Sleep is one of most important aspects of this program. Without proper sleep, your body cannot recover from working out, heal, and rejuvenate itself. We put our bodies in a lot of stress when we sleep poorly. Did you know not sleeping well or enough, can lead to hormonal imbalances and weight retention. Do yourself a favor and prioritize your sleep more than anything else you do in this program.

BEDTIME RULES

1. TECH RULES

We are going to implement tech rules for bedtime. No tech 30 minutes before going to bed. Phones, laptops, TV’s ect.

Any device that can get a bluetooth, wi-fi or cell signal WILL disturb your sleep on some level. When our devices send or receive data, they send signals of electro magnetic radiation (EMR) called radio frequency radiation (RF). You can think of this radiation emitting from a wireless device, like waves or ripples in water, except it’s invisible to our senses. It is how our devices “talk” to each other and to cellular towers. These waves of energy can bounce off surfaces or be absorbed by some matter like our bodies, resulting in nervous system disturbances and cellular damage. Our body communicates through the nervous system by electrical currents and signals, similar to cell phones and other devices.

Here’s an analogy. When devices are “talking” (sending or receiving data), think of it as a loud noise, periodic or consistent, that startles you.

You cannot hear it, but that doesn’t mean your body doesn’t know it’s there. When your device is “talking”, the “noise” can keep your body from going into deep REM sleep by disturbing your nervous system.

To create a space where we can fully be at rest and rejuvenate itself, reducing exposure to these things really matter.

Here are your options when it’s time to go to sleep.

A. Leave your devices outside of your room before going to bed. Use Airplane Mode if they are in your room when you go to sleep. Airplane Mode turns off all of the radios so that is it RF (radio frequency) quiet.

B. If your phone ABSOLUTELY has to be ON and in your room, turn off data. You will still be able to receive texts and calls but the chatter will only be when you receive a text or incoming call instead of all the time. Also, leave it on the opposite side of the room from where you sleep. This will reduce your exposure by a lot.

C. UNDER NO circumstances leave your devices off airplane mode near your body while you sleep.

D. Extra tip: If you want to go the extra mile, turning off or unplugging your wi-fi router and smart devices before you go to sleep, will greatly reduce your exposure as well. Set a wi-fi schedule on your router or turn its power levels down.

2. PROPERLY WIND DOWN BEFORE BED

Your winding down time will be ONE HOUR before you want to go to sleep.

We are training our brains and our bodies to be quiet and get ready for sleep during this time to ensure quality of sleep. The “NO TECH” rule, applies at the half hour mark of your 1 hour wind-down time.

We will implement some winding-down tools to encourage rest and better sleep.

First 30 minutes:

1. Set Alarms. We are going to set alarms for everything! Set an alarm for when your wind down hour begins. It’s helpful for me to set a pre-alarm 15 minutes or so before my main alarm. Example: (Alarm #1 - 8:45PM “Wrap up dinner.” Alarm #2 - 9:00PM “Time to wind down”), so that I’m not caught off guard when it’s time to start winding down and lose track of time. Set an alarm for the end of your first 30 minutes as well. Don’t set an alarm for when it’s “time to go to sleep”. You can’t force yourself to go to sleep AND the whole point of this, is to be naturally ready for sleep by the end of the hour.

Side note: Remember, you can’t force yourself to fall asleep. As nice as that sounds, setting an alarm for when you wake up is a more effective way to get your body on a good sleeping schedule. It may be painful in the beginning but so much more effective.

2. Start by changing your lighting. Turn off any bright or blue/cool toned/colored lights. The cool toned lights will trick your body into thinking it’s daytime. By lowering the light in your home, you’re emulating the sunset. Our bodies naturally produce melatonin when it starts getting dark out. Melatonin is a hormone that relaxes our minds and makes us sleepy. Our modern way of life has robbed our body’s natural ability to prepare us for sleep. Candles! Use them up! All forms of warm, low light.

3. Light cleaning. Setting things in order to prepare for the next day can really help lower stress and prepare you and your space for sleep. Doing laundry, tidying up an area of your house, making to-do notes for the next day to allow your mind to forget them for the night ahead.

4. Be mindful of your tech use. Try not to consume stressful media such a social media. Be intentional about using your tech to relax if possible. If you want to use tech for the first 30 minutes at all, message a friend, watch a relaxing video, listen to a podcast or music. Many people like to play games on their phones before bed to “turn off” their minds. Just be mindful of how you use your tech. At the end of the first 30 minutes, you will put away all tech accordingly.

5. If you have kids, try putting them down for their bedtime before the second half hour comes. This might mean putting them in bed before your wind down hour even begins, if possible.

\*ALARM GOES OFF\* (Halfway through wind down hour).

Second 30 minutes:

1. No tech. None. Do all you want to do on your phone during the first 30 minutes.

2. Reflection, reading, prayer, devotionals or journaling or combination. Take this time to really get back into reading and observing your thoughts.

3. Some form of self care. A long bath or shower, skincare, hair care, stretching and breathing exercises are all great ways to relax your body and mind. Make a nice cup off herbal tea! Doing this with your partner is a great way to encourage each other in these habits, being on the same page and spending quality time together to connect. If you are someone who benefits from doing this alone, go right ahead.

4. Humidifier. If you live in a dry climate, upping the humidity level where you sleep will aid in better sleep through the night. It’s all about atmosphere. Use essential oils or incense. Making your space smell and feel calming is great for getting your mind and body ready for sleep. If you have a sound machine that plays waves or rain, all the better.

5. If you’re tired during the day, don’t hit the caffeine just TAKE A NAP! Just don’t take a long one. Set an alarm. ;) A long nap will ruin your sleeping schedule.

6. Grounding sheet. A friend of David’s and mine bought us a grounding sheet. SInce the first day of using it, we have seen such a HUGE improvement in our quality of sleep.

Grounding sheet story time! About two years ago, I had forgotten to put the sheet back on our bed after washing it (this was about 3 months after we got it). We couldn’t sleep for about a week! Instead of waking up rested from sleeping deeply all night we were constantly waking up and did not feel rested in the morning at all! We even started waking up with back pains and aches. Nothing had changed other than removing the sheet. It was so obvious that our quality of sleep had declined, we independently brought it up in conversation. “I’ve been sleeping terribly lately! How about you?” was about how it went. About another week went by of very poor sleep before I noticed. OH! OUR SHEET! And what would you bet? Yes, we slept like babies when it was put back in it’s place. Any how, It’s work well for us. You can learn about how they work on the websites below.

This is a budget grounding sheet you can find on amazon.

https://www.amazon.com/HALL-PERRY-Earthing-Grounding-Connection/dp/B07BB659XK/ref=sr\_1\_16?keywords=grounding+sheets&qid=1654895010&sr=8-16#customerReviews

Higher quality grounding sheet.

https://groundingofficial.com/products/original?variant=36184981930149