



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 [Flux](#) 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

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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
CLEANSES
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
effects

Detoxifies
your body

Like Valerian,
but less intense

Like Chamomile
on steroids

Essential
for sleep

Stimulates
natural melatonin

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