



# SLEEP FOR FERTILITY

Please note, this is not medical advice — just recommendations from a fertility coach who is also on the journey.

Here's an overview of suggested sleep Do's and Don'ts for fertility. I hope it's not too overwhelming! I am super happy to walk through which of these are most important for you based on your case and what is accessible to you, so it feels more manageable. Also, not all changes are necessary to have a successful pregnancy. These are just evidence based things that are proven to strengthen fertility!

Note: All of these things are for males and females unless otherwise specified.

## Sleep Routine

### The Hormonal Master Clock

- **The HPG Axis:** Your circadian rhythm controls the Hypothalamus-Pituitary-Gonadal (HPG) axis. This is the "command center" that releases FSH, LH, and Estrogen/Progesterone.
- **The Disruption Risk:** Irregular sleep or light exposure can lead to imbalances, causing irregular cycles, anovulation (not ovulating), decreased sperm motility, egg quality, or difficulty conceiving.
- **Melatonin:** Adding 3mg of Melatonin per night which is a powerful antioxidant for egg and sperm quality can be supportive, but does not make up for disruptions in circadian rhythm.

### Time in Dark Rooms

- **The 10 PM Rule:** Aim to be asleep before 10:00 PM and get 7–8 hours of uninterrupted rest.
- **The "Blackout" Environment:** Sleep in a cool, completely dark room. Use blackout curtains, an eye mask and ear plugs if possible.



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### The Blue Light Defense

- **Digital Sunset:** Avoid TVs and phones for at least one hour before bed.
  - Screen time before bed can negatively impact fertility by disrupting your circadian rhythm which can suppress melatonin production, leading to poor sleep quality and potentially affecting hormone regulation crucial for reproduction in both men and women.
  - Studies have shown a link between excessive evening screen time and decreased sperm motility and concentration in males.
  - Exposure to blue light after 8:00 PM suppresses the LH surge and reduces the "progesterone climb" needed for a healthy luteal phase.
  - Stop charging phones in the bedroom (or use Airplane Mode) and put your Wi-Fi on a timer to turn off at night.
- **Tech Swaps:** Use blue-light blocking glasses, enable color filters on your phone, computer, or TV after sunset if possible, and switch your home lighting to orange or amber tones in the evening. You can also use red light night lights.
  - **Human-Centric Lighting (HCL):** This is a professional-grade approach to lighting that mirrors the sun.





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## Extras

- **Sunlight Calibration:** Get at least 15 minutes of direct morning sun and 15 minutes of evening sun to "reset" your internal clock every day.
  - Aim to see the sunrise or outdoor light every morning before you jump into using screens (your phone or computer).
- **Mouth Taping:** Use mouth tape so you breathe out of your nose if possible.
  - Mouth taping promotes deep, restorative sleep by ensuring nasal breathing, which optimizes your circadian rhythm and the nocturnal release of melatonin, the powerful antioxidant essential for protecting egg follicles from oxidative stress.

## Resources

- **Books**
  - [Circadian Code](#) by Dr Satchin Panda
  - [Breath](#) by James Nestor
  - [The Light Doctor](#) by Dr. Martin Moore-Ede
- **Articles**
  - [The role of melatonin as an antioxidant in the follicle](#)
  - **Source:** *Journal of Pineal Research / PubMed (NIH)*

## Additional Considerations

It's important to note that these sleep suggestions are never "one size fits all." The specific sleep recommendations important to you depend on your unique medical history, lifestyle factors, and previous testing and treatment outcomes.

My goal as a Fertility Coach and Educator is to help you learn about options that are available which may improve your chances of a successful pregnancy. While I provide the suggestions and research to empower your journey, a thorough consultation with your medical team—including your RE, endocrinologist, naturopathic doctor, reproductive immunologist, etc.—is crucial to finalizing your clinical plan.

I am here to help you prep for those appointments, make sense of the results, and assist with next steps. Please reach out with any questions!



Hi, I'm Mariah Tuffy Joseph, MSW — a Fertility Coach and Educator. I offer personalized support, guidance, education, tools and resources to help you navigate the practical, physical, emotional and relational challenges of fertility, pregnancy loss, and sexual health. I specialize in helping clients uncover and address root causes of fertility challenges and recurrent pregnancy loss, as well as providing guidance for natural and IVF conception, especially for women over 35.

I lead One on One and Couples Sessions. I also hold Online and In Person Support Groups for women (South Florida, USA).

I am on this intense life changing fertility journey with you—after 3 years, 3 losses, multiple fertility programs, and 3+ IVF cycles, we still don't have our baby...



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