

HOW TO SUPPORT GUT HEALTH AND SLEEP

Boost sleep quality by nurturing your gut health and supporting GLP-1 regulation



Our sleep is intricately linked to the health of our gut, where hormones and neurotransmitters play a pivotal role in regulating sleep-wake cycles. One key hormone is GLP-1 (glucagon-like peptide-1), produced in the gut in response to eating, which helps regulate appetite, metabolism, and insulin. Beyond its metabolic benefits, GLP-1 can also influence how well we sleep, by interacting with hormones like serotonin, GABA, and cortisol.

INCREASE FIBER INTAKE



Soluble fibers like oats, flaxseeds, and psyllium support the growth of beneficial gut bacteria, promoting the production of short-chain fatty acids (SCFAs) that stimulate GLP-1 secretion

HEALTHY FATS

Healthy fats from sources like avocados, nuts, and olive oil can enhance GLP-1 production and improve gut health.



ADD FERMENTED FOODS

Incorporating fermented foods like kimchi, sauerkraut, and kefir boosts beneficial bacteria in your gut, supporting serotonin, GABA, and GLP-1 production



LIMIT SUGAR AND PROCESSED FOODS

Avoid refined sugar and processed foods, which disrupt the gut microbiome and hinder GLP-1 production.





A healthy gut is crucial for producing serotonin, the precursor to melatonin, the hormone that signals the body it's time to sleep. Gut bacteria also aid in GABA production, which calms the nervous system, promoting relaxation and restful sleep. Conversely, poor gut health can elevate cortisol, the stress hormone that disrupts sleep patterns. When gut health is optimized and GLP-1 levels are supported, it creates the right environment for restful, rejuvenating sleep.

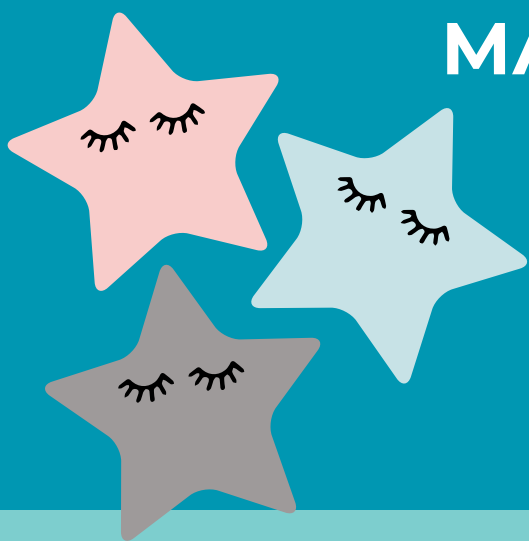
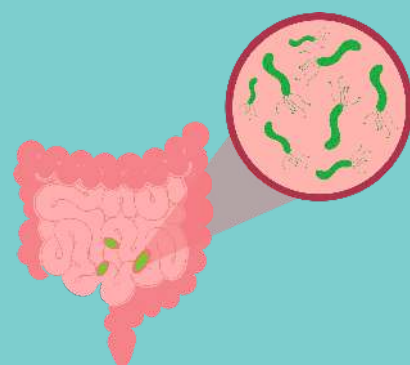


EXERCISE REGULARLY

Physical activity, especially aerobic exercise and HIIT, increases GLP-1 secretion and supports overall gut health, positively impacting sleep

INCLUDE PREBIOTICS & PROBIOTICS

Supplement with probiotics like Lactobacillus and Bifidobacterium species, and consume prebiotics such as inulin and PHGG to support healthy gut flora.



MAINTAIN SLEEP HYGIENE

Consistent sleep routines and good sleep hygiene help regulate the gut-brain axis and circadian rhythm, improving GLP-1 function.

STAY HYDRATED

Hydration is key for gut health. Drinking enough water supports digestion, nutrient absorption, and the balance of gut bacteria, which in turn promotes healthy GLP-1 production and better sleep



MANAGE STRESS WITH MINDFULNESS



Chronic stress disrupts both gut health and GLP-1 function. Practices like meditation, deep breathing, and yoga reduce stress, lower cortisol, and support a balanced gut-brain axis for improved sleep.

By adopting lifestyle habits that nourish the gut and boost GLP-1—such as eating fiber-rich foods, engaging in regular exercise, and maintaining good sleep hygiene—you can naturally improve both your sleep quality and metabolic health.