

Restore Activity Series

# Get Some Rest



**Work It In, Any  
Way You Can**

# What Every Mama Needs

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Sleep is probably one of the first things on your mind but one of the last things you're able to get right now. Every new mom knows what that feels like. Getting sleep is really important though, so try your best to get rest when you can!



Lack of sleep can negatively impact your:

- Energy - (obviously) as a new mom, you need all of the energy you can get.
- Relationships - it's easier to be moody or short with the people in your life and after time it can take a toll on those relationships.
- Appetite - you're more likely to eat foods that are less nutritious and eat more frequently.
- Immune system - the last thing you need is to get sick while trying to care for your little one.
- Problem solving - it's harder to concentrate and figure things out
- Creativity - finding motivation and inspiration will be difficult to achieve

