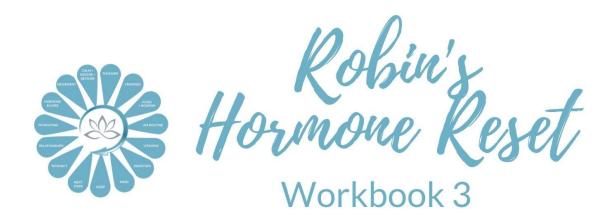
Robin's Hormone Reset Workbook Day 3





Sleep for Hormone Balance

❖ What is Restorative Sleep?

 $\hbox{``Sleep is the golden chain that ties health and our bodies together.''} - Thomas\ Dekker$

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What happens to my hormones and my restorative sleep?	y body/brain if I DON"T get
1	
2	
3	
4	
5	
6	
7	



❖ What happens to my hormones and my body/brain	when I DO get
restorative sleep?	
1	
2	
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9	
 Robin's top bedroom tips: 	
❖ I PROMISE to read my New Health Story every singl	e day YES! 🏶
Notes:	

