

THE SLEEP SUPPORT GUIDE

7 SIMPLE HABITS TO SUPPORT BETTER SLEEP, ENERGY & OVERALL HEALTH

By Dr. Bilkisu Gaye | Designed4Wellness



Introduction

Sleep is one of the most powerful tools your body has for healing, recovery, and optimal function.

Yet many people focus on nutrition, exercise, and supplements while overlooking the foundation that supports them all: quality sleep.

Poor sleep doesn't just make you tired.

It can affect hormone balance, blood sugar regulation, metabolism, mood, recovery, cognitive performance, and long-term health.

The good news?

Small changes can make a meaningful difference.

This guide will help you identify common sleep disruptors and build habits that support restorative sleep.



Is Poor Sleep Affecting You?

-Check any statements that apply to you-

- ☐ I have trouble falling asleep.
- ☐ I wake up during the night.
- ☐ I wake up feeling tired.
- ☐ I rely on caffeine to function.
- ☐ I experience afternoon energy crashes.
- ☐ I struggle with brain fog.
- ☐ I feel more irritable when I'm tired.
- ☐ I crave sugar or carbohydrates more often.
- ☐ I have difficulty losing weight.
- ☐ I feel exhausted despite getting enough hours of sleep.

If you checked several boxes, your sleep quality may be affecting more areas of your health than you realize.

Why Sleep Matters?

Quality sleep helps support:

- ✓ Hormone balance
- ✓ Stress resilience
- ✓ Healthy metabolism
- ✓ Blood sugar regulation
- ✓ Muscle recovery
- ✓ Memory and cognitive function
- ✓ Hunger and satiety signals
- ✓ Immune function

Sleep is not simply "rest."
It's active recovery for the entire body.

7 Sleep-Support Habits

01



Keep a Consistent Sleep Schedule

Try to go to bed and wake up around the same time every day—even on weekends. Consistency helps regulate your body's internal clock.

02



Get Morning Sunlight

Spend 10–20 minutes outdoors shortly after waking. Natural light helps support healthy circadian rhythms and melatonin production later in the evening.

03



Limit Screens Before Bed

Reduce exposure to phones, tablets, and television at least 60 minutes before bedtime. Blue light may interfere with your body's natural sleep signals.

04



Create a Sleep-Friendly Environment

Aim for a room that is:

- ✓ Dark
- ✓ Cool
- ✓ Quiet
- ✓ Comfortable

Your environment can significantly influence sleep quality.

05



Avoid Large Meals Late at Night

Heavy meals close to bedtime may interfere with digestion and restorative sleep. Try finishing meals at least 2–3 hours before bed.

06



Manage Stress Before Bed

Create a calming evening routine. Ideas include:

- ✓ Reading
- ✓ Journaling
- ✓ Stretching
- ✓ Prayer
- ✓ Meditation
- ✓ Deep breathing

07



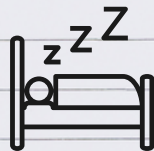
Reduce Afternoon Caffeine

Caffeine can remain active in the body for several hours. If sleep is a challenge, consider limiting caffeine later in the day.

Your Evening Sleep Routine Checklist

Before Bed:

- ☒ Lights dimmed
- ☒ Screens turned off
- ☒ Bedroom cool and dark
- ☒ No heavy meals
- ☒ Relaxation activity completed
- ☒ Consistent bedtime



Ready to Take a Deeper Look?

Sleep challenges are often connected to factors such as:

- Stress and cortisol
- Hormone imbalances
- Blood sugar fluctuations
- Nutrient deficiencies
- Inflammation
- Lifestyle habits

A functional medicine approach can help uncover what may be affecting your sleep and overall health.



Dr. Bilkisu Gaye, MD

Functional & Integrative Health Physician



Schedule a Discovery Call
with Dr. Bilkisu Gaye



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