**Sleeping Protocol**

Your limbic system will not allow you to close up shop and sleep….

One hour before you need to sleep go into an empty room and empty your container (brain). Don‘t do anything that excites you or keeps you up. Don’t watch TV before you go to sleep.

Wind down and bring your sympathetic nervous system to relaxing position.

Don’t eat before sleep, no big meals.

Cool environment is better than warm environment to sleep.

Limit intakes of salt, caffeine and alcohol.