



# HOW TO HACK YOUR SLEEP

*The Art & Science of Sleeping*

1/3 OF OUR LIVES  
are spent on SLEEP

→ THAT MEANS ←

26 YEARS

OF YOUR LIFE ARE SPENT IN BED

## THE LARGEST SLEEP STUDY

conducted shows that sleep

QUALITY IS MORE IMPORTANT THAN QUANTITY

### THE BASICS OF SLEEP THAT DON'T COST ANYTHING

- No caffeine after 2 p.m.
- Start winding down 2 hours before bed
- Avoid bright lights and use [F.lux](#) on your computer
- Sleep in a pitch-black room (if it emits light, cover it — your hand should be invisible in front of you)
- Avoid big meals right before bed



### WAYS TO IMPROVE YOUR SLEEP

- Use [low-blue lighting](#) two hours before bed
- Get deeper sleep using [Bulletproof Sleep Induction mat](#)
- Put phone on airplane mode and use [EMF filters](#)
- Take a [magnesium supplement](#)
- Don't workout within two hours of going to bed

	WHY SLEEP?	
REM sleep helps your brain consolidate MEMORIES	Sleep helps your muscles and organs to REST and RECOVER. 	Sleep CLEANSSES your brain of TOXINS

### FOOD & SLEEP

- Eat low-mercury fish and seafood at dinner, or take [krill oil](#) before bedtime.
- Try 1 Tbsp of [Upgraded™ Brain Octane](#), before bedtime to provide stable brain energy during sleep.
- Try up to 1 Tbsp of raw honey before bed on an empty stomach (Read the [How to Hack Your Sleep](#) blog post for more information).
- Try taking 1-2 tablespoons of [Upgraded™ Collagen protein](#) before bed.

### SUPPLEMENTS & SLEEP

GABA	GLUTATHIONE	PASSION FLOWER	KAVA TEA	MAGNESIUM	5-HTP
Good for its natural calming and relaxation effects	Detoxifies your body during sleep	Like Valerian, but less intense	Like Chamomile on steroids	Essential nutrient for sleep	Stimulates natural melatonin production

### TRACK & HACK

## DOWNLOAD SLEEP CYCLE APP

- Use every night to track your sleep quality
- Has a smart alarm function that only wakes you up in a light stage of sleep
- Use sleep notes to quantify the results of your sleep hacks

### SLEEP INDUCTION MAT

Fall asleep **FASTER**  
Upgraded sleep **QUALITY**  
Muscle **RELAXATION**  
**ENERGY** increase  
**SUPPORTS** healthy endorphin & oxytocin release  
Maintains **HEALTHY** levels of stress



### LINKS

SLEEP SERIES  
SLEEPhack ARTICLES  
CREATIVE LIVE:  
THE BULLETPROOF LIFE