

Sleep - mattdever.com/sleep

Top Five Tips

1. Move
 - walk five miles per day, outside when possible
 - for now, start with an extra mile
2. Sun
 - get outside as early as possible, as much as possible
 - go outside for a minute every work break, even in bad weather
3. Screen
 - skip computers and phones one to two hours before bed
 - read a book, stretch, watch tv from far away (or try blue blockers)
4. Cool
 - Set your thermostat to 67°F. Experiment between 62-69°F
 - Try taking a hot bath 1-2 hours before bed to cool your internal temp
5. Reset
 - After your 9-5 pm routine, change your physiology to destress
 - Ex. shower, exercise, sports, long walk, socialize, epsom salt bath

Stress-Coping Skills

- Move more
- Exercise
- Socialize
- Meditate
- Write/Journal
- Group activity

Mindset for Improving Sleep

- *the flywheel effect* (adapted for sleep) – jimcollins.com/concepts/the-flywheel.html
 - Good-to-great transformations never happen in one fell swoop. In building *better sleep*, there is no single defining action, no solitary lucky break, no miracle moment. The process resembles relentlessly pushing a giant, heavy flywheel, turn upon turn, building momentum until a breakthrough, and beyond.
- Success = Mindset. Mindset = Scientist.
 - Expect failure. Approach improving sleep like a scientist. Run experiments.
 - 1. Make an observation. 2. Ask a question. 3. Form a testable hypothesis. 4. Make a prediction. 5. Test the prediction. 6. Repeat using learnings.

Sleep Basics

- Bedroom – ~67° F, no light, nothing but sleep
- Bed – test different beds and pillows if uncomfortable
- Caffeine – stop 6-12 hours before sleep
- Alcohol – most can't have more than 1 within ~3 hours of bed without impacts
- Food – avoid heavy meals ~3 hours before bed
- Post – work “physiological reset”
- Exercise – avoid intense exercise ~3 hours before bed

Would you rather?

- 24 hours in a day - 8 for sleep, 8 for work, 8 for life
- Not enough time to walk an hour?
- Would you rather not walk an hour and sleep like an insomniac for eight hours?
- Would you rather walk an hour and sleep like a baby for seven hours?

Can't sleep?

- After 20 minutes, sit up and go to another room. Read a paper book or watch boring tv.
- If thinking → try journaling. Just write down whatever you're thinking.

Resources

- *Why We Sleep* by Matthew Walker
- *The Circadian Code* by Sachin Panda
- The Biohacker's Handbook – search online for free sleep chapter
- Peter Attia podcasts with Matthew Walker
- Tools: Oura ring, Fitbit, Chilipad, Gravity Blanket
- Supplements: melatonin, tryptophan, gaba*, glycine, magnesium, phosphatidylserine, zinc, 5-HTP*, taurine, theanine (* use caution with neurotransmitters/precursors)
- Supplement Brands – Jarrow, Thorne, Pure Encapsulations
- Supplement Safety – Use highest quality manufacturer. Ask your doctor for guidance.

Exercises

- What's the first experiment I will run to improve my sleep?
 - _____
- What else might I like to try later?
 - _____
- What's my power-down routine
 - What **one-hour time window** do I want to go to bed? (ex. 10-11 pm)
 - _____
 - What will **trigger** me to "power-down" before bed? (ex. alarm)
 - _____
 - What will I do to **relax** after that? (ex. stretch, bath, tea, read)
 - _____
 - What's the **last thing** I'll do before bed? (ex. walk to bedroom + brush teeth)
 - _____
- What's my wake-up routine?
 - What **one-hour time window** do I want to wake up? (ex. 6-7 am)
 - _____
 - What's the **first thing** I will do when I wake up? (ex. brush teeth)
 - _____
 - What will I do to **reset** my body? (ex. shower, cold shower, run, squat)
 - _____
 - What will I **look forward to** in the morning? (ex. coffee, read, walk)
 - _____