
Super Sleep Protocol

The Re-Ignite Program

By Sam Guest

IMPORTANT: Where a link is given in this document it is to help you identify what it is you're looking for, do not feel obliged to buy these particular products.

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Sleep as a Job

The goal of super sleep is to make sleep your most important job for the day. Typically we look to get to bed by 8pm or even as early as 7pm and shoot for as much as 12 hours of sleep, if possible, or at least a very long sleep duration relative to how we usually sleep.

SLEEP ONSET GOAL: 7-8 pm.

SLEEP DURATION GOAL: 8-12 hours.

SLEEP PREP TIME: 90 min to 2 hours.

A key to super sleep is we need to allow a minimum of 90 minutes to 2 full hours to prep for sleep. It is this prioritisation of sleep and sleep prep that is key to Super Sleep success.

What follows now is a list of the primary items in Super Sleep. The goal is to apply all of these, or at least as many as possible.

1. GABA + Dogbane: Use 1g to 1.5g of gaba. You can combine this with Dogbane, or Luo Bu Ma. This combination has been shown to be more effective than just GABA alone in improving sleep.
2. Megadose Melatonin: Each person has a different tolerance for melatonin, but the goal should be to go above your normal dose by at least 20 percent.
3. Oleamide + Anandamide: We use high dose Oleamide, roughly 1gram to 1.5 grams. To this you can add anandamide. Anandamide + Oleamide works better than just Oleamide. Shoot for 500mg.
4. Lavender + Bergamont: Rub lavender as a cream or essential oil on the soles of your feet and forearms. You can add to this the essential oil Bergamont. Rub the

Bergamont in different areas than the lavender. I like to use the outside of the arms and neck.

5. Heat induction extremities: Getting the extremities warm helps cool the core. I prefer to do hands and feet but there are a number of variations you may prefer, i.e. magnesium baths, hot shower, etc.

6. Breath work. This has been shown to improve sleep by an average of about 20%. This takes about 15 minutes. The first 12 minutes you do 6 breaths per minute, or rather 5 second inhale and 5 second exhale. Then you do one minute of 2 breaths per minute, 15 second inhale and 15 second exhale. Then finish with 6 breaths per minute.

7. Blue blockers: Put on at the beginning of evening light. These help extend deep sleep and advance drowsiness

8. Small high carb meal with cheese: A grilled cheese sandwich (on sourdough) will give you a nice insulin dump and really help sleep onset.

9. CBD + CBN: CBD will help sleep onset. If you have the extra money, CBN will help sleep duration.

10. Cough Syrup: Use about 1/3 cap. The trick is to not use too much. Too much and you wake groggy and not refreshed. A small amount helps sleep duration.

11. Swaddle blanket: If you have a weighted blanket the extra weight helps sleep.

12. Cold pad: Use your chill pad if you have one or anything which will cool the mattress down..

13. Eye mask: Probably the most neglected item for deep sleep. Make sure to wear an eye mask. Total light blackout helps sleep to improve significantly

14. Wifi power down: Another overlooked aspect of getting better sleep is to actually PULL THE POWER on your WiFi and electronics. Forgetting to pull the WiFi at night is a common mistake that disrupts sleep

15. Large breakfast: The final component of Super Sleep starts in the am. A large breakfast has very powerful control over the bodies 24 hour clock. It will advance the clock and make earlier sleep onset much easier. This meal can often be as large as 1000 calories with at least 40% carbs and 40% protein.

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