

Hydration
& Sleep

Renew

A Weight Loss Rx Lifestyle Class

Hydration and Sleep

MODULE 2:

Building Lasting
Change

Welcome to class!

Reflection Questions:

- What symptoms do you notice when you don't drink enough water?
- What are some of your biggest barriers to quality sleep?

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The SELF Principle



Sleep is health

Poor sleep is linked to obesity, heart disease, stroke, cancer, and dementia. Aim to sleep at least 7 hours each night.



Exercise is health

Help your heart, mind and body by moving throughout the day. Find what you enjoy and do it everyday.



Love is health

Gratitude, prioritizing healthy relationships, mindfulness, and self kindness all improve overall well being.



Food is health

Food gives us life, energy, and joy. Evidence supports a whole food, plant-rich diet may improve all aspects of health.

Hydration

How much water do you drink per day?

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Overall Hydration Benefits



Regulating body
temperature through
sweating



Cushions joints
and lubricates
organs



Improves
sleep and
mood



Prevents
constipation



Prevents aches
and pains,
especially in joints.



Improve skin
health, making it
look plump, soft,
and smooth.

Dehydration

*desire to drink may also lessen on the medication

Possible side effects

- Dark, strong-smelling urine
- Headache
- Dry mouth
- Nausea
- Fatigue
- Muscle aches
- Craving “juicy” foods
- “Ozempic face/skin”
 - Hydration can be reflected in our skin. Giving a deflated or dull look.

Ways to Stay Hydrated



Drinks

- Water
- Non-caffienated Tea
- Low-sugar popsicles
- Low sodium broth
- Ice



Food

- Fruits and vegetables contain high amounts of water
- Low-sodium soups



Carry a water bottle



Make it taste good:

- Add fruit, cucumber, or herbs
- Add ice
- Sparkling waters
- Add a splash of fruit juice
- Herbal teas



Avoid alcohol



Limit caffeinated beverages

How Much Water Should You Drink?



Urine color is a great indicator! Pale yellow is the goal.

Amount depends on activity level, body size, and environment.

A general minimum is 40 oz of water per day.

Sleep

On average, how many hours of sleep do you get per night?

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Why should sleep be a priority?



Strengthens
the immune
system



Reduce stress
and improves
mood regulation



Improves mental
clarity, focus,
and memory



Improves
relationship
engagement and
satisfaction



Repairs tissues
like heart
muscle and
blood vessels



Increases
reaction times
and reflexes

How Lack of Sleep Affects Weight Loss



- Increased hunger signals, lack of fullness signals.
- Increased cravings for sugar and simple carbohydrates.
- Increased risk for type 2 diabetes.
- Less energy or desire to move or exercise throughout the day.
- Decreased motivation.

Healthy Sleep Habits Checklist



Your Sleep Environment

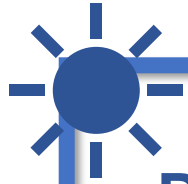
- ✓ Make your bed comfortable.
- ✓ Make your bedroom peaceful, cool, and dark
- ✓ Use bed primarily for sleep.
- ✗ Limit electronics in the bedroom.
- ✗ Don't eat, work, watch tv, or play on your phone in bed.



Your Sleep Schedule

- ✓ Get up at the same time every morning.
- ✓ Set a consistent bedtime.
- ✓ Get out of bed and do something calming in another room if you are not falling asleep after 15 minutes.
- ✗ Cut off screen time 1-2 hours prior to your bedtime.

Healthy Sleep Habits Checklist



During the Day

- ✓ Keep a regular schedule
- ✓ Exercise Regularly
- ✓ Practice Relaxation Techniques
- ✗ Avoid Over Napping
- ✗ Avoid Caffeine

What are some sleep tips that work for you?



Preparing for Sleep

- ✓ Follow rituals that help you relax
- ✓ Deal with intrusive thoughts
 - Journal – write down everything you're ruminating about
 - Write out a list of what you're thinking
 - Meditate/ deep breathe
- ✗ Avoid Alcohol

Lacking a Bedtime Routine

- Our brains and bodies thrive on habits and schedules. Go to bed and wake up the same time everyday.
- You will go to sleep faster and sleep deeper.
- Do the same calming activities prior to bed:
 - Skincare
 - Dental care
 - Hot tea
 - Meditation
 - Reading

Have you tried

Calm

kp.org/selfcareapps



Night-time Eating

Due to slower gastric emptying on the medication, food stays in your system longer than before.

Digesting food prevents getting into the deeper, restorative phases of sleep and REM.

Heartburn can occur or increase when you lay down while digesting food, disrupting sleep.

Digestive processes can make it harder to fall asleep and stay asleep, leading to restless sleep.

Night-time Eating

Reasons why:

- Using food to decompress from the day.
- Undereating during the day.
- Using food as a reward.
- Habits

What do you notice about your night-time eating habits?

Decrease the habit:

- Have a cut off time for eating.
Example: 3 hours prior to bedtime.
- Make sure to eat enough throughout the day.
- Practice relaxing in the evening to decompress.
 - Meditation
 - Hobbies
 - Reading
 - Hot bath

Not Exercising



- Physical and Mental exhaustion feel the same.
 - When we're "tired" we want to rest. But if we are only mentally tired, our body still has plenty of energy to use.
 - Moving the body can be a great way to get a mental break AND burn up pent up energy.
- Moderate aerobic exercise increases the amount of deep sleep you get, where the brain and body have a chance to rejuvenate.
- Moderate to vigorous exercise can help you go to sleep faster and wake up less during the night.

Drinking Alcohol

- Alcohol is a depressant. It will make you *feel* tired.
- While alcohol is present in the body, you will not be able to get into the deeper, restorative levels of sleep.
- Alcohol can dysregulate your circadian rhythms for 3-10 days.
- The more alcohol you consume, the greater these effects.





What's one thing
that stood out in
today's class?

What is one small step you
could take to incorporate
that this week?

Add this to your journal.

Resources



positivechoice.org/renew

Optional Meal Plan

Plan	Breakfast	Snack	Lunch	Snack	Dinner
LOW 1,000-1,200 calories 75-100 grams of protein	2 oz protein 1 fruit 1 healthy fat 1 probiotic	1 protein supplement - OR 2 oz protein 1 healthy fat	4 oz protein 2 cups vegetables - OR 1 healthy fat	1 protein supplement - OR 1 probiotic	4 oz protein 2 cups salad 2 cups vegetables 1 healthy fat
MED 1,000-1,200 calories 60-75 grams of protein	2 oz protein 1 fruit 1 healthy fat 1 probiotic	1 protein supplement - OR 2 oz protein 1 healthy fat	4 oz protein 2 cups vegetables - OR 1 healthy fat	1 protein supplement - OR 1 probiotic	4 oz protein 2 cups salad 1 cup vegetables 1 healthy fat
HIGH 1,000-1,200 calories 50-75 grams of protein	2 oz protein 1 fruit 1 healthy fat 1 probiotic	1 protein supplement - OR 2 oz protein 1 healthy fat	4 oz protein 2 cups vegetables - OR 1 healthy fat	1 protein supplement - OR 1 probiotic	4 oz protein 2 cups salad 1 cup vegetables 1 healthy fat

Getting Started with Strength Training



KP Health Resources

