

Stress And Sleep

The Effects of Stress: I'm Tired, but I Can't Sleep



During times of stress, your body can release cortisol after releasing its “[fight or flight](#)” hormones, like [Adrenaline](#). This happens so you continue to stay on high alert. Cortisol also triggers the release of glucose (sugar) from your [liver](#). This provides fast energy during times of stress.

THE STRESS-SLEEP CYCLE



Adrenaline increases the flow of blood to our muscles, raises our heart rate and dilates our pupils. It is crucial in our fight-flight survival response.

Cortisol (Cortisol is a steroid hormone and helps regulate your body’s response to stress.) Regulating how your body uses glucose (sugar) for energy.

- Decreasing inflammation
- Regulating blood pressure
- Helping control your sleep-wake cycle

insomnia is both the cause and the result of increased stress, and thus it becomes a vicious cycle—the more stress you experience, the less sleep you get, and the less sleep you get, the more stressed you are.



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Manage Stress

Stress is anything that triggers a stress response in the body and/or anything that causes the body to respond in an attempt to maintain optimal health. Stress encompasses a range of factors, including significant and recurrent emotional/psychological stresses, as well as physical demands and bodily imbalances, such as inflammation, hormonal shifts, and fluctuations in neurotransmitters.

01 Assess your stress

- what is causing you stress and how is it affecting YOUR health?



02 control vs not in control

- Are you stressing about things that you can control and change or are you worrying about things that your are unable to implement change?



03 Do your worrying 2-3 hours before bed

- Schedule a re-occurring time during the day to constructively go through everything that is causing you stress, write it down , analyse it and make a plan .



04 Quieten your mind and relax your body

- By pairing bed with relaxation strategies, the brain begins to pair relaxation with bed (versus stress and bed).

