

**Master Sleep**

**Benefits Of Good Sleep**

- Sleep is a necessary and crucial biological function that supports our immune system, brain functions and emotional stability, metabolism and insulin levels, and heart health.
- Weight Loss
- More Energy
- Cognitive Performance
- Increased Happiness

**Sleep Deprivation**

- Elevated cortisol, increased appetite, slower metabolism, increased hunger => higher fat storage
- Loosing 1.5 h of sleep a night reduces alertness by 1/3 **lower cognitive performance**
- increased irritability **lower tolerance for stress**
- Sleeping less than six hours a night regularly is a huge detriment to your health and makes you 200 percent more likely to die of a heart attack or stroke.
- disbalance between parasympathicus and sympathicus. Increased amount of stress hormones => „fight&flight instead of rest&digest“

**The Sleep System**

**Sleep Drive**

- Adenosine builds up during the day and through that creates the need to sleep
- Your Sleep Drive determines how much sleep you need & your depth of sleep

**Chronotypes**

- Lion
- Bear
- Wolf
- Dolphin
- Can change with aging
- Test: <https://www.mindvalley.com/sleep-quiz/>

**Sleep Rhythm**

- Sleep circadian rhythm follows your core body temperature **When body temperature decreases, melatonin – a sleep hormone – is released.**
- 5 Stages of Sleep**
  - Stage 1: Brain goes into sleep mode
  - Stage 2: Regulatory maintenance
  - Stage 3 & 4: Physical restoration
  - Stage 5: R.E.M – mental Resorption, dreams, memory consolidation, body paralysis
- 1 Full Sleep Cycle = 90 Minutes **minimum 5 full Sleep Cycles for an adult = 7,5h**

**Naps**

- Long naps disrupt your circadian rhythm
- „The Einstein Method“ 15 to 25 Minutes max

**Exercise**

- Makes you sleep better
- No heavy exercising 3h before sleep time
- Light Stretching before sleep

**The Power Down Hour**

- Use blue light blocking glasses
- Avoid blue light 90 minutes before lights out
- Yoga
- Muscle Gun
- Light Stretching
- Sound, Candles
- Pranayama
- Breathing Exercises
- Cool Shower (in order to lower Body Temperature)

**Bedroom Optimization**

- Blackout curtains
- High Quality Eye Mask
- Ear Plugs
- No lights, no LEDs
- Cool Room Temperature
- Lot's of Oxygen
- Pillow & Mattress
- Essential Oils
  - Lavender Oil for relaxation and morning sleepiness
  - Chamomile for relaxation
  - Vanilla
  - Ylang Ylang

**Preventing Jet Lag**

- Set your body clock to new time zone before flying
- Go to bed and get up at the same time you would normally, but on this new time zone
- Breathing Exercises by Dylan Werner

**Nutrition**

**Caffeine**

- Max 2.5 cups a day
- Most effective 90 minutes after wake up time
- No caffeine after 2pm (half life of caffeine is 6 to 8 hours) **Take sunshine breaks instead of coffee breaks**
- Caffeine is also in:
  - Painkillers
  - Diet / weight loss pills
  - Other Drugs that trigger sleep problems
    - Cholesterol Lowering Drugs
    - Tranquilizers
    - Antidepressants
    - Drugs for high blood pressure
    - Steroids
    - Respiratory treatment drugs
    - Chemotherapy drugs
    - ...

**Supplements**

- Avoid carbs for lunch
- Dinner 3 to 4 hours before bedtime
- Vitamin B for overall sleep Regulation
- Melatonin
- Magnesium helps with internal sleep pacemaker
- Zinc helps with sleep patterns
- CBD Oil
- Essential Oils like Lavender

**Ressources**

- Dylan Werner: The Illuminated Breath
- Matthes Walker: Why We Sleep
- Michael Breuss: The Mastery of Sleep (On Mindvalley)