

Habit #4

SLEEP

Sleep is that golden chain that ties
health and our bodies together.
~Thomas Dekker

Quick Notes

- Everything gets better with right amount of sleep
- Sleep is a skill that can be learned and improved
- Use naps
- 2 parts to good sleep:
 - Getting to bed
 - Falling asleep
- If you can't sleep, relax
- You can't force yourself to sleep
- You can bring yourself to edge of sleep and let it happen

Benefits of Sleep

- Improves your mood
- Helps you to make better decisions
(lack of sleep dulls activity in frontal lobe)
- Improved mental functioning
- Manages your “hunger hormones”.
 - Ghrelin which signals your brain to eat decreases
 - Leptin which cues your brain you’re full increases
 - Insulin sensitivity drops (which hampers metabolism)
 - Cortisol goes down increasing fat burning

Ingredients of Good Sleep Hygiene

- Empty stomach
- Dark room (no clock)
- No screens 30 minutes before bed (blue light)
- Keep phone away from your bed (ideally in different room)
- Quiet
- Comfortable sheets and bed
- Comfortable temperature
- Pre sleep ritual
 - Master ritual before to quiet mind and body
 - Shower/bath
 - Reading

GO TO BED

- Sleep stealers
- How much sleep are they costing you (daily/weekly)?
- Are these worth the missed sleep?
- Possible Solutions
 - Record shows with no commercials
 - Set timer for when you want to start sleep routine
 - Software that blocks computer after certain time
- “Not tired” - master ritual, bath, reading, etc

Designing Your Sleep Routine

- Structure increases your chances of success
- How much would you like to get? (7-9 hours)
- What would getting that much do for you?
- When will you go to bed?
 - 2 or 3 different times depending on day
- What are your sleep stealers (tv, computer, etc)
- What anchors can you use to trigger you to start?

Sleep At Will Technique

- Let go of your thoughts
- Hear them moving away
- Feel them falling away from you
- Your breath and physical relaxation lead you to sleep
- Let your exhales happen suddenly
- Feel yourself sinking into bed
- You keep cycling through releasing physical, mental and emotional tension and you're much more likely to fall asleep

If You're Not Falling Asleep

- Relax your body, feel yourself sinking
- Connect to your breathing
- Be grateful for the time
- Use it to rest and replenish
- Program yourself
 - Imagine having a great day
 - Go through nice memories
 - Fantasize