

7-Day Anti-Inflammatory Program



The Inflammation Equation: Sodium, Sugar, and Fiber

DAY 6: REST & RECOVERY

RECHARGE YOUR BODY. RESTORE BALANCE. REDUCE INFLAMMATION.

Welcome to Day 6! Today we focus on one of the most overlooked anti-inflammatory tools—**rest**. Sleep isn't a luxury. It's where the real healing happens.



LEARNING OBJECTIVES



- UNDERSTAND THE LINK BETWEEN SLEEP AND INFLAMMATION
- IDENTIFY COMMON SLEEP DISRUPTORS
- LEARN HOW POOR SLEEP AFFECTS HORMONES, DIGESTION, AND IMMUNITY
- BUILD HABITS TO IMPROVE RECOVERY AND REST

WHY REST MATTERS FOR INFLAMMATION

During sleep, your body:

- Regulates cortisol and insulin
- Repairs damaged tissues
- Clears brain toxins (via the glymphatic system)
- Reduces inflammatory cytokines

Chronic sleep deprivation = chronic inflammation.





SIGNS YOU'RE NOT RECOVERING WELL

- Trouble falling/staying asleep
- Waking up unrefreshed
- Midday crashes or brain fog
- Increased cravings or appetite
- Frequent illness or soreness

These are all red flags that your body is under-recovering.

SLEEP & HORMONE IMBALANCE

Poor sleep affects:

- **Cortisol** (stress hormone): stays elevated
- **Leptin/Ghrelin** (hunger hormones): appetite increases
- **Melatonin**: disrupted by light and late nights
- **Insulin**: sensitivity decreases, blood sugar rises

Fixing sleep helps fix hormones—naturally.



THE STRESS-SLEEP LOOP

Stress disrupts sleep → Poor sleep increases stress
→ Cycle continues
Breaking this loop requires calming practices during the **day**, not just at night.



IDEAL SLEEP AMOUNTS

- Adults need 7–9 hours/night
- Consistency matters more than perfection
- Quality (deep and REM sleep) is as important as duration

“Catching up” on sleep doesn’t reverse the effects of chronic loss.



INFLAMMATORY SLEEP DISRUPTORS

- Blue light from screens before bed
- Late-night eating
- Alcohol, caffeine, or sugar late in the day
- Overtraining or high-intensity workouts at night
- Racing thoughts / poor sleep hygiene

These stimulate the nervous system and suppress melatonin.





CREATE A WIND-DOWN ROUTINE

Start 1 hour before bed:

- Dim lights
- Turn off screens
- Drink herbal tea
- Stretch or do breathwork
- Journal or read (non-stimulating content)

Your body needs cues that it's time to power down.

OPTIMAL SLEEP ENVIRONMENT

- Dark (blackout curtains or mask)
- Cool (65–68°F)
- Quiet or white noise
- No electronics near bed
- Comfortable bedding and sleepwear

Your bedroom should feel like a cave—cool, dark, and calm.



TRACKING YOUR SLEEP

Use a simple journal or app to note:

- Bedtime and wake time
- Sleep quality (scale 1–10)
- How you feel in the morning
- Interruptions or dreams

Awareness helps you find your patterns—and your problem areas.



DAYTIME RECOVERY = BETTER SLEEP

- Rest days from workouts
- Breath work or meditation
- Creative downtime (art, music, hobbies)
- Warm baths or Epsom salts
- Saying "no" to energy drains

Recovery isn't laziness—it's strategy.



TRY THIS: DIGITAL SUNSET

Challenge: Turn off screens 60 minutes before bed

- What will you do instead?
 - Read
 - Journal
 - Stretch
 - Connect with a partner
 - Listen to calming music

This one shift can improve sleep more than supplements.



TODAY'S REST & RECOVERY CHALLENGE

- Create a 3-step bedtime routine
- Power down your phone early
- Try deep breathing in bed
- Skip screen time after dinner
- Reflect on your sleep quality tomorrow

Healing happens *after* the hustle.



TOMORROW'S FOCUS: LONG-TERM STRATEGY

On Day 7, we'll look back at everything you've learned and map out a plan to keep reducing inflammation sustainably—long after the reset ends.

