

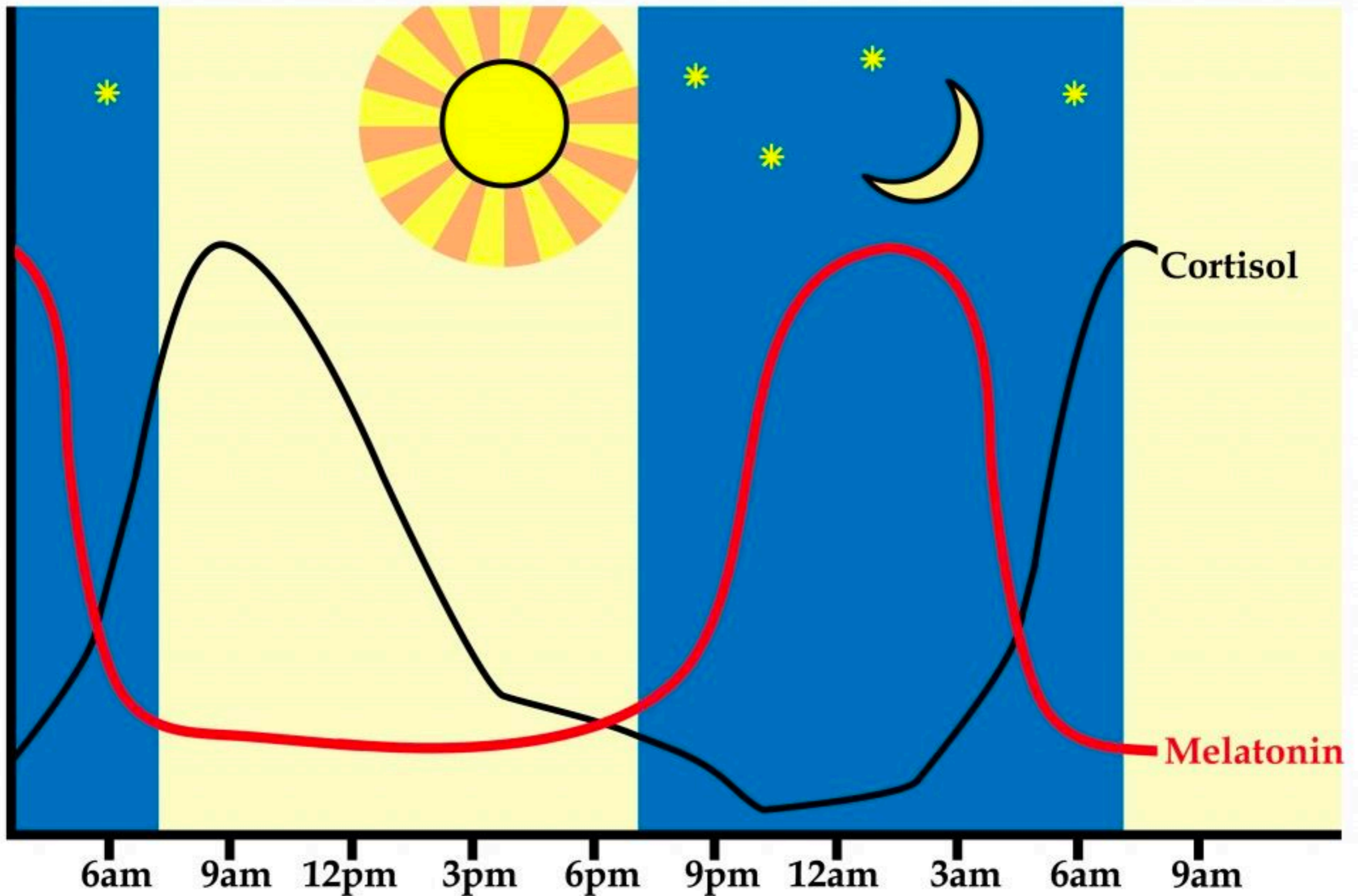


PCOS SUCCESS:

CIRCADIAN RHYTHM

“Night shift workers have a significantly increased risk of health issues and conditions like breast cancer ”

Circadian Rhythm





Effects of Poor Sleep



Increased cravings



Fatigue



Increased insulin resistance



Inflammation



Impaired brain function



Stress sensitive

Sleep Hygiene Tips...



Epsom salt baths



Limit technology



Block blue light



Herbal tea



Essential oils



Dark room