

Sleeping Your Way to Self Actualization

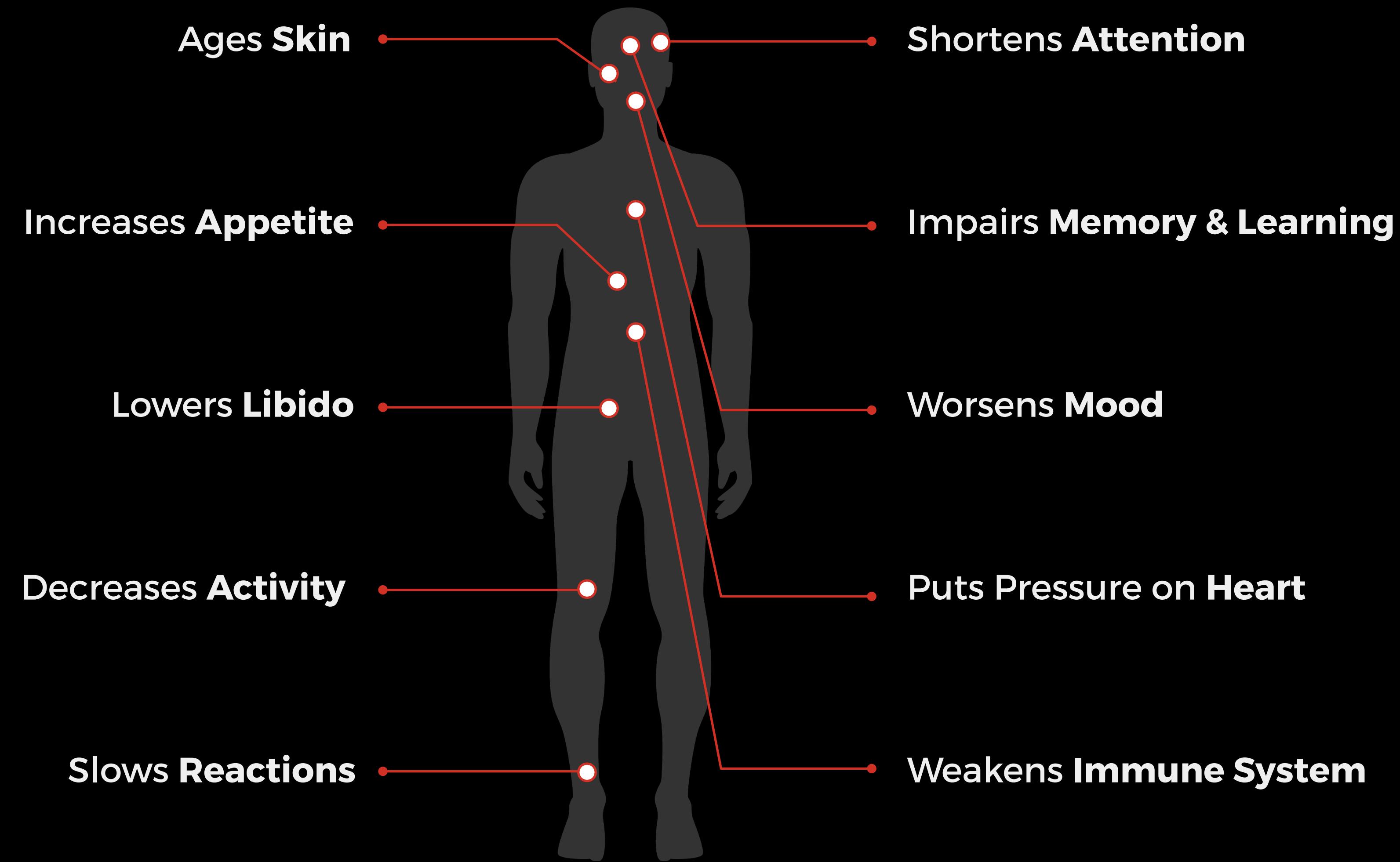
Today's Gameplan

- 1 The Cost of Sleep Deprivation
- 2 Sleep as a High Performance State
- 3 The 80/20 of Sleep

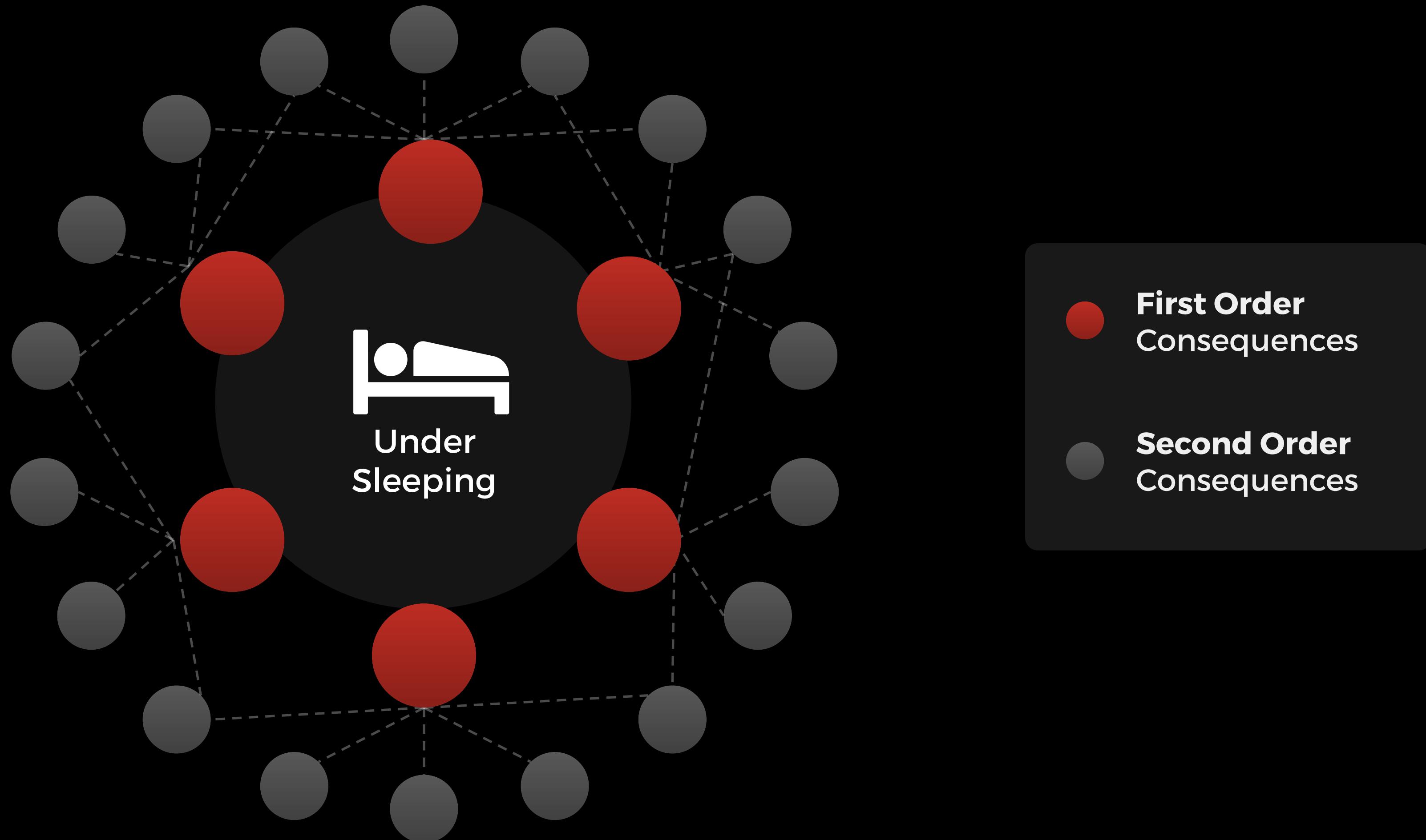
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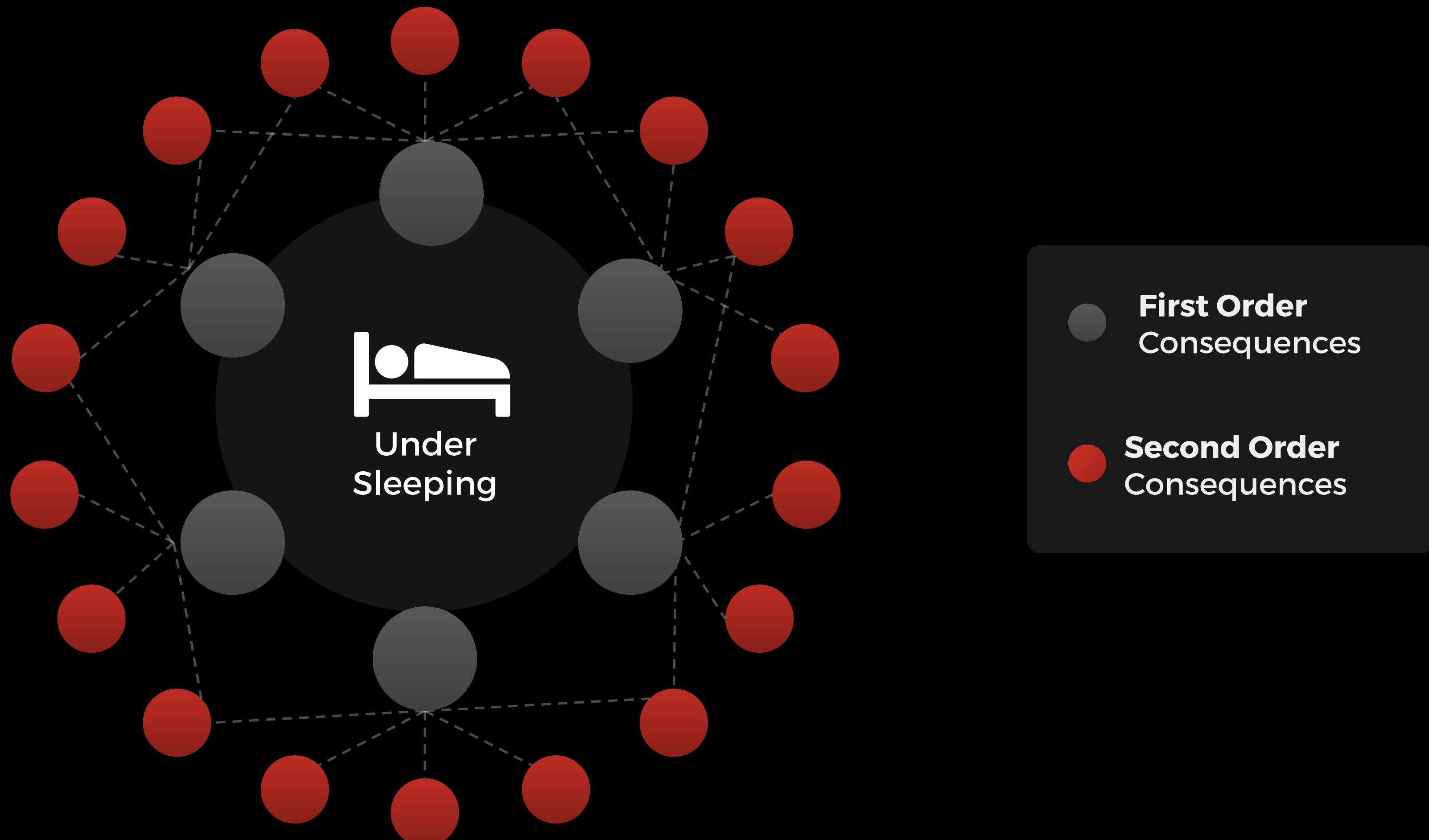
Sleep Deprivation and Your Body



The Second³ Order Consequence Of Being Under Slept



The Second³ Order Consequence Of Being Under Slept



Exhaustion Suppresses Your Potential



“Sleep Is The Best Meditation.” – Dalai Lama

If you’re spending money on personal development, therapy, meditating, habits etc but are under sleeping—even a little—your priorities are totally out of whack.

Being more well slept will enhance every single thing you could possibly want to work on:

- 1 Confidence**
- 2 Mood**
- 3 Charisma**
- 4 Discipline**
- 5 Attractiveness**

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The Reframe: Sleep Is An Active High Performance State Like Flow

“ Even a soul submerged in sleep is hard at work making something of the world. ”

— Heraclitus

Sleep Is NOT A Compressible Part of The Day

1

The Tetris Reframe

Fixed container, the skill is fitting it in, not expanding the container.

2

Sleep Forecasting

Plan your travel and life around high quality sleep.

3

Build Sleep Culture

For yourself, and your family so sleep is viewed as sacred.

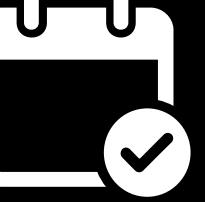
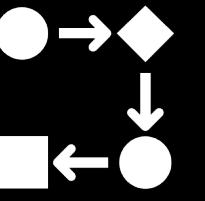
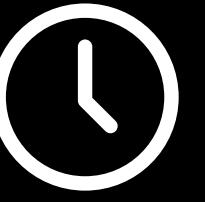
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Out sleep The Competition

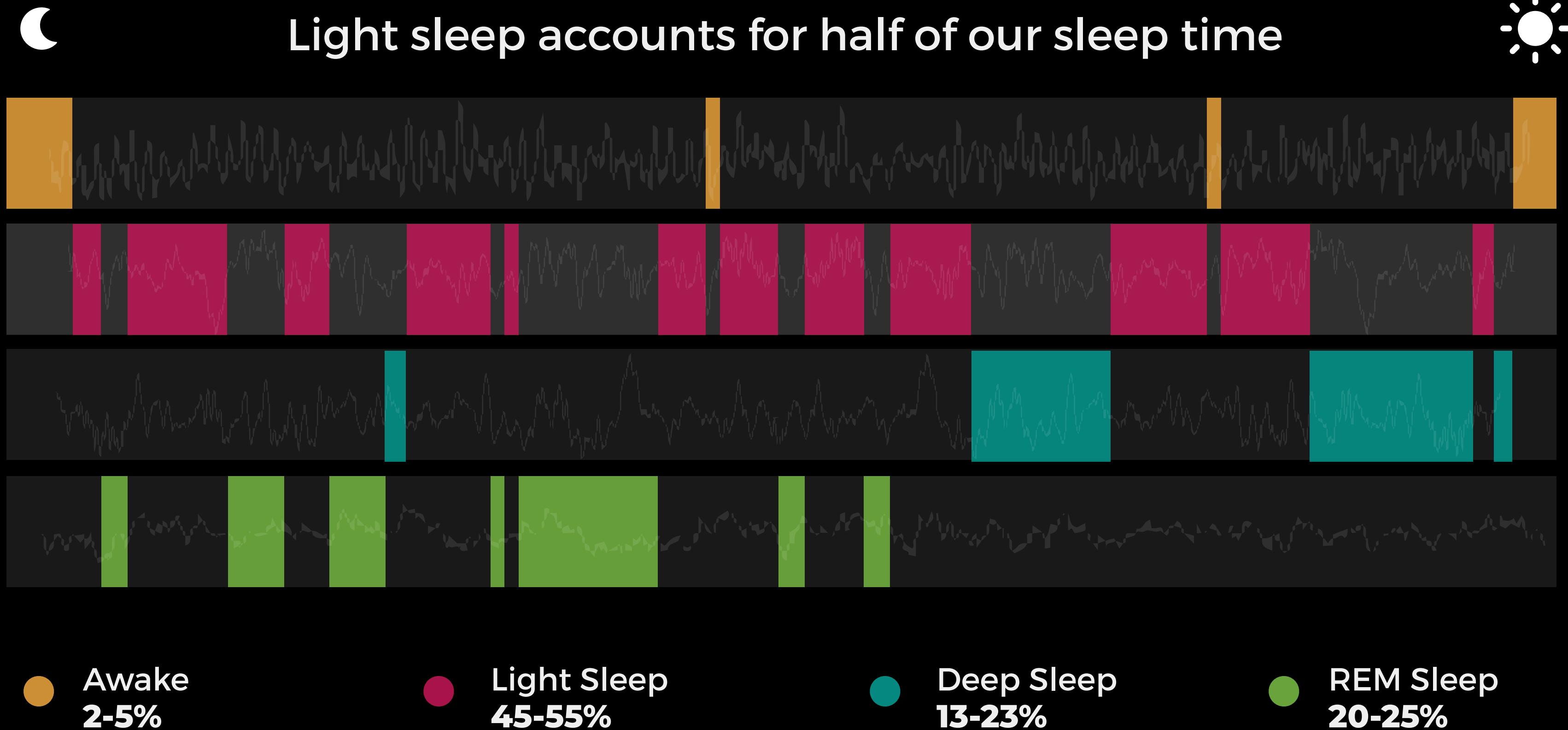
Remember that sleep yields a ferocious competitive advantage.

The Definition of High Quality Sleep

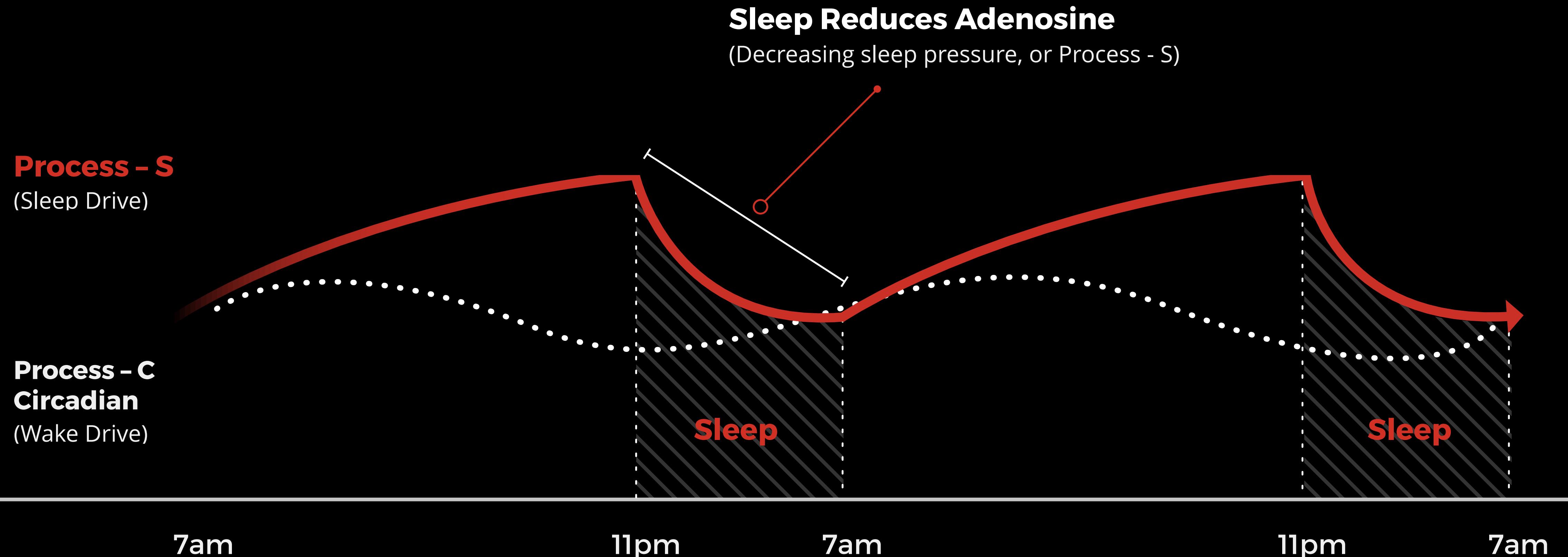
Good sleep has three main components

- 1**  **Fixed Wake & Sleep Timing**
Maximum thirty minutes fluctuation
- 2**  **Sleep Composition**
1-2 hours NREM, 2+ hours REM
- 3**  **Total Hours**
8 total hours of sleep per night

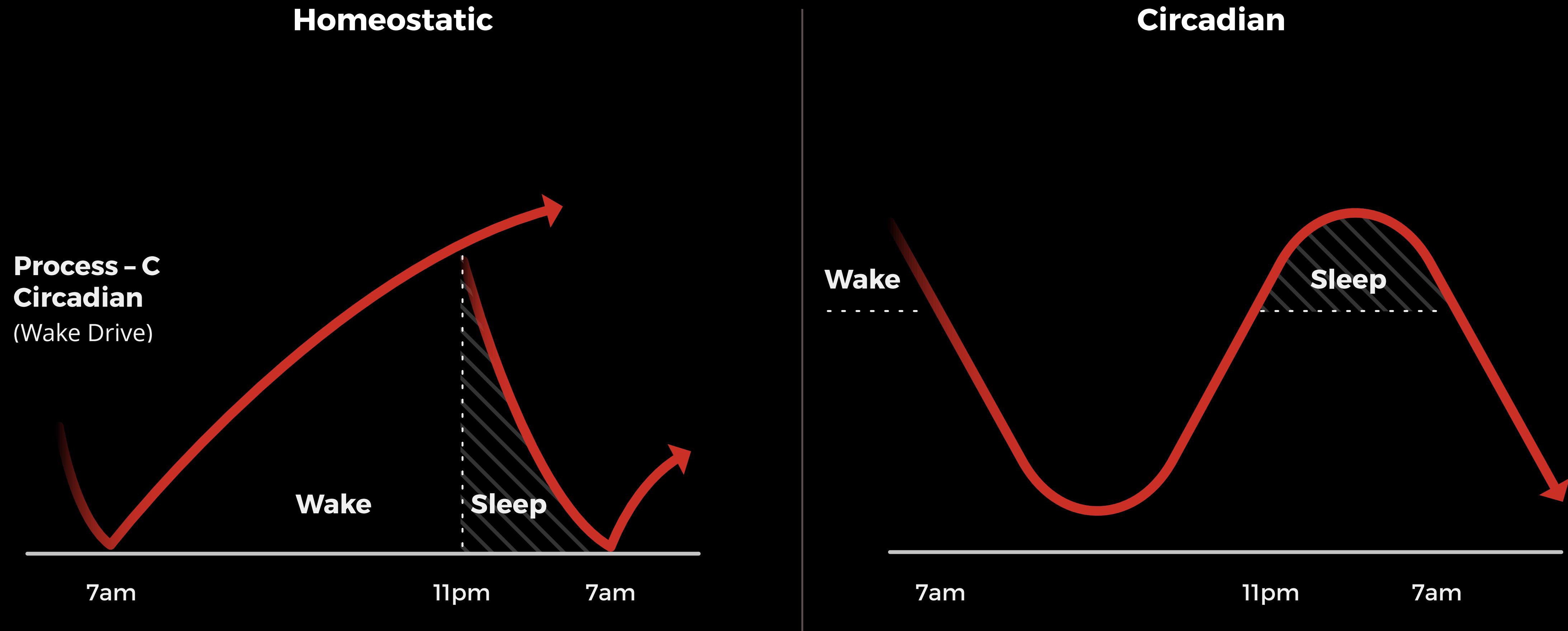
Defining High Quality Sleep



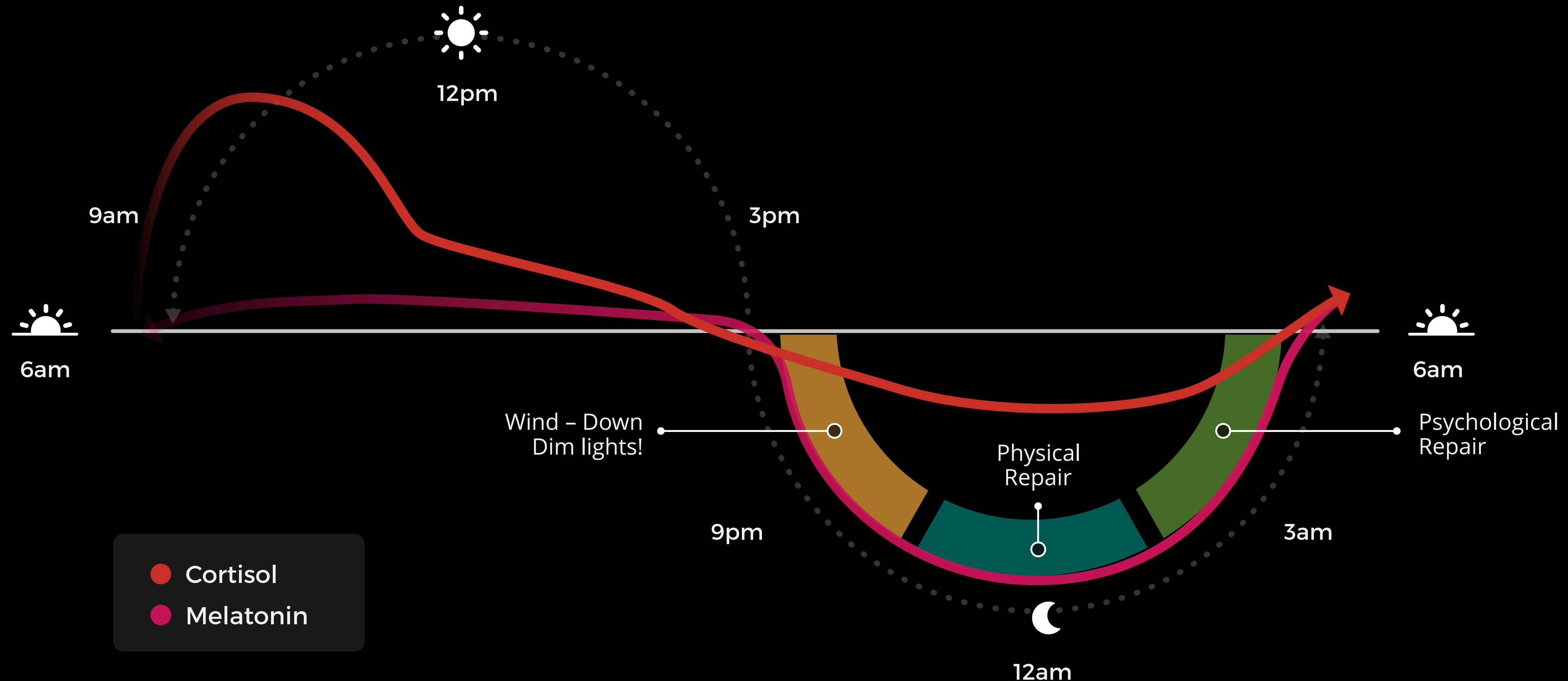
Two Factors Regulating Sleep and Wakefulness



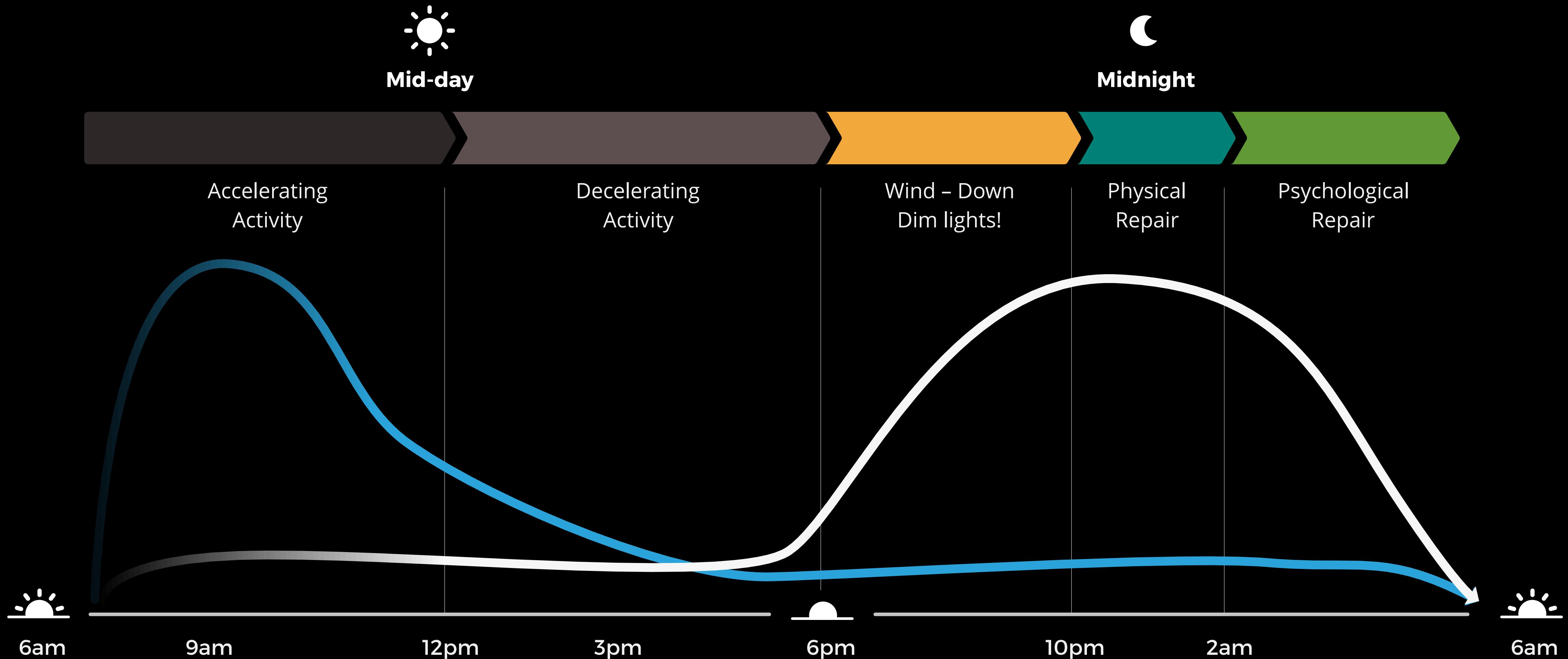
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Two Factors Regulating Sleep and Wakefulness



We Want To Leverage Our Bodies' Rhythmic Patterns



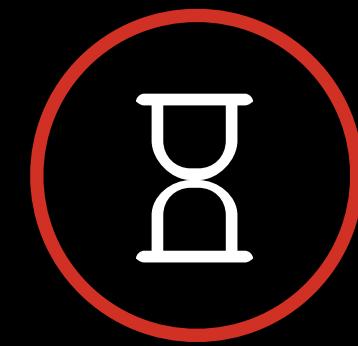
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THE 80/20 OF SLEEP OPTIMIZATION



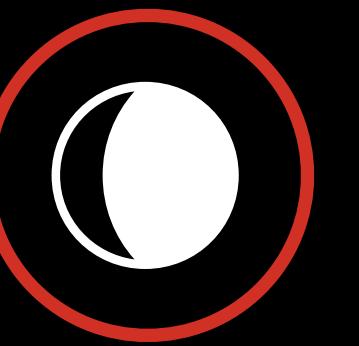
Timing



Tracking



Cold



Dark



Food



Power Down



Fluids



Noise



Exercise



Substances

Timing – 9 Hours In Bed, 8 Hours Of Sleep

Tracking – What Gets Measured Gets Managed

Cold – 18 Degrees Celsius; 65 Fahrenheit Gets Managed

Dark – Blackout Blinds/ Curtains and Mask

Food – Two Hours Minimum Before Sleep

Power Down – Unwind, Slash Cognitive Load, Unplug

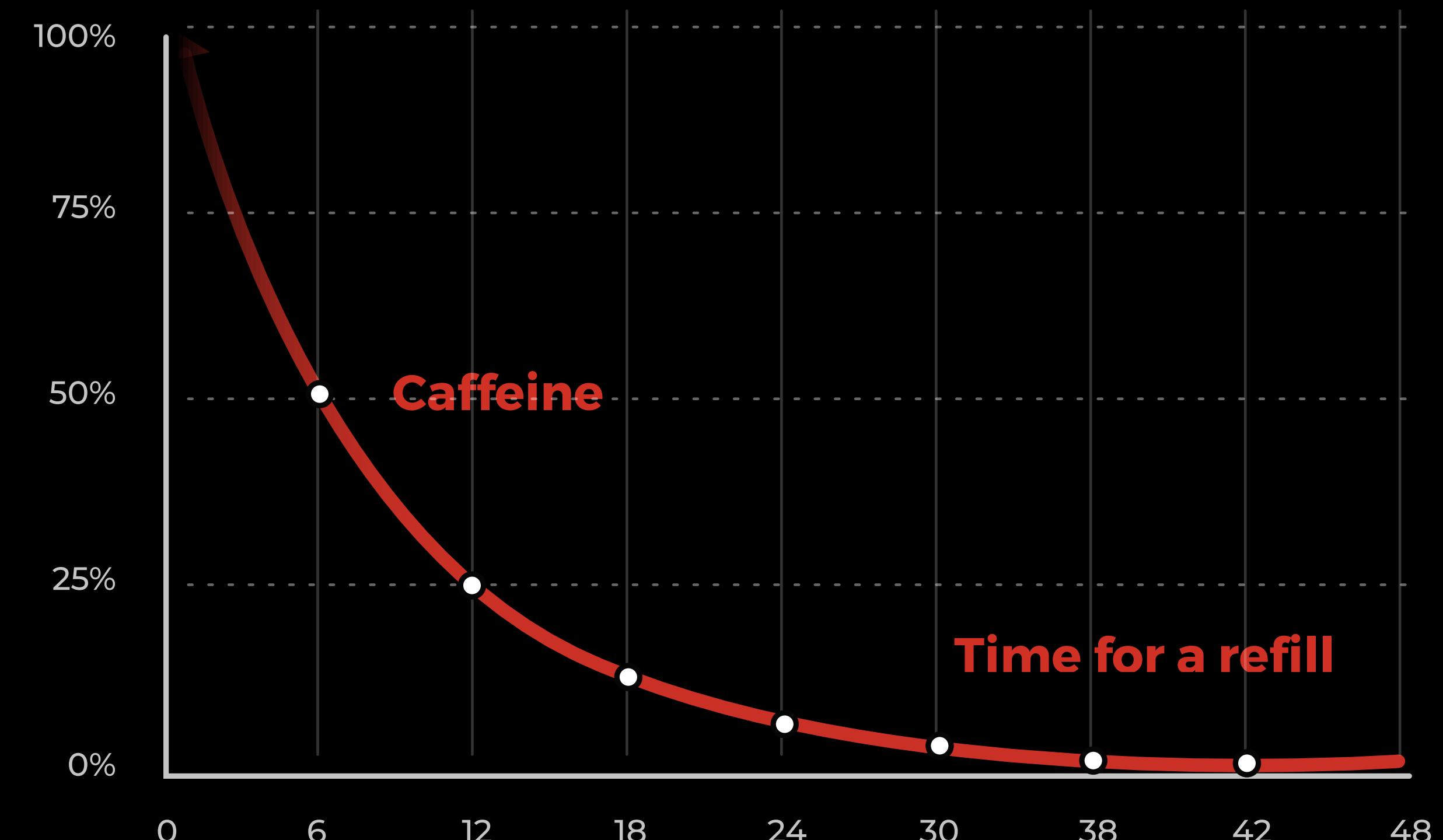
Fluids – Cut Back Fluid Intake Pre Sleep

Noise – Quiet, White Noise and Ear Plugs

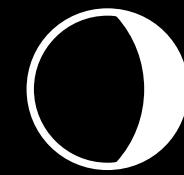
Exercise – Always, Intense, 3+ Hours Pre-bed

**Substances – Cut Caffeine,
Alcohol & Nicotine 10+ Hours
Before Bedtime, Ideally 12**
(Midday If You Go To Bed At 10)

**Half-life of caffeine in the average
human adult over 48 hours**

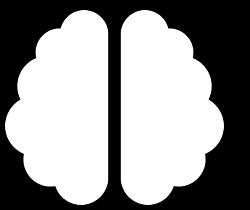


Chasing The Long Tail Of Sleep



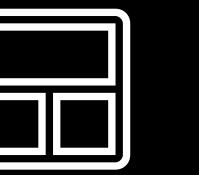
Light

Sunlight On Waking



Breath

Deploy Mouth Taping As An Experiment



Bedroom

Enshrinining Your Bedroom Around Sleep



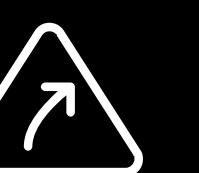
Air

Ventilation, Fresh Airflow, Mold Elimination, Plants



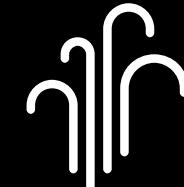
Temperature Therapy

Hot Baths, Hot Showers, Cold Showers



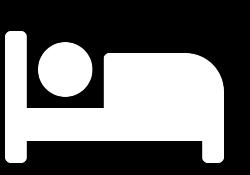
Supplementation

L-Theanine, CBD, Apigenin, Magnesium Citrate, 5-HTP



Inflammation

Turmeric, Diet, Stress & Duh



Bedding

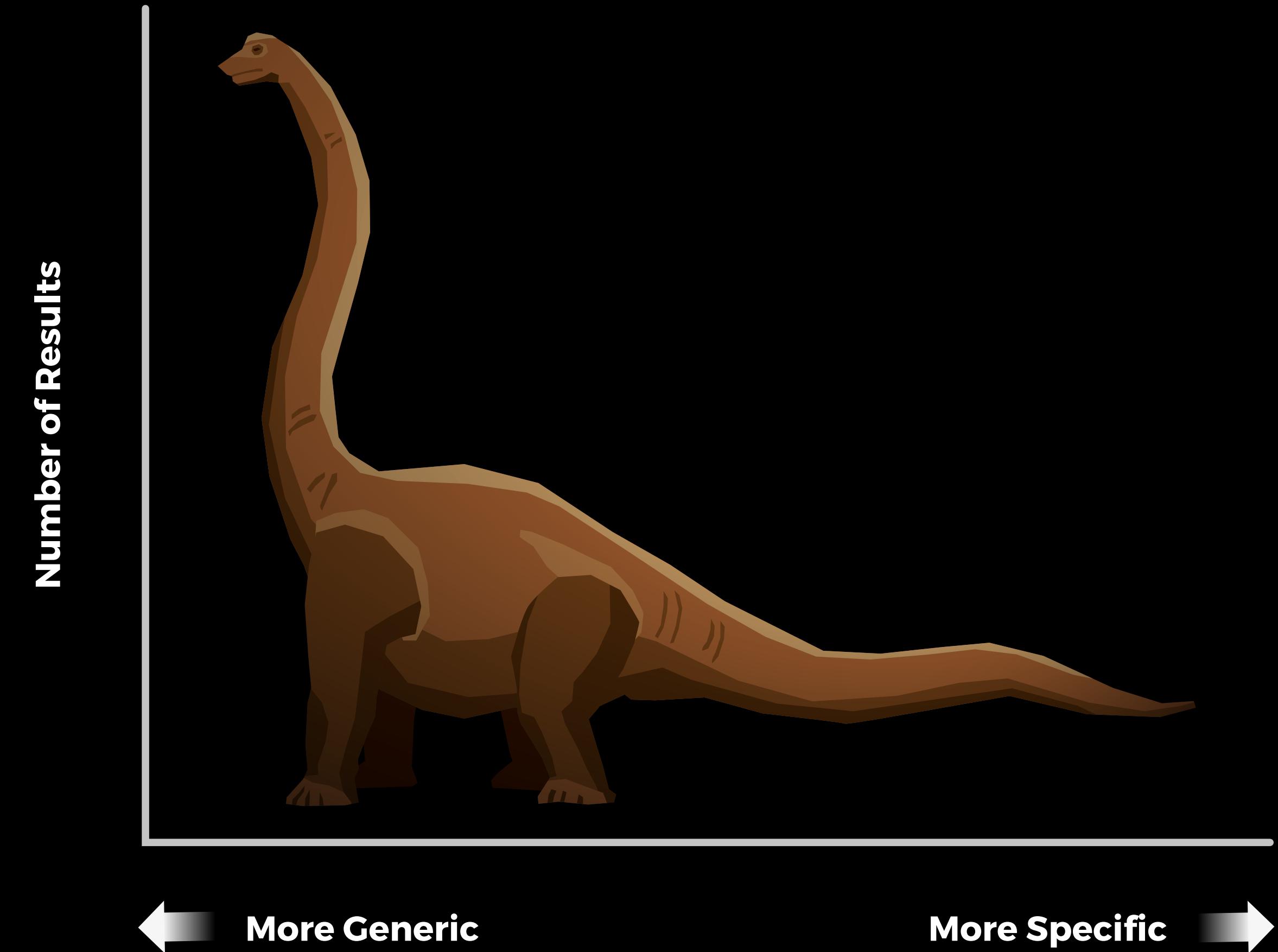
Purple Mattress, Linen or HQ Cotton Sheets, Goose Down Duvet Cover



Gadgets

Chillipad/Cooler, Philips Hue, Sunlamp, Weighted Blanket

Chasing The Long Tail Of Sleep



Light – Sunlight On Waking

Air – Ventilation, Fresh Airflow, Mold Elimination, Plants

Inflammation – Turmeric, Diet, Stress and Duh

Breath – Deploy Mouth Taping As An Experiment

Temperature Therapy – Hot Baths, Hot Showers, Cold Showers

Bedding – Purple Mattress, Linen Or Hq Cotton Sheets, Goose Down Duvet Cover

Bedroom – Enshrining Your Bedroom Around Sleep

Supplementation – L-theanine, Cbd, Apigenin, Magnesium Citrate, 5-htp

Gadgets – Chillipad/Cooler, Philips Hue, Sunlamp, Weighted Blanket

Naps—don't Try To Fall Asleep For More Than 20 Minutes

1

**Read something productive/engaging/
stimulating until you fall asleep**

2

**Get up and do something
relaxing/enjoyable/productive**

3

Try and stay awake

CBT-I Insomnia Protocol

The DSM-5 Definition of Insomnia Disorder

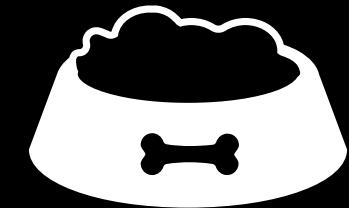
Complaint of sleep quantity or quality associated with problems falling asleep, staying asleep, and/or early morning awakenings.



CBT-I Is Based On Classical Conditioning

How Dog Training Works

1 Before
Conditioning



Unconditioned
Stimulus



Unconditioned
Response

2 Before
Conditioning



Neutral
Stimulus



No Conditioned
Response

3 During
Conditioning



Unconditioned
Response

4 After
Conditioning



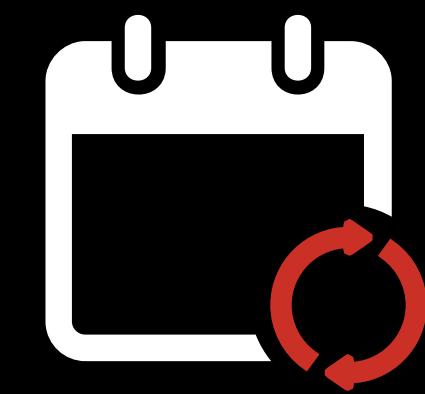
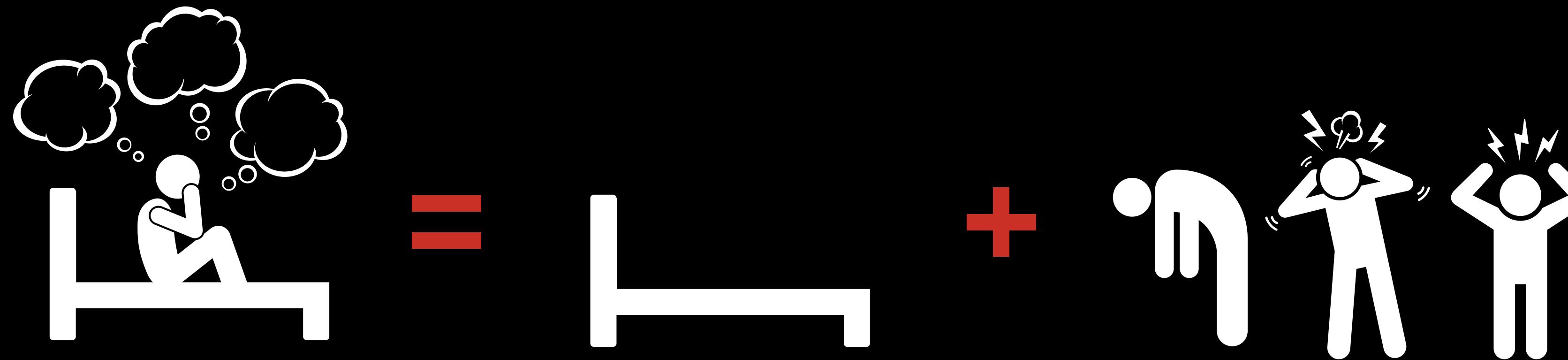
Conditioned
Stimulus



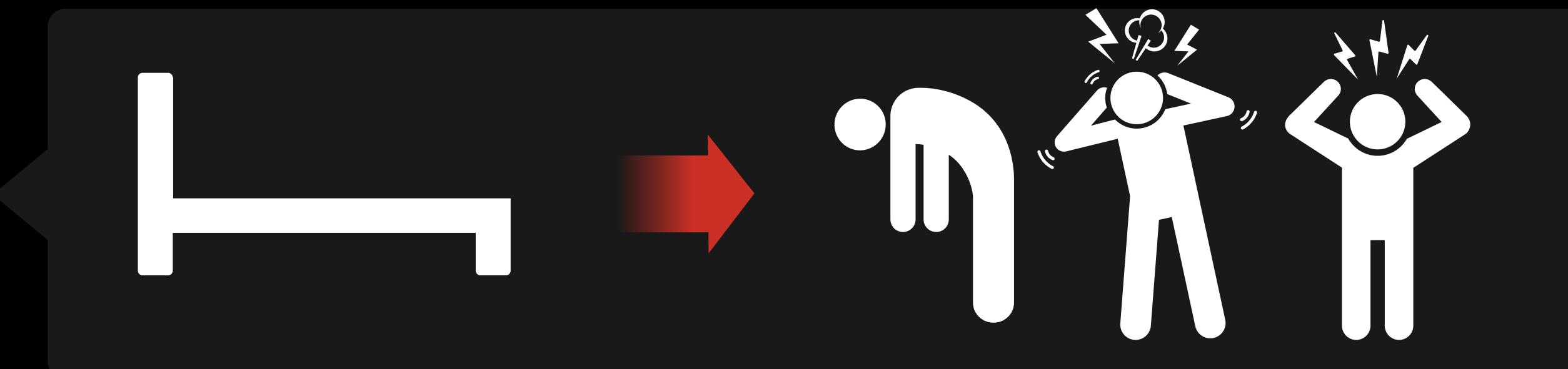
Conditioned
Response

The Bed Is The Bell, Sleep Is Salivating

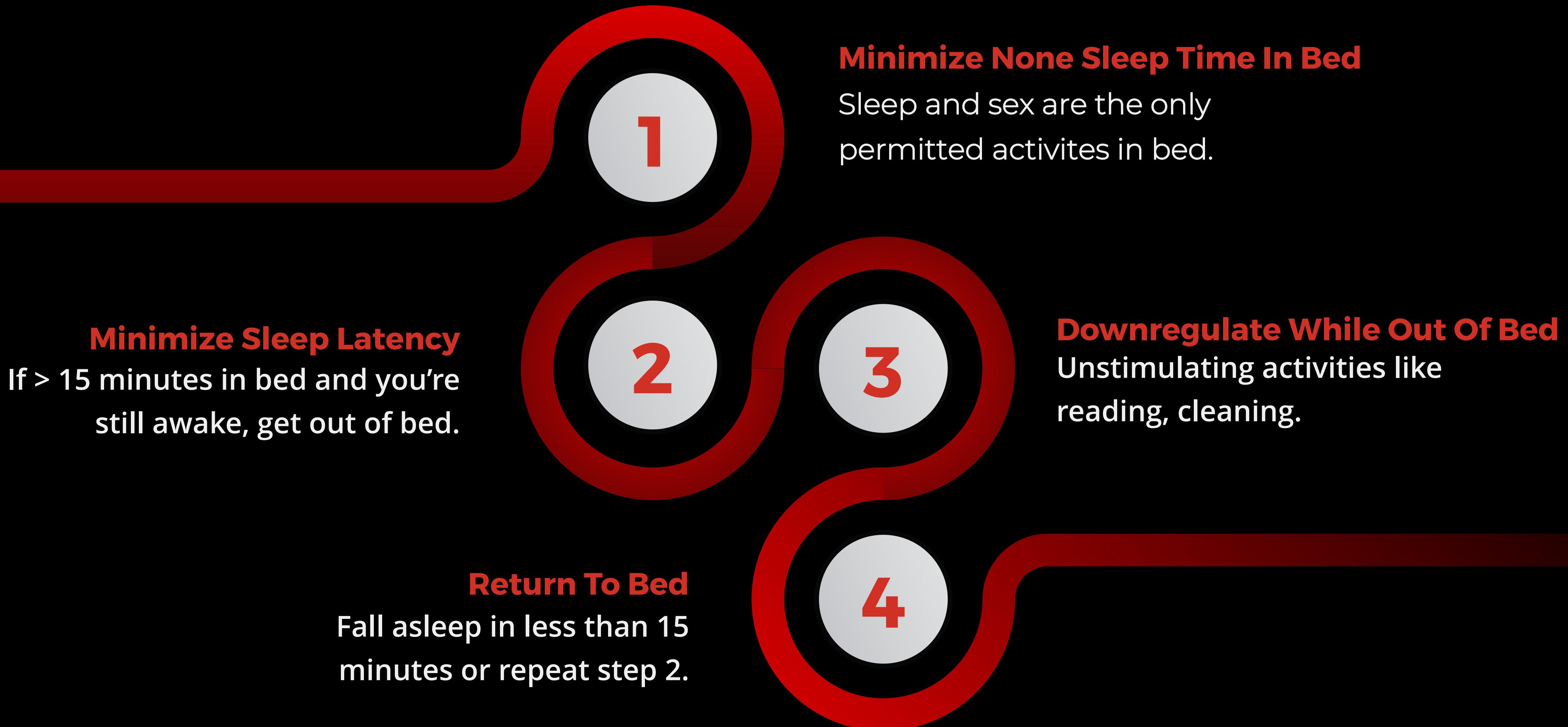
Conditioned Arousal



Over Time...



CBT-I Step 1 – Stimulus Control



CBT-I Step 2 – Sleep Restriction



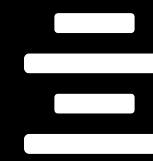
Identify How Much You Sleep

Calculate how much time you're spending asleep, not in bed (e.g. 5 hours asleep).



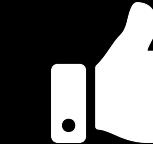
Reduce Sleep Duration & Improve Quality

Sleep less total hours, improve efficiency, latency and restfulness.



Limit Time In Bed To Sleep Time

Spend only the amount of time you currently sleep, in bed (e.g. Go to bed at 12AM and get up at 5AM)



Extend Time In Bed Gradually

As the time spent asleep, matches the time spent in bed, extend the window slowly.

Fixed wake-up time always, caffeine > naps. Assess Insomnia with a qualified health professional.

The Golden Rule – Minimize Time Spent Awake While In Bed!

What We Covered

- 1 The Cost of Sleep Deprivation
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Exercise:

Implement The 80/20 Of Sleep Optimization!



Download Workbook
To get started

