

Why Sleep?

REM sleep helps your brain consolidate memories
Sleep helps your muscles and organs to **REST** and **RECOVER**
Sleep cleanses your brain of toxins

SLEEP
GUIDE

ROUTINE

Maintain a consistent sleep pattern
Relax before bed (Read, Meditate, Stretch, Shower or Bath)
Avoid difficult conversations, activities or work
Start winding down 2 hours before bed
Avoid bright lights and use **F.lux** on your computer
Don't workout within two hours of going to bed
Use low-blue lighting two hours before bed
Practice deep breathing, box breathing, or Wim Hof

EXERCISE & DAYLIGHT

Try to do regular exercise, but not too intense before bedtime. Spend time outside in the daylight. Even short walk during the day can improve sleep.

TECH

Track your sleep with the **Sleep Cycle app** or an **OURA** ring so that you can trace back a bad night's sleep to things you did or ate during the day.

ENVIRONMENT

Keep your bedroom clean, tidy, and comfortable
Use a high quality mattress and bedding
Keep the bedroom aired, and a temperature between 60-70°
Sleep in a pitch-black room (Use blackout curtains or sleep mask)
Use earplugs, white noise, or a fan to mask external noise
Avoid watching TV or using devices in bed
Get deeper sleep using a sleep induction mat
Set phone on airplane mode and use EMF filters

FOOD

Eat low-mercury fish and seafood at dinner, or take krill oil before bedtime
1 Tbsp of raw honey before bed on an empty stomach
1 Tbsp of MCT oil before bed to provide stable brain energy during sleep
Avoid big meals right before bed

SUPPLEMENTS

GABA - good for natural calming and relaxation effects
Glutathione - detoxifies your body during sleep
Magnesium - Essential nutrient for sleep
5-HTP - Stimulates natural melatonin production

STIMULANTS

Avoid caffeine after 2pm
Avoid nicotine before bed
Only drink alcohol in moderation at night