

SLEEP HYGIENE PROGRAM

Use A Sleep Tracker App/Device.

Often you will be sleeping more or less than you think and by tracking your sleep it gives you a baseline to work from. It also gives us data so that if you do decide to join me in the academy we have some information to use when we talk.

Just search for sleep tracker on either the google or apple store...and remember to put your phone in flight mode when you're tracking it so you don't fry your brain with those EMF's.

For the Rolls Royce of sleep tracking get an Oura ring, it was working with this device that allowed me to cure my insomnia so its power cannot be overstated. Not the cheapest however.

Total Darkness And Silence.

Light of any time suppresses melatonin release. Tricking your body into thinking it's day time and making sleep all the more elusive. Eye masks do not cut it here as light can be absorbed by the skin, so total darkness is the way forward.

Avoid Screens Before Bed.

The blue spectrum of light fools our brain into thinking that it is midday, as that is when those spectrums are most prevalent in the natural world. Blue light is emitted by all monitors, tv screens and tablets. So by avoiding them for an hour or 2 before bed we allow our brains to relax into a nighttime routine.

If you have to use screens late at night consider using screen dimming apps such as F.lux and ensure that your phone has Night Shift turned on which cut out most of the blue light. Even better are blue light blocking glasses, they can have a profound effect on sleep and make you look like a rock star!

Build A Routine.

This is probably the hardest thing for most people to do but if we can train our bodies to go to bed at the same time and get up at the same time every day we can install much better sleep patterns, this is also for many people probably the thing which shifts the dial the furthest.

I know how difficult this is to do, with shift work, nights out etc, but it the one thing that made a MASSIVE difference for me and for most of my clients.

As an indication of how important this is more people die in the week following the changing of the clocks than any other weeks of the year...cheerful huh? The disruption caused to their bodies by the hour change simply causes too much stress on the system (and that's just an hour).

If you absolutely cannot manage this then ensure you at least wake up at the same time every day.

Get Morning Glory

No gents! I'm talking about glorious sunlight. Or at least natural light. As soon as the sun comes up get outside without sunglasses and preferably some exposed skin so you can soak up some rays.

This has a huge effect on resetting your circadian rhythm and putting the body back on real time.

Don't Eat 3 Hours Before Bed

This prevents blood sugar spikes in the middle of the night. Why do we want to avoid that? Because as we've seen blood sugar spikes lead to blood sugar crashes, and when your blood sugar crashes your body releases cortisol to compensate. Cortisol is the stress hormone which if enough of it is present will wake you up.

Find Your Sleep Pattern

Remember that only rhyme, "*Early to bed, early to rise....*" it's nonsense, at least for a vast amount of the population. We are all designed biologically to go to bed and wake up at a certain time but that time varies HUGELY across individuals. Now most people have a pretty good idea if they're night owls, larks or somewhere in the middle (the vast majority of the population). Whichever you are, respect it. You will have much deeper more restorative sleep if you are sleeping within the hours you are biologically designed to sleep.