



Conquer Insomnia and Low Blood Sugar: The Ultimate Guide to a Restful Night's Sleep

By Tam John, FNTTP, Functional Nutrition expert | EatRight-LiveWell™

Tossing and turning in bed, struggling to fall asleep? Perhaps you fall asleep, then wake up finding it difficult to fall back to sleep. Insomnia can be a frustrating and draining experience, leaving you feeling exhausted and restless the next day. Even if you can get a day nap, it will not replace the rejuvenation consistent quality night-time sleep gives.

Do you know that low blood sugar levels may be contributing to your sleepless nights? In this EatRight-LiveWell™ ultimate guide to a restful night's sleep, we unravel the complex relationship between insomnia and blood sugar levels, providing you with practical strategies to combat both.

We'll delve into the science behind how blood sugar levels impact sleep, exploring the vital role that stable glucose levels play in promoting quality nocturnal rejuvenation. From understanding the connection between nighttime hypoglycemia and insomnia to exploring dietary adjustments that can help regulate blood sugar, this guide is sure to enlighten your health and wellness experience.

Discover effective lifestyle changes, such as adopting a balanced diet and incorporating regular exercise into your routine, to enhance your sleep quality and overall well-being. Say goodbye to sleepless nights and hello to refreshing, rejuvenating sleep when you learn to balance your blood sugar. Get ready to conquer insomnia and low blood sugar for a sound night's sleep like never before.

Understanding insomnia and low blood sugar

Insomnia is a sleep disorder that affects millions of people worldwide. We hear so much about its commonness that it might come to feel normal to wake tired from problematic and not enough sleep. According to [Sleep Foundation](#) “Insomnia is defined as difficulty either falling or staying asleep that is accompanied by daytime impairments.” It can be acute or chronic, with the latter lasting for several weeks, months, or even years. Among the many causes of insomnia, low blood sugar levels are becoming increasingly recognized as a significant contributor.

Low blood sugar levels, also known as hypoglycemia, occur when your body does not have enough glucose to fuel its energy needs. [Johns Hopkins Medicine](#) says, “When blood glucose levels fall below 70 mg/dl while sleeping at night, the person experiences a condition called



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nocturnal hypoglycemia.” This can lead to a range of symptoms, including dizziness, weakness, confusion, and fatigue. When hypoglycemia occurs during the night, it can disrupt your sleep, leading to insomnia.

Several factors can contribute to low blood sugar levels during the night. For example, if you have diabetes, your medication may cause your blood sugar levels to drop. Similarly, if you consume too many processed carbohydrates, your body may release too much insulin, causing a sudden drop in blood sugar levels. Understanding the complex relationship between insomnia and low blood sugar is essential in finding effective solutions to both.

The impact of insomnia and low blood sugar on your health

The effects of insomnia and low blood sugar levels on your health can be significant. Poor sleep quality can lead to a range of physical and mental health problems, including obesity, diabetes, heart disease, and depression. Low blood sugar levels can also be dangerous, leading to seizures, coma, and even death in severe cases.

The combination of insomnia and low blood sugar levels can also be particularly challenging. Poor sleep can lead to increased stress levels, which can further exacerbate hypoglycemia. Similarly, low blood sugar levels can disrupt sleep, leading to a vicious cycle that can be difficult to break.

To break this cycle, it is essential to understand the causes of both insomnia and low blood sugar levels and develop effective strategies to combat them.

Common causes of insomnia and low blood sugar

Several factors can contribute to insomnia and low blood sugar levels. While the causes of each can be different, they often overlap.

Stress is a common cause of insomnia and hypoglycemia. When you are under stress, your body releases hormones that can cause your blood sugar levels to spike and then drop. This can lead to a range of symptoms, including anxiety, restlessness, and difficulty sleeping.

Poor diet and lack of exercise can also contribute to both insomnia and low blood sugar levels. Consuming too many refined carbohydrates or sugary foods, foods that burden the body with too much glucose can cause your blood sugar levels to spike and then drop, leading to hypoglycemia. Similarly, a sedentary lifestyle can lead to poor sleep quality and increased stress levels, which can further exacerbate hypoglycemia.



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Other factors that can contribute to insomnia and low blood sugar levels include medication side effects, hormonal imbalances, and sleep disorders such as sleep apnea. Getting your blood sugar balanced with a personalized and holistic approach is supportive to mend other health concerns. Natural restoration is your body's tendency given the right inputs of personalized nutrition and holistic lifestyle that feels terrific for you.

How to identify if you have insomnia and low blood sugar

Identifying the symptoms of insomnia and low blood sugar levels is essential in developing effective strategies to combat them.

The symptoms of insomnia can vary from person to person but often include difficulty falling asleep, waking up frequently during the night, waking up too early, and feeling tired or unrefreshed upon waking. Similarly, the symptoms of low blood sugar levels can also vary but often include dizziness, weakness, confusion, and fatigue.

Medically reviewed [Everyday Health](#) offers the following 10 warning signs of low blood sugar: Ravenous Hunger, Feelings of Anxiety, Restless Nights, Shakes and Tremors, Emotional Instability, Sweating, Lightheadedness, Difficulty Concentrating, Vision Problems, and Slurred Speech and Clumsiness. It is important to note that you need not have all the symptoms. It is important to note the symptoms are affecting you at a critical physiological level. They are not to be ignored. Left unattended to, they will progress. Your game plan should be a comfortable and certain approach of nourishment at a cellular level.

If you suspect that you may be experiencing insomnia or low blood sugar levels, it is essential to consult with a healthcare professional. They can help you identify the underlying causes of your symptoms and develop an appropriate treatment plan. EatRight-LiveWell™ with me, Tam John, offers a [personalized and functional approach to nourish blood sugar imbalances](#) including incorporating a holistic approach to support sleep.

Natural remedies for insomnia and low blood sugar

Several natural remedies can be effective in reducing the symptoms of insomnia and low blood sugar levels.

One of the most effective natural remedies for insomnia is to establish a consistent sleep routine. This can include going to bed and waking up at the same time each day, avoiding naps, and creating a relaxing bedtime routine.



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Similarly, eating a personally balanced diet and avoiding sugary or processed foods can help regulate blood sugar levels, reducing the risk of hypoglycemia. Incorporating regular exercise into your routine can also be effective in reducing stress levels, improving sleep quality, and stabilizing blood sugar levels.

Other natural remedies that may be effective in reducing the symptoms of insomnia and low blood sugar levels include meditation, craniosacral therapy, breathwork, yoga, and aromatherapy.

Lifestyle changes to improve your sleep and stabilize blood sugar levels work with a personalized food and nutrition plan to naturally balance your blood sugar and promote consistent quality sleep.

Making lifestyle changes can be an effective way to improve your sleep quality and stabilize blood sugar levels.

Eating a balanced diet that includes complex carbohydrates, protein, and healthy fats personally agreeable for your preferences and biochemistry can help regulate blood sugar levels and reduce the risk of hypoglycemia and related health concerns. Similarly, regular exercise can be effective in reducing stress levels, improving sleep quality, and stabilizing blood sugar levels.

Reducing stress levels through practices such as meditation, craniosacral therapy, breathwork, yoga, or massage can also be effective in improving sleep quality and reducing the risk of hypoglycemia.

Other lifestyle changes that may be effective in improving sleep quality and stabilizing blood sugar levels include reducing caffeine intake, avoiding alcohol and nicotine, and creating a relaxing sleep environment.

Food tips for better sleep and blood sugar regulation

Here at EatRight-LiveWell™ I don't guide a fleeting diet. Rather I recommend a personalized and functional approach based on each client's priorities for nourishment. This plays a significant role in regulating blood sugar levels and improving sleep quality as well as improving other health concerns.

Eating a diet that is rich in complex carbohydrates, protein, and healthy fats can help regulate blood sugar levels and reduce the risk of hypoglycemia. Complex carbohydrates, such as whole grains and vegetables, are slowly digested and absorbed by the body, providing a steady source



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of glucose. Not all healthy food is healthy for all, hence the EatRight-LiveWell™ personalized approach for every client.

Mindset support that EatRight-LiveWell™ clients receive is supportive to the process to create sustainable change which enables the body and brain to naturally heal given the inputs of personalized nutrition and lifestyle choices.

Similarly, consuming protein and healthy fats can help slow down the digestion process, reducing the risk of blood sugar spikes and drops.

Avoiding sugary or processed foods is also essential in regulating blood sugar levels. These foods are quickly digested and absorbed by the body, causing a sudden spike in blood sugar levels that can lead to hypoglycemia.

The role of exercise in promoting restful sleep and stable blood sugar levels

Regular exercise can be effective in improving sleep quality and stabilizing blood sugar levels.

Exercise helps reduce stress levels, which can further exacerbate hypoglycemia and insomnia. It also helps regulate blood sugar levels by increasing glucose uptake by the muscles and improving insulin sensitivity.

Engaging in regular aerobic exercise, such as jogging, swimming, or cycling, can be effective in reducing stress levels and improving sleep quality. Similarly, strength training exercises, such as weightlifting or resistance training, can help build muscle mass, which can improve glucose uptake by the muscles.

However, it is essential to avoid exercising too close to bedtime, as this can interfere with sleep quality.

Alternative therapies for insomnia and low blood sugar

Several alternative therapies may be effective in reducing the symptoms of insomnia and low blood sugar levels.

Acupuncture, for example, has been shown to be effective in reducing stress levels and improving sleep quality. Similarly, hypnotherapy has been shown to be effective in reducing the symptoms of insomnia and improving sleep quality. Craniosacral therapy has been shown to support overall health of the nervous system which supports sleep quality.



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Other alternative therapies that may be effective in reducing the symptoms of insomnia and low blood sugar levels include biofeedback, massage, and aromatherapy.

Conclusion: Taking control of your sleep and blood sugar levels

Insomnia and low blood sugar levels can be challenging to manage, but there are many effective strategies available. Working with me at EatRight-LiveWell™ is a faster route to incorporate personalized nutrition and lifestyle for results that you can keep than a do-it-yourself approach.

Feel free to [book a complimentary enlightening \(not salesy\) phone conversation to learn about the 1:1 personalized program Eat Right – Food for Life™](#). The call is a place to learn how your personal health puzzle will be benefited when you work with me.

By understanding the complex relationship between sleep and blood sugar levels, identifying the underlying causes of your symptoms, and making appropriate lifestyle changes, you can improve your sleep quality and stabilize your blood sugar levels.

By taking control of your sleep and blood sugar levels, you can enjoy a restful night's sleep and improve overall well-being.

Tam



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