



Sleep

E-BOOK

TIP #1

AIM FOR 8 HOURS



Sleep is when our bodies create hormones that allow us to recover, changes our cognition, improves our decision making abilities, aids in memory consolidation, helps motor skills sink in, and reduces inflammation.

To stay healthy & function optimally we need to make sure we are getting adequate sleep to reach our health and fitness goals.

In order to get enough sleep we need to plan ahead. Start by planning for 8 total hours in bed.

When we know what time we need to wake-up in the morning we can work backwards to find out: when we need to be asleep to get 8 hours of rest, when we need to be in bed by (half an hour before we need to be asleep), and when we need to start our night time routine (1-2 Hours before we need to be in bed).

****Can't find the time to get 8 hours of sleep? Naps count towards your daily sleep total! Are you a napper or an anti-napper?***



TIP #2

ESTABLISH A NIGHTTIME ROUTINE

Synapses that fire together wire together.

As kids we have an extensive night time routine: dinner, bath, brush teeth, read a story, then sleep. But as adults we try to go from being 100% busy, maybe binge watch a couple shows, and hit the mattress stressing about everything we didn't get done and everything we have to do tomorrow... hoping we will fall asleep soon.

We can fix this by creating our own nighttime routine. We can create a routine that trains our brain at the end of the routine to shut off, rest, and recover.

Just as we schedule our workouts, work-meetings, and date nights, we need to plan ahead for our night time routine.

HOW TO ESTABLISH A NIGHTTIME ROUTINE



Plan Your Routine

- Establish a consistent time each night to be in bed.
- Create a routine that begins 1-2 Hours leading up to bed time. Set a reminder at night to begin this new habit.
- Avoid electronic devices at least 30 minutes before bed.
- Write out your tomorrow's to-do list and schedule so you get the thoughts out of your head and onto your daily planner.
- Add Mindfulness to calm the "monkey mind": meditation, journaling, prayer, breath work, light stretching, etc.
- Add smells (lavender), essential oils, sleepy teas, etc. that you only take before bed so your brain associates these with rest.

Jot down a night-time routine itinerary you can stick to. Start with 2-3 things you can do every night before bed to establish the routine.

Switching to a state of mind that turns off our brain isn't always easy, but we can train our brains to follow a specific pattern and at the end of that pattern to turn off so we can sleep soundly.

TIP #3 WORKOUT TO SLEEP BETTER



Workout to increase your sleep pressure.

Exercise can increase our sleep pressure—our drive to want to go to sleep. And the higher the sleep pressure, the better quality of sleep we get.

Aim to do 2-3 days a week of high intensity interval training, 2 days a week of heavier resistance training, and 1-2 days a week of longer cardio sessions.

The volume and intensity differs for each person based on our athletic ability, goals, and lifestyle. How important is health & fitness to you so that you can be your best self?



TIP #4

BETTER QUALITY SLEEP

When we can setup our environment to help us sleep we get better quality of sleep (more deep sleep):

- Avoid caffeine & alcohol before bedtime.
- Do not go to bed too full, or too hungry.
- Block out all light. Sleep masks can help.
- Sleep in a comfortable, cool room.
- Turn off electronics 30 min before bed.
- Get a good white noise device to block out ambient noise and increase your sleep quality.

TO IMPROVE YOUR SLEEP, TOTAL TIME IN BED IS IMPORTANT, SO IS SLEEP QUALITY.



TIP #5

GET OUT IN THE SUN TO SLEEP BETTER

Lack of sun exposure leads to lack of vitamin D3. We have to have adequate levels of vitamin D3 for our bodies to make 5-HTP into Serotonin—Serotonin becomes Melatonin, and melatonin helps turn off our adrenals so we can get good sleep!

When we are Vitamin D3 deficient, we are serotonin deficient (which makes us moody), we are melatonin deficient (which causes sleep issues), and now we are dealing with all of the problems associated with sleep issues.

We need to get out in the sun to get our vitamin D3. Depending on where we live, In the summer this could mean 20-30 minutes a day. But in the winter this could be up to 130 minutes each day!

**If your work, climate, or lifestyle prevents you from getting enough sun, talk with your primary care provider about supplementing your vitamin D3.*

TIP #6

GET AN ALARM CLOCK (THAT IS NOT YOUR PHONE)



Our phones are designed with every app and gadget imaginable to keep us dopamine addicted to scrolling all through the night.

When our phone is our alarm clock, when the temptation to scroll is within arms reach, it is all too easy for us to spend time on games, apps, social media, etc. instead of getting the rest we need to be our best selves.

When we put our phone on the other side of the room, turn on silent mode, and get an alarm clock that is not attached to the internet, then we make it easy for us to resist the temptation of the phone.

We can then switch to reading, breath work, prayer, meditation, etc. to help us relax, wind down our minds, and drift softly into a state of slumber.

Pro tip: get an alarm clock that slowly adds light the closer it is to your wake up time (simulating sunlight) to help you wake up feeling energetic, and refreshed (instead of wiped out, and groggy)!



TIP #7

THE 2 MINUTE MILITARY METHOD TO FALL ASLEEP

Learning to calm our mind and create a mental pattern that helps us fall asleep takes practice.

It turns out about 6 weeks of practice was enough for 96% of participants in study for U.S. Army pilots who practiced the 2 minute method to fall asleep learn to fall asleep in 120 seconds or less!

Not only did they train their brain to fall asleep, they could even fall asleep with gunfire noises going off, after drinking coffee, and while sitting up!

We can use this trick to learn to fall asleep in 2 minutes or less to help us get to bed on time so we get the sleep we need. We can also use this trick if we have a habit of waking up in the middle of the night, so we get back to sleep and get the rest that helps us be our best.



THE 2 MINUTE MILITARY METHOD TO FALL ALSEEP

96% of Participants who practice this method every day for 6 weeks are able to fall asleep in 2 minutes!

1. Relax your entire face, including the muscles inside your mouth.
2. Drop your shoulders to release the tension and let your hands drop to the side of your body.
3. Exhale, relaxing your chest.
4. Relax your legs, thighs, and calves.
5. Clear your mind by imagining a relaxing scene. Try to imagine:
 - You're lying in a canoe on a calm lake with nothing but a clear blue sky above you.
 - You're lying in a black velvet hammock in a pitch-black room.
6. If this doesn't work, try saying the words "don't think" over and over for 10 seconds. Within 10 seconds, you should be fast asleep.
7. Practice this 2 minute routine every night for 6 weeks and train your brain to turn off and go to sleep in 2 minutes!



SLEEP SUPPLEMENTS

Taking supplements can help us to get the deepest possible sleep.

Supplements that can help us to sleep better include:

- D3ZMA, for your zinc source
- Natural Calm (magnesium, tryptophan)
- 5HTP
- Melatonin. *If you are going to take melatonin, Dr. Parsley recommends taking a super-super-super low dose (like .3 milligrams)

Talk to your primary care physician to determine how much of each sleep supplement is right for you.

Dr. Parsley, a former SEAL, served as an Undersea Medical Officer at Naval Special Warfare Group One. While there, he led the development and supervised the group's first Sports Medicine Rehabilitation center, and has served as Naval Special Warfare's expert on Sleep Medicine.



SLEEP FAQ

Sleep & Testosterone

The #1 Anabolic tool we have is sleep. You could take 3 mg of testosterone a day, yet if you don't get enough sleep it's not gonna make any difference. Sleep is the key. When we sleep enough we get bigger faster stronger, better looking, all the good stuff.

How much sleep is enough?

It depends on the quality of your sleep, and how much slow wave (deep sleep) sleep cycles you are getting. Dr. Parsley recommends a total of 8 hours in bed. 9 hours is cool too. If you need 9.5-10 hours there might be some issues.

What if I can only sleep 6 Hours?

Keep your total time in bed to around 8 hours. If you wake up after 6 hours, stay in bed, practice your breathing techniques, meditation, etc. whatever chills you out, and eventually you will sleep more and more. Pick a bed-time and stick with the bedtime, and pick a wake-up time and stick with that wake-up time.



SLEEP FAQ

How does Marijuana affect my sleep?

Marijuana might not be a great 1st choice as a sleep supplement (see the supplements below), but it is probably the best pharmaceutical intervention, according to Dr. Parsley.

How does alcohol affect my sleep?

Alcohol essentially spikes your cortisol, and, similar to taking a sleep drugs, you don't enter into deep sleep and therefore lose all of the benefits and adaptations that happen during deep sleep.

What should my nap looks?

A 20 minute nap restores creativity pretty well. 30-45 minute nap restores executive function pretty well (cognitive brain function). A 90 minute nap (90-120 min) is a full sleep cycle and will help your whole body recover. Over 120 minutes is just sleep and can interfere with your nighttime sleep.

HOW DOES SLEEP AFFECT WEIGHT GAIN?



The Research Says: To reduce body fat, we need to get enough sleep.

Lack of sleep messes with how our bodies regulate hormones, which leads to increased hunger and appetite, and decreased energy for physical activity. When we sleep less we end up eating more and exercising less which leads to significant weight gain.

We are also less able to resist tempting foods. One study found that increasing sleep amounts reduced sugar intake significantly (by about 10 grams!) Boosting sleep amounts started participants on a trend toward lowering their fat and carbohydrate intake.



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IF WE GET THE SLEEP WE NEED, DIAL IN OUR NUTRITION, STAY ADEQUATELY HYDRATED, WORKOUTS 2-4 TIMES EACH WEEK, AND MANAGE OUR STRESS, THEN OUR HEALTH IMPROVES, OUR FITNESS IMPROVES AND WE IMPROVE THE QUALITY OF OUR LIVES.

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