



DR.CALLY SEYMOUR

WARRIOR'S WEIGHT LOSS

**Video Sessions Outline,
Listening Guides, and
Discussion Questions**

SESSION #11 | LISTENING GUIDE

WARRIOR SLEEP

“When you lie down, you will not be afraid; when you lie down, your sleep will be sweet.” Proverbs 3:24

WHAT DOES REST MEAN TO YOU?

WHY IS SLEEP IMPORTANT FOR WEIGHT LOSS?

LEPTIN

What is leptin?

Why is balanced leptin important for weight loss?

How is leptin related to healthy sleep patterns?

NEUROPEPTIDES

What are neuropeptides?

How are neuropeptides related to a healthy metabolism?

HUMAN GROWTH HORMONE

The importance of healthy human growth hormone for a strong metabolism-

Why is proper sleep important for HGH production?

SUMMARY:

HOW DOES POOR SLEEP SABOTAGE YOUR WEIGHT LOSS SUCCESS?

Lower levels of leptin, neuropeptides and HGH

Lower levels of melatonin repair (slippery slope)

Increases levels of stress hormones like cortisol and adrenaline

Increases appetite and therefore calorie intake

Decreases your resting metabolism-body goes into conservation mode

HOW DOES HEALTHY SLEEP ASSIST YOUR WEIGHT LOSS SUCCESS?

Increases leptin, and neuropeptide production, melatonin repair, resting metabolism,

Decreases stress hormones like cortisol and adrenaline (at rest)

Decreased appetite and therefore calorie intake

WHAT FACTORS NEGATIVELY IMPACT A GOOD NIGHT'S SLEEP?

HOW CAN YOU MAXIMIZE YOUR SLEEP?

**A HEALTHY BODY NATURALLY REACHES
A HEALTHY WEIGHT!**

SESSION #11 | REFLECTION AND DISCUSSION

WARRIOR SLEEP

Your healing is His priority- Embrace and personalize the truth of these scriptures...choose 2-3 to study, meditate on, and discuss..

Exodus 33:14, Psalm 4:8, Psalm 23:1-3, Psalm 46:10, Psalm 91:1-5, Psalm 116:7, Psalm 127:2, Proverbs 3:24, John 5:1-9, Matthew 6:34, Matthew 11:28-29, John 14:27, Ecclesiastes 5:12

How am I currently sleeping each night? (how many hours _____?)

Do I wake up feeling refreshed and restored? What things might be contributing to my quality of sleep (good or poor)?

What are some ways I can prioritize my sleep immediately, to maximize my health and weight loss success?

What differences do I notice about my mood, mental clarity, energy, appetite, general physical, spiritual, or emotional state when I get a good night's sleep? What do I notice about these things when I do not get a good night's sleep?

What was the most impactful thing I discovered from this lesson about the importance of sleep in my healing and weight loss process?

Are there things outside of my control that are negatively impacting my sleep? If yes, what are some creative strategies I can implement to work around these obstacles?