

Robin's Hormone Reset

Workbook Day 3



Robin Nielsen



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Workbook 3

Sleep for Hormone Balance

“Sleep is the golden chain that ties health and our bodies together.” — Thomas Dekker

❖ What is Restorative Sleep?

- _____
- _____
- _____
- _____
- _____

❖ What happens to my hormones and my body/brain if I DON'T get restorative sleep?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____



❖ What happens to my hormones and my body/brain when I DO get restorative sleep?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

❖ Robin's top bedroom tips:

- _____
- _____
- _____
- _____
- _____

❖ I PROMISE to read my New Health Story every single day... YES! ❖

Notes: