

When we think about managing blood sugar, we often focus on food and exercise. Yet sleep is another important piece of the puzzle.

You know that groggy, irritable feeling after a poor night's sleep? It's more than just tiredness — it directly affects how your body manages blood sugar and handles stress.

When sleep is insufficient, your body produces more cortisol, the primary stress hormone. Cortisol signals the liver to release stored glucose into the bloodstream to provide quick energy. While this response is helpful in the short term, persistently elevated cortisol caused by poor sleep can keep blood sugar levels higher than ideal.

At the same time, inadequate deep sleep reduces insulin sensitivity, making it harder for your cells to absorb glucose effectively. This combination can increase cravings for sugary or comfort foods and make choosing healthy options more challenging.

The good news? Improving your sleep is one of the most powerful things you can do to support healthy blood sugar balance and help your body better manage everyday stress.

当我们讨论到管理血糖时，通常只会专注于饮食和运动。然而，睡眠也是其中不可或缺的关键因素。

一夜没睡好，您一定体会过那种头脑发昏、烦躁不安的感觉吧？这不仅是单纯的疲倦，它还会直接干扰血糖调控和压力应对。

当睡眠不足时，身体会分泌更多的皮质醇（压力激素），促使肝脏将储存的葡萄糖释放到血液中以快速提供能量。虽然这种应激反应在短期内是有益的，但长期睡眠不良会导致皮质醇持续偏高，使血糖高于理想水平。

与此同时，缺乏深度睡眠会降低胰岛素敏感性，让细胞更难吸收葡萄糖，进而加剧对甜食和高热量食物的渴望。

好消息是：改善睡眠，是支持血糖平衡、缓解日常压力最有效的方式之一。

Sleep Better, Feel Better

How Quality Sleep
Supports Your Energy, Mood
and Blood Sugar Balance

睡得更好，状态更佳

优质睡眠如何提升精力、改善情绪与平衡血糖



Three Ways Quality Sleep Supports Healthy Blood Sugar Balance

优质睡眠支持血糖健康平衡的三大方式



Supports Better Insulin Sensitivity
提升胰岛素敏感性



Helps Regulate Stress Hormones
有助于调节压力激素



Helps You Make Healthier Food Choices
帮助您做出更健康的饮食选择

Simple Ways to Sleep Better Tonight

今晚就能改善睡眠的简单方法



Stick to a consistent bedtime and wake-up time.
固定入睡和起床时间。



Keep your bedroom cool, dark, and quiet.
保持卧室凉爽、黑暗、安静。



Avoid heavy meals and caffeine late in the day.
晚餐不过饱，避免睡前摄入咖啡因。



Create a calming evening routine — dim the lights, reduce screens, and enjoy a warm cup of Organic Chamomile Tea to help relax your mind and body.

建立宁静的睡前习惯：调暗灯光、远离电子屏幕，喝杯温有机洋甘菊茶放松身心。

Support Your Sleep Naturally

自然促进优质睡眠

Regular exercise during the day can also make a big difference. Moving your body helps reduce stress hormones, tires your muscles in a healthy way, and promotes deeper sleep at night. Even a short walk, rebounding session, or strength workout earlier in the day can improve your rest.

Supporting gut health with **ImmuFlora®**, adding anti-inflammatory benefits from **Omega Gold Flaxseed Oil**, or using nutrient-rich options like **Spirulina**, **Bee Pollen** and **Nutritional Yeast** can promote daytime calm and more restorative sleep at night.

If your diet is lacking in key minerals, **Calcium Complex** is also beneficial. It provides a well-balanced ratio of calcium and magnesium. Magnesium is well known for supporting muscle relaxation and calming the nervous system, while calcium plays an important role in normal nerve and muscle function. Together, these minerals can help your body relax and prepare for a more restful night's sleep.

You deserve to wake up refreshed and energised. Even small improvements in sleep can help regulate cortisol, support stable glucose levels, and reduce those stubborn cravings. Start tonight — your body will thank you.

白天动起来，晚上睡得香。规律运动（如快走、弹跳或力量训练）可降低压力激素、适度疲劳肌肉，显著促进深度睡眠。

通过新生命免疫菌植维护肠道健康，搭配奥美加黄金亚麻籽油的抗炎功效，或使用螺旋藻、蜜蜂花粉和营养酵母等补充关键营养，助日间平静、夜间修复。

如果您的饮食中缺乏关键矿物质，**新生命钙合剂**也会大有益处。它提供均衡比例的钙和镁。众所周知，镁有助于放松肌肉和安抚神经系统，而钙在维持正常神经与肌肉功能方面发挥着重要作用。这两种矿物质协同作用，能帮助身体放松，为入睡铺路。

您值得在清晨醒来时充满活力、神清气爽。哪怕是微小的改善，也能帮助身体稳住皮质醇、平衡血糖，减少那些莫名顽固的食欲渴望。就从今晚开始吧！

