

# THE BULLETPROOF SLEEP ROADMAP

	<p><b>WHY YOU'RE NOT SLEEPING</b></p> <p><b>Mind Racer</b></p>	<p><b>WHAT YOUR SLEEP LOOKS LIKE</b></p> <p>You lie awake, churning the events of the day, replaying conversations in your mind, and worrying about everything that happened, could happen, and even things that probably won't happen.</p>	<p><b>WHAT'S HAPPENING</b></p> <p>Whether your worries are legitimate or your state of panic is purely biological, you're staying in fight-or-flight mode for too long.</p>	<p><b>HOW TO DEAL</b></p> <ul style="list-style-type: none"> <li>• <b>Adaptogens</b> - <i>read up</i> on adaptogens to help break down stress hormones at a better rate.</li> <li>• <b>Meditation/yoga</b> - activate your parasympathetic nervous system (the state of "rest and digest") in the moment, while training yourself to quiet the sympathetic nervous system (the state of "fight or flight") when you need to.</li> <li>• <b>Gratitude</b> - a simple gratitude practice literally re-wires your brain to start looking for happy thoughts.</li> <li>• <b>"Brain dump"</b> journaling at the end of the day - the act of getting your worries out of your brain and onto paper can be enough to shut off the to-do lists and worries churning in your mind.</li> <li>• <b>Diet/lifestyle</b> - eating foods that don't work with your biology can trigger stress hormones and keep them pumping in your system all day and night. <i>Read up</i> on what foods keep your body from thinking it's being attacked.</li> <li>• <b>Weighted blankets</b> - a lot of people with chronic anxiety report success with weighted blankets</li> <li>• <b>Exercise</b> - getting in a good workout is an excellent way to blow off steam and release the pressures of the day</li> <li>• <b>Zen Mode</b> - <i>Support</i> your body's natural stress-busting systems</li> </ul>
	<p><b>Desk sitter</b></p>	<p>You hit the pillow at a decent hour, and you lie there, wide awake up for a long time before you nod off.</p>	<p>It's possible you don't get enough activity during the day, which is common if you work a desk job.</p>	<ul style="list-style-type: none"> <li>• Make sure you're getting some <b>movement</b> in at least once a day. It doesn't have to be a full-on workout. Get outside and play, every single day. Support healthy endorphin and oxytocin release with the <i>Sleep Induction Mat</i></li> </ul>
	<p><b>Evening Energizer</b></p>	<p>It takes a long time for you to fall asleep, and when you do, you have frequent night wakings or a fair amount of restlessness.</p>	<p>You may be having coffee too late in the day. It takes your body hours to metabolize caffeine from coffee. Even if it's been a while since your last cup, you may feel the effects late into the night.</p> <p>Or, you're exercising too late in the day, which could amp you up for hours afterward.</p>	<ul style="list-style-type: none"> <li>• <b>No more caffeine after 2:00 p.m.</b>, no exceptions.</li> <li>• If you're starting your workouts in the evening, see what happens if you time your <b>workout earlier in the day</b>. Avoid strenuous exercise after dinner, except for leisurely walks and relaxing or meditative styles of yoga.</li> <li>• Reserve the last few hours of your day for <b>winding down</b> with herbal tea, restorative yoga, epsom salt baths and discover your chronotype to tap into your body's natural rhythms.</li> </ul>

	<h3>WHY YOU'RE NOT SLEEPING</h3> <p><b>Too Plugged In</b></p>	<h3>WHAT YOUR SLEEP LOOKS LIKE</h3> <p>Signs your sleep environment isn't ideal come in many forms, and you could have any combination of effects:</p> <ul style="list-style-type: none"> <li>• It takes a long time to fall asleep.</li> <li>• You think you slept but you wake up exhausted.</li> <li>• You fizzle out early in the afternoon.</li> <li>• You find yourself nodding off during the day.</li> </ul>	<h3>WHAT'S HAPPENING</h3> <p>In modern society, man-made things like lights, screens, clocks, and time-dependent obligations interfere with your body's natural rhythms. When it's time to sleep, create the conditions that tell your brain that it's time to sleep.</p>	<h3>HOW TO DEAL</h3> <ul style="list-style-type: none"> <li>• <b>Sleep in a pitch-black room.</b> Make it as dark as you can possibly make it. Use curtains and tape to block all the light sources you can -- even the numbers on your digital clock or a small light dot on a charger.</li> <li>• <b>Scale back your heat at night and use light bedding.</b> Just like a computer processor that's working hard, your brain likes to be cool for it's most active time of day -- your sleeping time.</li> <li>• If you like heavy blankets but you still want to stay cool, <i>you can get <b>weighted blankets</b> that won't trap excessive heat.</i></li> </ul>
	<p><b>Device Devotee</b></p>	<p>Your sleep isn't restorative, or you have several night wakings each night, especially when you spent late nights on the computer or when you thumbed through your phone for a while before bed. It may or may not take you a while to fall asleep.</p>	<p>Blue wavelengths of light stimulate a type of light sensor in your eyes called intrinsically photosensitive retinal ganglion cells. That confuses your brain's sleep-wake clock and tells your brain it's time to wake up. This process also interferes with your melatonin production, which is your primary sleep hormone. It's a recipe to keep you wide awake at all the wrong times. Fluorescent and LED lights, as well as devices like your phone, laptop, tablet, and TV emit large amounts of blue light that our bodies aren't equipped to handle, which can disrupt your sleep in a major way.</p>	<ul style="list-style-type: none"> <li>• As much as possible, <b>turn off your devices</b> at least two hours before bed.</li> <li>• If you're frequently under fluorescent or LED lights before bed (for shift work, etc.), <b>invest in a pair of blue-blocking glasses</b> to wear later in the day.</li> <li>• You can <b>download apps for your devices that shifts the spectrum</b> from blues to reds, which doesn't block 100% of blue wavelengths but it makes a big difference. You can also find stick-on blue-blocking filters for your screens to apply to your devices.</li> <li>• Consider <b>drug-free sleep support supplements</b>.</li> </ul>
	<p><b>Second wind catcher</b></p>	<p>You're tired, but you want to stay awake to watch a TV series or catch up on social media. You hit your second wind, and once you finally hit the sack you may fall asleep right away or you'll lie there awake. Either way, you wake up feeling more tired than you were the night before.</p>	<p>That second wind isn't for binge-watching that new series or playing video games with friends in a different time zone. You're actually getting a shot of cortisol, which your brain uses to do its thing during the night. If your brain isn't in the restore and repair state when the surge hits, you'll wake up exhausted. Your cortisol cycles affect your ability to fall asleep, too, so falling asleep before it hits makes a world of difference.</p>	<ul style="list-style-type: none"> <li>• Aim to have your <b>head on the pillow by 11:00</b> each night. Your cortisol surges around 11:00, and if you're awake past that point, you'll be up for a lot longer than you want to be.</li> <li>• <b>Listen to your body.</b> When you're tired, head to bed, even if it's to read a (non-digital) book.</li> </ul>
	<p><b>Wee hours waker</b></p>	<p>You wake up between 2:00 and 5:00 a.m. in a state of mild to severe panic, and you're unable to fall back asleep.</p>	<p>You may think of sleep as a time when your brain shuts down, but the opposite is true. Sleep is your brain's busiest part of the day, and it plows through your glucose supply.</p>	<ul style="list-style-type: none"> <li>• Experiment with <b>Brain Octane Oil</b> for consistent energy throughout the night, or a small spoonful of honey before bed to give your brain a good energy reserve for the night.</li> <li>• Also, alcohol metabolizes into sugar and water, which spikes and crashes your blood sugar just like a mid-morning soda would. <b>Cut out alcohol</b> and see if that resolves the night-waking.</li> </ul>

# NEXT-LEVEL SLEEP HACKS

**Track your sleep** with the Sleep Cycle app or an OURA ring so that you can trace back a bad night's sleep to things you did or ate during the day. *Here are details on a few of the more popular trackers on the market.*

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**Raise the head of your bed** a few inches to facilitate “spring cleaning” for your brain. *Read more about that here.*

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Look into **sleep headbands** to deepen your sleep and wake up more refreshed and energetic.

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Do this quick **yoga nidra routine** to trick your body into feeling like it had a two-hour nap.

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Perfect your **sleeping position** for a more restful sleep.

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Make sure you're *getting enough* **magnesium**, which could take care of sleep, stress, moods, and more.

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If you need a real-life chill pill, consider *relaxation supplements* containing **GABA** to quiet brain cells when they're over-firing.

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If you want to experiment with **melatonin** (your sleep hormone) *supplements*, stick with one that doesn't overdose you and make you feel groggy in the morning.

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## YOUR BULLETPROOF SLEEP TOOLBOX

