**TOTAL STREET** PREMIUM BONUS COLLECTION

# SLEEP REVOLUTION BONUS MATERIALS

Extra Resources to Accelerate Your Sleep Transformation

7 Advanced Guides for Sleep Mastery



### **Perfect Sleep Environment**

80-point bedroom optimization audit



### **Supplement Guide**

3-tier safety system for natural sleep aids



### **Travel Sleep Kit**

Master sleep anywhere in the world



### **Productivity Optimization**

Sleep strategies for high performers



### **Sleep Disorders Guide**

Identify when to seek professional help



Family Sleep Harmony

# **Perfect Sleep Environment** Checklist

Transform your bedroom into a sleep sanctuary



### Bedroom Optimization Audit



Rate each area 1-10, then follow improvement guidelines to create the ultimate sleep environment.

Temperature Control	
Bedroom temperature: 65-68°F	
Cool feet solution available	
Bedding breathability	
If below 7/10: Install programmable thermostat, cooling mattress pad	

Clighting Optimization	
Blackout capability	
Evening light management	
Morning light exposure setup	
Gold standard: Cannot see hand in front of face	
Sound Optimization	
Noise control (<40dB)	
Sound masking available	
Electronic interference minimal	
Use phone app to measure decibel levels	
■ Comfort & Support	
Mattress support/comfort	
Pillow optimization	
Air quality/circulation	
Replace mattress if over 8 years old or sagging	
<b>▼</b> Total Bedroom Score:/80	
70-80: Elite Sleep Environment	****

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# **Supplement Optimization Guide**

Natural sleep aids with science-backed safety protocols

♣ BEFORE STARTING ANY SUPPLEMENT: Consult with healthcare provider, especially if taking medications. Start with lowest effective dose. Introduce one supplement at a time.

### **TIER 1: FOUNDATIONAL**

Safest, Most Effective

### **Magnesium Glycinate**

Dosage: 400mg, 1-2 hours before bed

Benefits: Muscle relaxation, GABA activation

Who benefits: Physical tension, muscle cramps

#### **Melatonin (Start Low!)**

Dosage: 0.5mg, 30-60 minutes before bed

Benefits: Circadian rhythm support

Who benefits: Night owls, jet lag, shift work

### **TIER 2: SUPPORTIVE**

**Good Safety Profile** 

#### L-Theanine

Dosage: 200mg, 1 hour before bed

Benefits: Alpha brain waves, reduces anxiety

### **Glycine**

Dosage: 3g powder, 30 minutes before bed

**Benefits:** Lowers core temperature

### **GABA**

**Dosage:** 500-750mg, 1 hour before bed **Benefits:** Primary calming neurotransmitter

### **TIER 3: ADVANCED**

Consult Healthcare Provider

#### **Valerian Root**

**Dosage:** 300-600mg extract **Caution:** Can cause vivid dreams

#### **Ashwagandha**

Dosage: 300-500mg with dinner

Benefits: Cortisol reduction, stress adaptation

#### **Passionflower**

**Dosage:** 250-500mg

**Benefits:** Anxiety reduction

# **Supplement Stacking Protocols**

Protocol	Supplements	Timing	Best For
Beginner Stack	Magnesium Glycinate 400mg	1-2 hours before bed	First-time users, muscle tension
Anxiety- Focused	L-Theanine 200mg + Magnesium 400mg + Melatonin 0.5mg	Staggered: 1hr, 1hr, 30min before bed	Racing thoughts, anxiety
Physical Tension	Magnesium 400mg + Glycine 3g	2hrs, 30min before bed	Physical stress, hot sleepers
Stress & Cortisol	Ashwagandha 300mg + Magnesium 400mg + Melatonin 1mg	Dinner, 1hr, 30min before bed	High stress, elevated cortisol

**QUALITY MARKERS TO LOOK FOR:** Third-party tested for purity ◆ No artificial fillers ◆ Reputable brands (Thorne, Life Extension, NOW Foods) ◆ Proper forms (Magnesium Glycinate not Oxide)

# **Travel Sleep Mastery Kit**

Master sleep anywhere in the world



### **Pre-Travel Preparation (3 Days Before)**



Strategic circadian rhythm adjustment for minimal jet lag impact.

# **Time Zone Adjustment Protocols**

# EASTWARD TRAVEL

Advancing Time (Harder)

hour earlier
each night
(3 days)

Bedtime 1

extra morning light

30 minutes

Dim lights 1

hour earlier
each
evening

0.5-1mg at local destination bedtime

Melatonin

**WESTWARD**TRAVEL

Delaying Time (Easier)

hour later
each night
(3 days)

Light

Bedtime 1

therapy
lamp if
waking
later

Stay active

later to

delay sleep

Bright

evening
light to
delay
circadian

rhythm



# **Travel Sleep Kit Essentials**



### **Eye Mask**

Contoured design, doesn't press on eyes, blocks 100% light



### **Earplugs**

Foam (high noise reduction) + silicone (comfort) options



#### **Travel Pillow**

Memory foam, supports neck in upright position



### **Compression Socks**

Knee-high, medical grade for long flights



### Sleep Tea

Chamomile or passionflower, individual packets



#### Melatonin

0.5mg doses, adjust timing to destination

# Hotel Room Optimization

TEMPERATURE (Immediate Priority)

Set to 65-68°F immediately upon arrival. Most hotels default to 72°F+ which disrupts sleep.

BLACKOUT SETUP

Move furniture to block light gaps, use eye mask as backup. Test room darkness before bedtime.



### **SOUND MANAGEMENT**

Test walls for noise, identify potential disruptions. Position white noise source strategically.



#### **BED ASSESSMENT**

Check mattress firmness immediately. Request room change if bed is unacceptable - don't wait.

PRO TIP: Take photos of your home sleep setup and recreate elements in hotels. Consistency is key to maintaining sleep quality while traveling.

# Sleep & Productivity **Optimization**

High-performer sleep strategies for peak performance



### Sleep as Performance Enhancer



Cognitive Benefits of Optimized Sleep: 67% improvement in memory retention • 43% better decision-making • 300% increase in creative problem-solving • 89% improvement in sustained attention

# **→** The High-Performer's Sleep **Strategy**

### **6 THE 7-HOUR RULE**

Quality over Quantity: 7 hours of optimized sleep > 9 hours of poor sleep

Consistency Impact: Same bedtime/wake time has 3x more impact than extra sleep

Time	Activity	Purpose
10:30 PM	Begin wind-down routine	Non-negotiable transition time
11:00 PM	Lights out, sleep techniques	Target 6.5 hours high- quality sleep
5:30 AM	Consistent wake time	Maintain circadian rhythm
6:00 AM	Bright light + exercise	Reinforce wake cycle, boost alertness

# Ultradian Rhythm Optimization

Work in 90-minute blocks aligned with natural energy cycles for maximum productivity:



**Best for:** Creative work, strategic thinking, complex problem-solving

Enhance with: Morning light, light exercise, protein breakfast

### ● **9:00-10:30 AM: Secondary Peak**

Best for: Important meetings, presentations, difficult

conversations

Enhance with: Minimal caffeine if needed, complex tasks

### 

Best for: Routine tasks, email, planning

Manage with: Brief walk, avoid heavy meals, 10-minute

meditation

### 7:00-8:30 PM: Evening Peak

Best for: Learning, reading, planning next day

Caution: Avoid stimulating activities within 2 hours of bedtime

# Strategic Caffeine Protocol

### 1

#### **TIMING OPTIMIZATION**

Last cup: 8-10 hours before bedtime (if sleeping at 11 PM, no

caffeine after 1-3 PM)

Daily maximum: 400mg (4 cups coffee), spread throughout

morning



#### **QUALITY MATTERS**

Higher quality coffee may cause less sleep disruption.

Consider alternatives: green tea (L-theanine benefits), yerba mate



#### **WITHDRAWAL BENEFITS**

Reduce 25% weekly for better deep sleep, reduced anxiety, easier wake-ups. Many high performers eliminate afternoon caffeine entirely.

HIGH-PERFORMER TRAP: Don't sacrifice sleep for more work hours.

Research shows sleep-deprived performance drops 40% while perceived performance only drops 10% - you don't realize how impaired you are.

# **Quick Win Checklist**

Immediate actions for instant sleep improvements



### **THIS WEEK (Low Cost)**

#### **Build foundation**

- Purchase blackout curtains or eye mask (\$15-50)
- Buy magnesium glycinate supplement (\$10-20)
- Download white noise app (free-\$5)
- Create bedtime routine checklist
- Start sleep diary tracking
- Remove caffeine after 2 PM
- Add morning sunlight exposure

### THIS MONTH (Medium Investment)

### Optimize environment

- Upgrade pillows for proper sleep position (\$30-100)
- Add air purifier if air quality poor (\$50-200)

## Success Framework



### The 1% Improvement Principle



### Small daily improvements compound exponentially:

- 1% better sleep each night = 37x better sleep in one year
- Focus on consistency over perfection
- Celebrate small wins to build momentum
- Don't abandon system after one bad night

# Your Sleep Revolution Commitment

#### I COMMIT TO:

- Prioritizing my sleep as much as any other health goal
- Using these tools consistently for at least 30 days
- Tracking my progress and celebrating improvements



See	king professional help if issue	s persist beyond 2 months	
0	Sharing successful techniqu	les with others who need help	
·			
	Signature	 Date	



### The Path to Perfect Sleep

The path to perfect sleep is not a destination, but a daily practice.

With these tools, you have everything needed to transform your nights and revolutionize your days.

Your best sleep starts tonight. 🦙