



## Self Care: Day 10

### YOUR BEDROOM CHECKUP FOR FERTILITY

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Let's talk about the big S word that happens in the bedroom and helps you get pregnant.

#### SLEEP!

Thought I was going in a different direction? I get it - too often sleepiness is what blocks the other big S. But for our gals that are hot in pursuit of conception, I'm trusting you have that S covered.

Sleep is so important to our overall health, and [studies](#) show that our reproductive health is no exception. **Sleep helps our bodies detox, restore, and can also dramatically impact our hormonal balance.** Each night our endocrine systems are busy producing estrogen, progesterone, luteinizing hormone (LH) and follicle stimulating hormone (FSH). And in men, nightly testosterone gets released into the body during sleep. Sleep deprivation in men can even lead to issues with sperm production and sperm mobility.

A few days ago, we dove deep into stress - another major stress inducing culprit is sleep deprivation. We intuitively know this - if you're anything like me, your ability to handle stress plummets when you're fatigued. And the surge in cortisol that this creates interrupts your sex hormones, including estrogen, testosterone, and progesterone.

It's not just too little sleep that hurts our chances of conception - too much sleep can as well! Experts say we should strive to get no less than 6 hours and no more than 9 hours of sleep per night, and the optimal amount seems to be 7-8 hours per night for fertility. Time of day can also play a role in successful sleep, with the most effective sleep schedule following the rhythm of the sun. In fact, women working a night-shift have been shown to have disturbances in the bodies' circadian rhythm, negatively impacting fertility. Getting into a routine pattern at a predictable bedtime seems to be optimal for stabilizing hormones in the body.

[Melatonin](#) and amino acids like [tryptophan](#) can help support deep and healthy sleep.

Time of day and the quantity of sleep aren't the only factors at play. The quality of your sleep is just as important. **Sleep environment also plays a critical role;** for instance, [studies](#) show blue light from our electronic devices can inhibit the release of melatonin in the body while we sleep. Staying off your smartphone for an hour before bed and putting your phone to bed in a different room can benefit your fertility.



Blue light isn't the only fertility-nemesis your electronic devices may be emitting: [electromagnetic fields \(EMFs\)](#) have become one of the most widespread environmental toxins over the last two decades. This also happens to be the same period of time the world has experienced a dramatic drop in fertility rates.

The remainder of this article can be found  
in the [14 Day Fertility Prep Self Care Track](#)  
and [Full Detox + Self Care Program](#).