

**Manage Stress** - Stress hormones are Cortisol, Adrenalin, and Glucagon, and all these increase blood sugar. Emotional distress and lack of sleep go together because sleep hormone melatonin is synthesized from mood-elevating chemical Serotonin. Both these are synthesized simultaneously in the Pineal gland of the brain on exposure to sunlight or bright morning light. Lack of sleep and depression are, therefore, interrelated – depression causes lack of sleep, and lack of sleep leads to depression. The best way to reset a healthy sleep routine is:

- Wake up early in the morning with the rising sun or the bright morning light to increase sleep hormone melatonin and mood hormone serotonin secretion.
- Discontinue the contact with blue light from television and cell phones for at least 1-2 hours before bedtime.
- Eat dinner before 8 PM at least 3 hours before bedtime. Late eating causes indigestion, acid reflux, and bloating because digestive tract and digestive enzymes slow down at around 10 PM. Additionally, core temperature increases for 2-3 hours after eating and for deep sleep body temperature must come down by a degree.