What happens in your body...

When you sleep

Solid sleep on a regular basis is key to *all the things.* When we fall asleep, our muscles relax and our heartbeat, breathing, eye movements, and brain waves slow down. Sure, it feels like you're turning off for the night (finally!), but in reality, sleep is an active and complex activity. It impacts most parts of our bodies—from our brain to our heart, mood, and metabolism. It can also play a role in how we feel on a day-to-day basis—and our ability to make decisions that keep us on our wellness journeys.

WHAT TO DO

Use the steps below a few days this week to track how your sleep affects how you feel. Pro tip: Turn this reflection into a true moment of self-care in a cozy nook with light music and a soothing cup of (decaf!) tea.

1

When you wake up, use the WW app to track how many hours you slept that night. (You can brush your teeth first...we'll wait!) There's no need for any clock-watching or perfection here—make your best guess. The goal is to get a general sense of your sleeping patterns.

2

Don't forget to also answer the sleep tracker questions about how you're feeling. Jot that down in a notebook. At the end of the day, add to it by rating how everything else went—think work, home life, relationships, eating well, physical activity, or taking care of your mindset. Use a scale of 1–5 (1 = thumbs down, 5 = thumbs up).

3

At the end of the week, see if you notice any trends in the notes you took. How did the amount of sleep you got impact how you felt each morning? Did those feelings spill over into the other areas of your life? Think about how you can use that awareness moving forward.

This week's word is AND. Come back next week for part six of our NEW six-part "What happens in your body" series!

Wellness that Works.™

Steak and shishito pepper skewers

Prep 25 min | Marinate 15 min | Cook 10 min | Serves 4

6 6 6

- 67 ml (4½ Tbsp) low-sodium soy sauce
- 22 ml (1½ Tbsp) honey
- 7 ml (1½ tsp) toasted sesame oil
- 1 large garlic clove, grated
- 15 ml (1 Tbsp) grated ginger root
- Pinch of black pepper
- 450 g (1 lb) lean flank steak
- 6 scallions, white and light parts, cut into 3.75-cm (1 ½-inch) pieces, greens reserved
- 12 shishito peppers
- 24 medium shiitake mushrooms, stems removed
- 7 ml (½ Tbsp) canola oil
- Pinch of salt
- 4 lime wedges (optional)

1. Soak four 25-cm (10-inch) bamboo skewers in a shallow dish of water for at least 20 minutes (or use metal skewers).

2. In medium bowl, combine soy sauce, honey, sesame oil, garlic, ginger, and black pepper; reserve 30 ml (2 Tbsp) marinade. Slice steak across grain into 16 3-cm (1 ¼-inch)-thick slices. Add steak to marinade; toss to combine; marinate 15 minutes.

3. To build kebabs: Thread 1 slice steak (accordion-style), 2 to 3 scallion pieces, 1 shishito pepper, and 2 mushroom caps onto a skewer; repeat three more times on the skewer, ending with a fourth piece of steak. Repeat with remaining ingredients and skewers.

4. Heat grill to medium-high. Lightly brush kebabs with canola oil and sprinkle with salt; grill, flipping once, to desired degree of doneness, 3 to 5 minutes per side. Serve drizzled with reserved marinade; garnish with thinly sliced scallion greens (and optional lime wedges).

SERVING SIZE: 1 skewer

Dairy-free Nut-free

Ready, set, chop! The WW Colour-Coded Flexible Cutting Mats make meal prep easy, thanks to printed cooking temperature guides and SmartPoints® values. Get yours at WW.ca/shop.

The WW app and digital tools are for subscribers only. NOT FOR RESALE. U.S. patent pending. WW Logo, SmartPoints, Wellness that Works, and myWW are the trademarks of WW International, Inc. ©2020 WW International, Inc. All rights reserved.