

Sleep Hacks

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Sleep is vital to health, recovery and enhanced performance

No gadget, bio-hack or supplement can replace what sleep does for your body.

Sleep needs to be treatment just as good, if not better than any training or exercise session.

Sleep is where your body cleans up cellular waste and repairs itself.

Why Sleep Matters:

Negative effects of sleep deprivation on athletic performance:

- 11% faster time to exhaustion
- 17-19% increase in perceived exertion
- Decreased maximum and sub-maximum strength levels
- Reduction in cardio-respiratory capacity
- Increase in probability of over-training and injury from reduced proprioceptive and neuromuscular alterations
- Decreased lean muscle mass due to unfavorable anabolic setting
- Increased risk of upper airway infection due to reduced immune function 5 W

How to optimize your sleep which will result in enhanced health, recovery and athletic performance

How much sleep do you need?

Ages 14-17 should get 8-10 hrs of sleep.

Ages 26-64 should get 7-9 hrs of sleep.

Athletes and extremely active people may need 7.5-12 hours.

Food & Nutrients for Sleep

Vitamin D & Omega 3s

Fatty, cold water fish
Grass-fed beef & beef liver
Pastured eggs
Raw dairy
Walnuts Chia, hemp, & flaxseeds

Fruit & Fiber

Kiwi Tart cherries
Raspberries
Dark, leafy greens
Artichokes
Legumes

Meal Timing & Composition for Sleep

Avoid consuming high-glycemic carbohydrates, and large meals in general, less than 4 hours before bed

Keep saturated fat intake at dinner low-moderate

Higher protein intake (>0.7 g/lb) may help sleep when in an energy deficit

If very active and waking frequently during the night is an issue, more carbohydrates might be necessary (100-200g)

For a slow release of energy and adequate minerals to keep blood pressure and cortisol regulated, try a spoonful of coconut oil topped with a dab of nut butter, a pinch of sea salt, and drizzle of raw honey

Supplements:

Melatonin	0.3-12mg
Tryptophan	1g
Magnesium Citrate	200-500mg
Vitamin D	2000-4000IU/day with 100-150 mcg Vit K2
CBD Oil	10-100mg
GABA	

Exercise and Sleep

(Right intensity + Right timing = Better Sleep)

Avoid hard workouts in the morning, but if no other option, be sure to include a midday nap and employ other sleep-enhancing strategies

Instead, include 20-45 minutes of easy, aerobic exercise in the morning, preferably in a fasted state in the sunshine (e.g. walking, yoga, light swim or bike ride)

Save intense, voluminous workouts for the afternoon, between 2:00-6:00pm. Finishing up exercise 3-4 hours before bedtime increases sleep efficiency

If sleep-deprived, choose "long and slow" or "short and fast" workouts to alleviate sleepiness

Light Modifications for Sleep

Eliminate exposure to light at night:

Avoid screens as much as possible after sunset Wear blue-light blocking glasses

Use blue-light blocking technology on devices

Avoid/unplug electronics in bedroom that emit light

Use warm spectrum biological lights in bedrooms

Use blackout curtains in bedrooms

Wear a sleep mask to be the ultimate sleep princess

Get exposure to light during the day:

Dawn/sunrise simulator alarm clock

Sun exposure first thing in the morning for 10-30 minutes

Blue spectrum biological lights in office/work rooms

Light therapy devices

Scents for Sleep

Utilize the power of aromatherapy by diffusing essential oils in the bedroom, preferably with a nebulizing essential oil diffuser.

The following essential oils have been shown to be effective at helping manage insomnia and promote deep sleep:

Angelica

Bergamot

Cumin

Juniper Berry

Lavender

Neroli

Roman

Chamomile

Valerian
Ylang Ylang

Temperature Adjustments for Sleep

Keep bedroom temperature around 65°F/18°C
Avoid intense exercise within 3 hours before bed, as it increases core body temperature.
If can't be avoided, take a cold or hot-cold-contrast shower
Utilize biohacking devices to cool your core body temperature

Sounds for Sleep

Block out ambient noise with a white noise app, wraparound sleep mask w/earplugs, or soft slide-sleeper-friendly headphones
Binaural Beats apps to enhance delta brainwave production
Background music tracks played in bedroom to induce sleep (recommend speakers placed on both sides of bed, or sound-conducting pillow)

Grounding for Sleep

Get in direct contact with the earth as much as possible
Sleep on a grounding mat, or put one under work station
Use PEMF devices that emit the same magnetic frequency as the earth
Wearing grounding shoes/sandals when not possible to be barefoot

A Perfect Of Perfect Sleep:

20-45 minute walk in the sunshine
Light exposure throughout the day
Grounding at least 10 minutes
Hard afternoon workout
Higher carb/lower fat dinner
Blocking light, avoiding electronics after sunset
Sleep in a dark, cool room for 7-9 hours