs to increase, it improves our sleep and re-sets our cortisol rhythm.

Research has shown that 7AM exercisers slept longer and had a deeper sleep than people that do the same exercise and diet at 1 PM or at 7 PM.

The 7 AM exerciser slept 75% more time in reparative deep sleep the day they practiced exercising at 7 AM.



### 4. Expose your skin to Natural sunlight between 6 AM and 9 Am

Get at least 20 minutes of natural sunlight between 6 Am and 9AM.

Research shows that our cortisol level will drop in the evening and our melatonin level will increase in the evening when we are exposed to sunlight in the above mentioned window.

I walk on my backyard wearing a swimming suit before 9 AM for 20-30 minutes.



## 5. Strategically time your first and last meal of the day

- Do not eat late at night if you are overweight. As we mentioned before, overweight people produced more cortisol after a meal than healthy weight individuals and it makes your sleep hormone, melatonin go down and the anti-sleep hormone cortisol go up and you will not get restorative sleep. It is all about having the appropriate hormone level at night.
- Have breakfast with a higher ratio of protein and fat than carbohydrates. For example, have an egg omelet or scramble eggs with vegetables and avocado slices instead of sugary cereals. This will keep your insulin level in check.



## 6. Schedule time for morning meditation, or deep breathing.

Add 20-minutes of morning meditation, or deep breathing. I pray in the morning consistently.

You can use Apps such as Calm or Headspace to practice breathing.

20 minutes of morning meditation for 8 weeks has been shown to cure insomnia in a group of sleep deprived individuals.

Below are the links to download the Apps.

Here is the link for CALM, the App



Here is the link for HEADSPACE, the App



## 7. Take a 90-minute curfew from electronic devices before going to bed.

Take a 90-minute curfew from your cellular phones, iPads and tablets, computers and tv's this will allow an increase in melatonin production and reduction in cortisol to prepare you to sleep.

Every hour of device (with blue light) uses at night causes 3 hours of melatonin suppression, think about that.

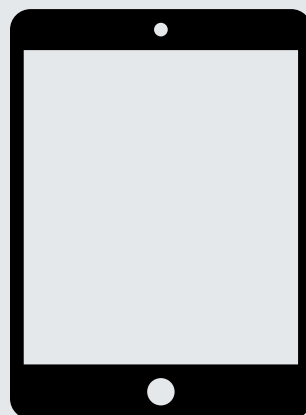
Adjust the settings on your cell phone, laptop, desktop, or tablet so that you don't receive automatic notifications.

To minimize blue light from your devices.

In Apple computers, download the app "f.lux" and set it to filter the blue lights from your screen from sunset to sunrise and in an iPhone go to settings, display and brightness and turn on Night shift from sunset to sunrise and it will be done automatically each day for you.

If using a PC you can download the **Iris Mini** app. and for Android phones download **Twilight: Blue Light filter** from the GooglePlay store.

If you must use your devices during the evening, use blue light blocking glasses as a backup but is more efficient just to have a 90-minute curfew from all devices.





## 8. Do something relaxing before going to bed

During those 90-minutes of electronic devices curfew do something relaxing: a massage, talk to your spouse and or have intimacy, talk to your children, have a massage, get an Epson salt bath, do some breathing exercises, listen to music, journal what you did during the day and/or what you are going to do the next day, do goal setting, listen to an audio book or podcast, pray, read a physical book, read the Bible.

## 9. Keep your room cool at night for better sleep

The room where you sleep should be cool, they have found that the optimal room temperature for sleep is quite cool, between 60°F and 68°F is when you actually sleep better, so turn down the thermostat.



## 10. Go to bed at the best time & Create a routine to go to sleep.

Research shows that sleep during the hours of 10 PM to 2 AM makes the body produce the best dose of human growth hormone, remember it is the youth hormone.

Around 10 PM our bodies go to a transformation following the natural rise of melatonin to increase Internal metabolic energy to do the important job of repairing your tissues, strengthen immune system, and rejuvenate your body.

## 11. Take magnesium supplements before going to bed

Make sure that you take Magnesium supplements before you go to bed, it is after all the anti-stress mineral and because potassium deficiency makes you more likely to have interrupted sleep, try to eat avocados, bananas, etc. during the day

## 12. Create a sleeping Sanctuary

We want to make sure that our sleeping sanctuary, our sleep environment is set up nicely. We need to realize that our evening routine matters and how it's setting up our brain, creating this neuro-association for sleep.

### So how do you create your own sleeping sanctuary?

1. Your bedroom should be for sleeping so don't put an office there or anything else. Because we are humans of habit, we need to make sure that we have a place that is dedicated to sleep
2. Remove electronic devices including the alarm and TV. If you keep your cell phone, have it at least 6 feet away from your bed.
3. Get blackout curtains to block up the light very important that you don't get any light late at night coming from the street and inside your bedroom because any light will disturb your sleep even if you don't think it is. Remember that melatonin is produced in the dark.
4. Get a house plant to improve the air quality in your bedroom. Some that are good are English Ivy (NASA listed it as the number one air-filtering house plant). Another house plant is perennial snake plant, and it does not require much light or water to thrive.

# What is your next step?

I urge you to plan by implementing all or at least some of these tips to improve your sleep lose weight or keep and/or maintaining a healthy weight and improving your sense of well-being

To improve your health and quality of life, the best plan is PREVENTION, and I can definitely help you with that!

Are you ready to get better quality sleep and feel and look younger than your age and start feeling healthy & strong?

If you have been sensing that what was shared in these E-book has begun to answer some of the questions you have been asking, then I invite you to book a FREE one-on-one wellness Breakthrough Session with me.

We will map out a plan to get you where you want to go faster, in the next 90-days, 6 months or 1 year. You'll leave the call feeling clear, confident, and excited about the life ahead, a life that will happen for you and not to you. You will soon results like mine: "I feel and look healthy and fit, I have energy, my hormones are balanced, my blood markers are within optimal range, and I have been able to keep my weight in check. I lost the 28 lbs. I gained during menopause and have been able to keep them off for over 5 years. I can surely help you too.

To schedule a FREE 45-minute "wellness Breakthrough Session" with me, click on the button below:



# Client Testimonial



*Natasha M., New Mexico*

*Glenis is a world class coach among coaches. Her educational experience, expertise, and her spiritual giftings make for a powerful combination in a coach. Her wellness program and the nutritional value that she has brought to my life has been tremendous. I have not only reached my health goals, but my hormones are leveled, and I have been feeling absolutely amazing since starting her program. If you want to feel great and experience the longevity of living a life full of freedom and joy, then you should join Glenis' coaching program. This has been a life changing experience!*

## Client Testimonial:



Bob T, Florida

*I am a male approaching 70. I have Diabetes and Blood Pressure issues that I did not take seriously... until the chest pains, resulting in 3 stents, and the blown-out retina blood vessels from A1C numbers in the 8's to 12's. I was always sluggish, bloated, and tried to convince myself and my wife that nothing was wrong.*

*Then I saw those commercials of the fat men claiming that lower testosterone levels are the culprit, and the same old tired spiel about this diet or that diet are the culprits. And then you are SOLD this supplement and that program, and this promise and that hype.....*

*If you have truly made the decision to really change, Coach Glenis will explain the how and why and when. Just pay attention, and do the work that Coach describes. It's just not that hard to do.*

*After working with Coach Glenis, my Blood Pressure is quite healthy. My A1C is always in the 7's. The sluggish and bloated is much, much improved. Am I now in perfect shape...? No, not yet. It is a process. But this level of sustained change does make me feel that there is continued improvement to look forward to. Don't ask for unrealistic goals. For once in your life, be honest with yourself and do the right thing! I highly recommend working with Coach Glenis*

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## Client Testimonial:



Doris R., Florida

*Before working with coach Glenis McEwen, I was struggling with a breast cancer diagnosis and scheduling chemotherapy and radiation therapies.*

*She created a customized meal plan and lifestyle changes that helped me not only withstand the treatments without any major side effects but strengthen my immune system, detoxify my body from the chemical and radiation therapies, repair my digestive system and activate my lymphatic system.*

*She also combined the wellness approach with Biblical based Mindset changes to renew my mind. Now, 3 plus years later I am cancer free, working as a Counselor in a Christian school, and I have energy and a general sense of well-being.*

*I recommend Coach Glenis without reservations as a wellness and Life coach.*

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## Client Testimonial:



Blanche G., Florida

**"Coach Glenis, I just wanted to take this time to say thanks for all the help you have given me for years to better my health and improve my overall wellness. Because of your coaching, I now practice a healthier lifestyle not only in my food choices but your encouragement to change my mindset and started to take control of my own wellness.**

**Before starting your program, I wanted to lose some weight, improve my blood work markers and get my energy back as a senior citizen. Your meal plan and the sensible way of eating in your program was not just a diet but a lifestyle and mindset change. In the first 3 months of working with you, I lost 35 pounds, and my doctor was shocked at my blood work results, so much so that she called me in for a meeting asking what I was doing to get my blood marker numbers in such excellent range. Thank you for all your wellness and health guidance. Almost 5 years later, I continue to use what I learned from you, you educated me on not just what to do but the why behind the needed changes.**

**I will never forget how you have always stepped up to be there for me to keep me healthy. I am blessed and thank you."**

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## Client Testimonial:



Elaine W., Florida

*"Let me share my own experience, for many years I have had such an ongoing battle with my weight management, as well as understanding and really knowing what's going on inside my body, and at the age of 83 years young, I had tried so many methods and programs, but to no avail.*

*Since I have been following Coach Glenis' comprehensive Radical Wellness Transformation program as my Life Coach and Wellness Coach, I have enjoyed such great health, even reaching optimal levels in my blood work, etc., that my medical doctor said I was his poster child for overall wellness in my age group!! After being on her program for just a few days, my acid reflux disappeared for good!!!!*

*I have had the opportunity to travel abroad extensively, and many times, I have been the only member in the group who didn't get sick, due to Coach Glenis 'programs boosting my immune system and giving me stamina!! I am so grateful to her for her coaching guidance which has equipped me, to be in the best physical shape possible!!*

*I wholeheartedly recommend Coach Glenis McEwen's Radical Wellness Transformation Program to anyone who wants to live the highest quality of life for the rest of her or his life!!!*

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