

THE ULTIMATE CHEATSHEET FOR SLEEP

MASTER YOUR SLEEP

*A handy 20+ page
guide full of practical
sleep, nutrition, exercise
and mindfulness tips
and advice designed to
get you to the optimum
levels of deep sleep that
you deserve.*

THINK
NOBRU
DRINK

Introduction

Welcome to the Noobru Ultimate Sleep Guide, your comprehensive resource for understanding and optimizing one of the most vital aspects of human health - sleep.

In the words of leading sleep expert and neuroscientist Matthew Walker:

"Sleep is the greatest legal performance-enhancing drug that most people are neglecting."

Sleep is not merely a passive state of rest, but a dynamic process that impacts every facet of our wellbeing. It's a time when our brains are bustling with activity, consolidating memories, repairing cells, and preparing us for the day ahead.

We understand that poor sleep can be a silent tormentor. It can leave you feeling drained, impact your productivity, and even affect your relationships. The frustration of lying awake at night, the struggle to stay alert during the day, the constant battle against fatigue - we know these challenges all too well.

But here's the good news: it doesn't have to be this way. Sleep problems are not a life sentence. With the right knowledge and tools, they can be fixed.

In this guide, we will journey through the fascinating world of sleep, exploring its scientific underpinnings, its profound impact on health, and the practical strategies you can implement to improve your sleep quality. We will delve into topics such as Non-Sleep Deep Rest (NSDR), sleep nutrition, and the role of exercise in sleep health.

We will also provide you with a range of mindful resources, including a daily checklist, a brain dump guide, and a sleep journal, to help you track and improve your sleep habits.

Whether you're a sleep enthusiast looking to deepen your understanding, or someone struggling with sleep issues, this guide is designed to provide you with the knowledge and tools you need to transform your sleep and, by extension, your life.

So, let's embark on this journey to better sleep together. Because when we sleep better, we live better.

Let's start dreaming.

The Science of Sleep

Did you know that sleep is a bustling time for our brains? It's not just a "lights out" period for our bodies and minds. In fact, sleep is a dynamic process that takes up a whopping one-quarter to one-third of our lives!

Picture this: when you drift off to sleep, your brain embarks on a fascinating journey through two distinct phases: REM (rapid-eye movement) sleep and non-REM sleep. The adventure begins with non-REM sleep, which has four stages. The first stage is like dipping your toes in the water, a transition from being awake to falling asleep. Then, you wade into light sleep, where your heart rate and breathing find a steady rhythm, and your body temperature drops a bit. The final two stages are like diving into the deep end of a pool - this is when you're in deep sleep.

Now, here's a plot twist: while REM sleep was once the star of the show, believed to be the main stage for learning and memory, recent studies have given non-REM sleep a leading role. It turns out, non-REM sleep is not only more restful and restorative, but it's also crucial for learning and memory.

When you enter the realm of REM sleep, things get even more interesting. Your eyes dart around behind your closed lids, your brain waves dance like they do when you're awake, your breathing quickens, and your body becomes temporarily paralyzed as you dream. This cycle of non-REM and REM sleep plays out several times throughout the night, with each encore seeing less time in deep sleep and more in REM sleep. On an average night, you'll go through this cycle four or five times.

So, what keeps this sleep show on schedule? Two main processes: circadian rhythms and sleep drive. Our circadian rhythms are like the conductor of an orchestra, guided by a biological clock in our brain. This clock responds to the rise and fall of daylight, ramping up the production of the sleep hormone melatonin at night, and switching it off when it senses light. This is why folks who are completely blind often have a tough time with sleep - they can't respond to these light cues.

Our sleep drive, on the other hand, is like an appetite for sleep. As the day wears on, our need for sleep builds up, just like hunger. But here's the kicker: unlike hunger, where your body can't make you eat, when you're tired, your body can, and will, put you to sleep. If you're really exhausted, your body can even sneak in brief microsleep episodes of one or two seconds while your eyes are open. And be careful with those afternoon naps! Snoozing for more than 30 minutes in the late afternoon can mess with your night's sleep by reducing your sleep drive.

Sleep isn't just about feeling rested - it's a vital player in our overall health. Adequate sleep is like a superpower for our brains, boosting its ability to adapt to new information. Without enough sleep, our ability to process and remember what we've learned during the day takes

a hit. Plus, sleep is like a nighttime janitor for our brains, helping to clear out waste products from brain cells, a task that's less efficient when the brain is awake.

But the benefits of sleep don't stop at the brain. Skimping on sleep can ramp up health risks, worsen symptoms of depression, seizures, high blood pressure, and migraines, and even put a dent in our immune system, making us more prone to illness and infection. Sleep also has a hand in our metabolism. Believe it or not, missing just one night of sleep can push an otherwise healthy person into a prediabetic state. So, the next time you're tempted to burn the midnight oil, remember: sleep is a health non-negotiable.

Sleep and Health

Sleep is not just a time for your body and mind to rest. In fact, while you're asleep, your body remains busy, performing a variety of essential tasks that help you stay healthy and function at your best. When you're not getting enough quality sleep, it can interfere with these processes and lead to a host of health problems.

One of the most immediate effects of sleep deprivation is that it can make you feel tired and less alert. But the consequences don't stop there. Lack of sleep can also increase your risk for a wide range of serious health problems, including obesity, heart disease, high blood pressure, diabetes, and stroke. It can even pose a threat to your physical safety, as sleep deprivation can lead to accidents due to impaired reaction times.

Sleep is also crucial for your mental wellbeing. It plays a vital role in your brain's ability to process new information and form memories. When you're sleep-deprived, your ability to concentrate, be creative, and learn new skills can be significantly impaired. It can also affect your mood, making it harder to control your emotions, make good decisions, and cope with the stresses of daily life. Over time, sleep deficiency can even lead to mental health issues, such as depression.

Deep sleep triggers the release of hormones that promote healthy growth, increase muscle mass, and repair cells and tissues. Children who don't get enough sleep may struggle with school work, have difficulty managing their emotions, and have a harder time engaging with their peers in positive ways.

Sleep deprivation can also affect your body's ability to manage hunger and fullness. When you're not getting enough sleep, your body produces more ghrelin, a hormone that makes you feel hungry, and less leptin, a hormone that makes you feel full. This can lead to overeating and, over time, weight gain.

Your heart health can also suffer from lack of sleep. Blood pressure is generally lower during sleep, so when you're not getting enough, your average blood pressure can rise, increasing your risk of heart disease and stroke. Sleep deprivation can also affect how your body reacts to insulin, a hormone that regulates your blood sugar levels. This can cause your blood sugar levels to rise, putting you at a higher risk of developing Type 2 diabetes.

Sleep is also essential for a healthy immune system. During sleep, your body produces more cytokines, hormones that help the immune system fight off infections. When you're not getting enough sleep, your immune system's ability to fight off illnesses can be compromised. Long-term sleep deprivation can even lead to persistent, low-level inflammation throughout the body, which is a risk factor for many chronic diseases.

The amount of sleep you need varies with age. Newborns and infants need as much as 15 to 17 hours of sleep per day, while teenagers typically need between 8 to 10 hours. Adults, including older adults, generally need between 7 to 9 hours of sleep per night.

To ensure you're getting enough quality sleep, it's important to practice good sleep hygiene.

In the next chapter, we will cover a complete science-backed protocol you can implement into your lifestyle to help transform your sleep, and overall health.

Non- Sleep Deep Rest (NSDR)

In our quest for better sleep and improved health, we often overlook the power of rest that doesn't involve sleep. Non-Sleep Deep Rest, or NSDR, is a method of deep relaxation that can significantly enhance our wellbeing, cognitive function, and sleep quality. Developed by Dr. Andrew Huberman, a neuroscientist and professor at Stanford University School of Medicine, NSDR combines mindful breathing and body scanning to bring you into an aware, yet relaxed state.

Understanding Non-Sleep Deep Rest

NSDR is a powerful tool that not only helps you de-stress but also demonstrates that you have conscious control over your perception. It leverages the fact that specific forms of breathing place us into a state of deep relaxation by slowing our heart rate down. It also capitalizes on our ability to control our perception — that is, which sensations we are focused on. By doing so, we can shift our brain state from thinking, stress, planning, or anticipation of any kind — positive or negative — to one of pure sensation and deep relaxation.

While NSDR is a relatively new term, it has its roots in an ancient practice called yoga nidra, or yogic sleep. Both NSDR and yoga nidra involve self-directed relaxation. However, NSDR is intentionally generic, stripped of intentions or mantras often found in yoga nidra meditations. This makes NSDR accessible to a wider audience, without the potential barrier of complicated language or specific cultural references.

The Benefits of NSDR

Practising NSDR offers numerous benefits beyond relaxation:

1. **Enhanced Learning and Memory:** NSDR can enhance your learning retention. Whenever you learn something new, you're effectively changing your neural circuitry, a process known as neuroplasticity. It's during a period of sleep or rest that your brain strengthens these new neural pathways.
2. **Improved Focus:** NSDR has "neurochemical replenishing effects," restoring levels of dopamine, the molecule associated with drive and determination. This can help you concentrate when you need to.
3. **Better Sleep Quality:** If you have difficulties falling asleep, NSDR can help. It activates your parasympathetic nervous system, the part of your nervous system that deals with rest and digestion. The more you practice NSDR, the better you become at regulating your ability to relax, improving your ability to fall and stay asleep.

4. Creativity Boost: Research suggests that NSDR can increase dopamine in a part of the brain linked to divergent thinking, an important part of creativity. NSDR also increases theta activity in the brain, the brain wave frequency associated with creative states.

5. Fitness Performance: NSDR can provide an energy boost, particularly when you're feeling stressed or didn't get a good night's sleep. This can help keep you on track with your fitness goals.

NSDR and Productivity

NSDR can enhance your ability to focus, thereby boosting your productivity levels. When you're exhausted, your performance — both physical and mental — suffers. NSDR can help you feel refreshed and fully restored, enhancing your ability to focus. Moreover, NSDR triggers the release of dopamine, the neuromodulator responsible for drive and determination. If you find yourself needing a productivity boost, try NSDR to replenish your dopamine levels.

Practising NSDR

Practising NSDR is relatively easy and accessible. It involves listening to a guided meditation, laying still, practising breathwork, and performing a body scan. A body scan is when you focus your attention on your body, usually starting from your feet and working your way upwards. The intense focus on your body parts and how they feel helps you gain control over your perception.

World-renowned Neuroscientist Dr. Huberman personally practices NSDR for 10-30 minutes every day. On days when he's feeling sleep-deprived, he extends his sessions to 30 or 60 minutes. There are several apps available, such as Reveri, Virtusan, and Clockwise, that provide guided NSDR sessions and tools to incorporate NSDR into your daily routine.

In conclusion, NSDR is a powerful way to rejuvenate, enhance cognitive function, and improve your quality of sleep. It can even help you become more creative and more productive. It's a free and accessible tool that can significantly enhance your well-being when practiced regularly.

Sleep Fundamentals

In this chapter, we delve into the science of sleep and provide you with a comprehensive overview of achieving consistent, restful sleep. The key to unlocking the door to quality sleep lies in understanding and respecting our body's internal clock, known as the circadian rhythm.

Our circadian rhythm is a natural, internal process that regulates our sleep-wake cycle, repeating roughly every 24 hours. It responds primarily to light and darkness in our environment, signalling our body when it's time to sleep and when it's time to wake up. However, in our modern world, numerous factors can disrupt this rhythm, leading to sleep issues.

This chapter is all about learning to work with, rather than against, your body's natural rhythms. We'll explore how to prime your body with familiar signals throughout the day, creating a routine that supports your circadian rhythm and promotes better sleep. From the moment you wake up to the time you go to bed, each action you take can be a step towards better sleep.

Remember, consistency is key. Just as you wouldn't expect to become fit by exercising sporadically, you can't achieve optimal sleep without a consistent routine. By the end of this chapter, you'll have a toolkit of scientifically-backed strategies to help you establish a sleep routine that works for you, leading to better nights and more productive days.

Exposure to Sunlight: Start your day by going outside within 30-60 minutes of waking up and repeat this in the late afternoon, prior to sunset. The science behind this is that exposure to natural light helps regulate your body's internal "circadian" clock, which controls your sleep-wake cycle. Sunlight, especially in the morning, signals to your brain that it's time to wake up and be alert.

Consistent Sleep Schedule: Wake up at the same time each day and go to sleep when you first start to feel sleepy. This consistency helps reinforce your body's sleep-wake cycle and can help you fall asleep and stay asleep for the night. Disrupting this pattern can lead to insomnia or fragmented sleep.

Caffeine Management: Avoid caffeine within 8-10 hours of bedtime. Caffeine is a stimulant that can interfere with your ability to fall asleep. It blocks adenosine, a neurotransmitter that prepares your body for sleep, causing alertness.

Use of Sleep Protocols: If you have sleep disturbances, insomnia, or anxiety about sleep, try the research-supported protocols on the Reveri app. These protocols use self-hypnosis techniques, which have been shown to help individuals relax and improve sleep quality.

Limit Bright Light Exposure at Night: Avoid viewing bright lights—especially bright overhead lights between 10 pm and 4 am. Exposure to light during this time can interfere with your circadian rhythm and the production of melatonin, a hormone that signals your body to sleep.

Nap Wisely: Limit daytime naps to less than 90 min, or don't nap at all. Long naps can interfere with nighttime sleep - especially if you're struggling with insomnia or poor sleep quality at night. Avoid naps after 4p.m.

Manage Nighttime Awakenings: If you wake up in the middle of the night and can't fall back asleep, consider doing an NSDR protocol or a "Yoga Nidra" protocol. These techniques can help you relax and return to sleep.

Understand Your Sleep Patterns:

Expect to feel really alert ~1 hour before your natural bedtime. This is a naturally occurring spike in wakefulness that sleep researchers have observed. Understanding this can help you avoid anxiety about sleep.

Optimize Your Sleep Environment: Keep the room you sleep in cool and dark. Your body needs to drop in temperature by 1-3 degrees to fall and stay asleep effectively. A cool, dark environment can facilitate this.

Avoid Alcohol and Sleep Medications: Drinking alcohol and most sleep medications can disrupt your sleep. While they may help you fall asleep, they often interfere with the quality of your sleep, preventing you from reaching the deep, restorative stages of sleep.

Consider Supplements: Certain supplements, such as Magnesium, Zinc, and L-Theanine, can help promote sleep and are [key ingredients in Noobru Lucid](#). These substances have various roles in the body, from supporting relaxation to aiding in the regulation of sleep-wake cycles.

If all sounds too complicated, start by following this simple rule

The most fundamental rule behind good sleep is consistency of habits – and the timing of them. If you feel the above protocols are a little too complex, at the very least, follow this simplified daily framework.

The 10-3-2-1-0 rule is a sleep hygiene guideline that helps to create a consistent and healthy sleep schedule. The rule consists of the following five elements:

- 10 hours before bedtime, avoid caffeine
- 3 hours before bedtime, consume only water
- 2 hours before bedtime, stop eating
- 1 hour before bedtime, no screens
- 0 is the number of times you will hit the snooze button on your alarm

Sleep Nutrition

The food we consume plays a significant role in our sleep patterns, influencing the chemical reactions that regulate our sleep cycle. This chapter delves into the science of sleep nutrition, exploring how dietary choices can either promote restful sleep or exacerbate sleep disorders such as insomnia.

The Science of Sleep and Nutrition

Sleep is regulated by a complex interplay of chemicals, enzymes, nutrients, amino acids, and hormones. One of the key players in this process is melatonin, a hormone produced by the pineal gland that signals to our body when it's time to sleep or wake up. The production of melatonin is influenced by light exposure, increasing in the evening and decreasing in the morning.

Another important component is tryptophan, an amino acid that serves as a precursor to serotonin, a neurotransmitter that is later converted into melatonin. The production of tryptophan requires carbohydrates, highlighting the interconnectedness of our diet and sleep cycle.

Calcium and magnesium are two minerals that assist in melatonin production. Calcium-rich foods can help prevent sleepless nights, while magnesium acts as a natural relaxant, aiding deep sleep.

Foods That Promote Sleep

Several foods and drinks contain compounds that regulate the sleep cycle by assisting with the production of sleep-inducing chemicals. Here are some of them:

1. Melatonin-rich foods: Tart cherries are one of the richest natural sources of melatonin. Drinking one cup of tart cherry juice twice a day has been proven to reduce insomnia. Other fruits and vegetables that contain melatonin include organic corn, tomatoes, pomegranate, grapes, broccoli, olives, and cucumber. Melatonin is also found in some grains, such as rice, and in many nuts and seeds, with walnuts being a significant source.

2. Tryptophan-rich foods: Lean protein sources such as dairy, poultry, eggs, and seafood are rich in tryptophan. Turkey, in particular, is a good source of tryptophan and is known for its sleep-inducing properties.

3. Calcium and Magnesium-rich foods: Dairy products are a good source of both calcium and tryptophan, making them beneficial for sleep. Dark leafy greens like spinach are also a good source of calcium and magnesium. Bananas are packed with magnesium and potassium, a natural muscle and nerve relaxant. Nuts, seeds, fish, and avocados are rich in magnesium and unsaturated fats, which contribute to the production of serotonin.

4. Herbal teas: Drinking herbal tea as part of your nighttime routine can also help promote restful sleep. Chamomile tea is particularly soothing.

Foods to Avoid

Certain foods and drinks can hinder sleep by disrupting the production of sleep-inducing chemicals or causing gastrointestinal discomfort. Here are some to avoid:

1. Caffeinated drinks: Coffee, chocolate, and energy drinks all contain caffeine and should be avoided in the latter part of the day.
2. Spicy and fatty foods: Spicy food can cause indigestion, acid reflux, or heartburn, leading to sleep disturbances. Foods high in saturated fats can also disrupt sleep as they divert the body's resources towards digestion.
3. Sugary and junk food: These can disrupt your sleep cycle and should be avoided.
4. Alcohol: While it can make you feel drowsy and even cause you to fall asleep more quickly, alcohol disrupts your circadian rhythm and prevents you from reaching the deep sleep needed for proper rejuvenation.

In conclusion, a balanced diet plays a crucial role in maintaining optimal sleep health. By paying attention to the nutrients that you put into your body and making some changes to what and when you eat, you can significantly improve your sleep quality. Remember, the foods and beverages that you avoid are just as important as those which you include in your diet. Following these guidelines will not only help combat insomnia but will also contribute to better overall mental and physical well-being.

The Best Exercise for Sleep

Sleep and exercise share a reciprocal relationship, each influencing the other in significant ways. Regular physical activity can enhance the quality of your sleep, while a lack of sleep can reduce your motivation and energy for exercise. But not all exercises are created equal when it comes to promoting restful sleep. Let's explore the types of exercises that can help you sleep better.

1. Aerobic Exercise

Aerobic exercises, also known as cardio, involve activities that increase your breathing and heart rate. These exercises can range from moderate to vigorous in intensity.

Moderate-intensity aerobic exercises include brisk walking, water aerobics, and cycling on semi-hilly terrains. On the other hand, vigorous-intensity exercises include running, swimming laps, intense cycling, and physically demanding sports like basketball or tennis. Regular aerobic exercise can enhance sleep quality and decrease daytime sleepiness, particularly for individuals with insomnia. It can also alleviate sleep-disordered breathing conditions like obstructive sleep apnea. Interestingly, moderate-intensity aerobic exercises may be more beneficial for sleep quality than vigorous-intensity activities.

2. Resistance Exercise

Resistance exercises, or strength training, focus on building muscle strength. These exercises include lifting weights, using resistance bands, and bodyweight exercises like push-ups and sit-ups. Regular resistance exercises can improve sleep quality and reduce the risk of anxiety and depression, which are common risk factors for sleep disorders like insomnia.

3. Yoga

Yoga, a form of resistance training, emphasizes posture improvement, breathing exercises, and meditation. Regular yoga practice can alleviate stress, help with weight loss, and reduce pain in the neck and lower back. It can also improve sleep quality, particularly for certain groups like the elderly, women with sleep problems, and women with Type 2 diabetes.

Finding Your Best Exercise Routine

The best exercises for sleep can vary from person to person. It's important to experiment with different types and timings of exercise to find what works best for you. Some people may find that exercising close to bedtime disrupts their sleep, while others may not experience any negative effects. Similarly, both moderate and vigorous-intensity workouts can have different impacts on different individuals.

Remember, you don't need to overdo it. Even 30 minutes of moderate exercise per day can help alleviate anxiety and improve sleep quality. The key is consistency. Regular exercise over a longer period can significantly improve sleep, mood, and overall quality of life.

Exercise Timing

While you should include exercise in a way that fits your schedule, it may be more beneficial to exercise earlier in the day. Exercise puts our body in a state of arousal and stress (the good kind). It is therefore a signal of 'alertness' that activates your nervous system. So, it can be beneficial for your sleep-wake cycle if you prompt it with exercise in the morning. Helping it remember that these are the hours to be awake and alert.

Walking is an excellent form of exercise to start the day. It boosts blood flow, and exposes you to sunlight (a double win for your sleep cycle).

Conversely, some find that exercise in the evening disrupts sleep, with common anecdotal reports of 'feeling wired'. However, if you cannot exercise in the morning, you should still do so later in the day. Just be mindful that exercising too close to bedtime may make it harder to fall asleep. Of course, everyone is different. Simply figure out what works for you and be consistent with it.

Cool Sleep Hacks

Carb-Backloading

Carb backloading is a diet approach where you eat most of your carbohydrates later in the day, especially after your evening workout. This strategy can indirectly help you sleep better by boosting serotonin in your brain.

Serotonin is a chemical that affects your mood and sleep. When you eat carbs, they trigger the release of insulin, which helps your muscles absorb amino acids. One of these amino acids is tryptophan, which is important for making serotonin. By having carbs in the evening, you can increase the availability of tryptophan in your brain, leading to higher levels of serotonin.

Having more serotonin in the evening can help you feel calmer and more relaxed, making it easier to fall asleep. Serotonin also gets converted into melatonin, a hormone that helps regulate your sleep-wake cycle. So, having enough serotonin at night helps signal to your body that it's time for sleep and supports better overall sleep quality.

Remember, everyone's response to diets can be different, and serotonin production is influenced by various factors. Other things like exposure to light, stress levels, and the quality of your overall diet also impact sleep.

If you're curious about trying carb backloading or any dietary changes to improve your sleep, it's a good idea to talk to a healthcare professional or registered dietitian. They can give you personalized advice based on your specific needs and help you optimize your nutrition for better sleep.

Cold and Hot Showers

To keep your circadian rhythm finely tuned, giving it the right signals from the moment you wake up is important. This includes when you eat, drink coffee, and even the way you shower. We can leverage water temperature here to put our bodies in either an alert or relaxed state.

Showering with cold water in the morning can be a refreshing practice that stimulates your body and helps jumpstart your day. Cold water triggers the "cold shock response," boosting

your heart rate, blood circulation, and oxygen intake. This can increase wakefulness, alertness, and provide an energy boost to begin your day on an active note.

On the other hand, taking a hot shower in the evening can promote relaxation and help prepare your body for sleep. The warmth of the water has a soothing effect on your muscles and can alleviate tension accumulated throughout the day. As you expose your body to the heat, it naturally relaxes and unwinds, promoting a sense of calmness.

Additionally, hot showers in the evening can cause your body temperature to rise temporarily. However, once you step out of the shower, your body begins to cool down. This drop in temperature mimics the natural decrease in body temperature that occurs during the evening, signaling to your body that it's time to wind down and prepare for sleep.

By alternating between cold showers in the morning and hot showers in the evening, you can take advantage of the contrasting effects they have on your body. Cold showers invigorate and help you feel alert for the day ahead, while hot showers induce relaxation and promote a cooling effect, signaling your body that it's time to wind down and prepare for restful sleep.

Remember, everyone's preferences and responses to temperature may vary. Pay attention to your own comfort levels and adjust the water temperature to what feels best for you. If you have any concerns or specific health conditions, it's always a good idea to consult with a healthcare professional for personalized advice.

Incorporating cold showers in the morning and hot showers in the evening, aligned with your natural circadian rhythm, can be a refreshing and relaxing addition to your daily routine. Combined with other healthy sleep habits and a consistent sleep schedule, it can contribute to overall sleep quality and well-being.

Filtering Bluelight

Blue light, a type of light that electronic devices emit, can interfere with our sleep patterns. It does this by suppressing the production of melatonin, a hormone that regulates our sleep-wake cycle. Fortunately, there are several strategies we can employ to minimize our exposure to blue light, particularly in the hours leading up to bedtime. Let's explore some of these methods.

1. Blue Light Blocking Glasses

Blue light blocking glasses are a popular and effective way to filter out blue light. These glasses have special lenses that block or absorb the blue light emitted by screens, reducing the amount that reaches your eyes.

When choosing blue light blocking glasses, look for a pair that blocks at least 90% of blue light. It's also important to ensure they are comfortable to wear for extended periods, especially if you spend a lot of time in front of screens.

Remember, while these glasses can help reduce your blue light exposure, they are not a substitute for good screen habits. It's still important to take regular breaks from screen time and avoid screens for at least an hour before bedtime.

2. Screen Filters

Another effective method to reduce blue light exposure is to use screen filters. These are physical filters that you place over your screen, or software filters that you install on your device.

Physical screen filters are usually made of tempered glass or plastic and can be attached to your screen to filter out blue light. They are available for a variety of devices, including computers, smartphones, and tablets.

Software filters, on the other hand, are apps or settings on your device that reduce the amount of blue light it emits. Many devices now come with a built-in blue light filter, often called "Night Mode" or "Night Shift". These modes adjust the color temperature of your screen to warmer hues, reducing its blue light output.

3. Adjusting Device Settings

In addition to using Night Mode, there are other settings you can adjust on your device to reduce blue light. For example, you can lower the screen brightness or use a dark mode if your device offers one. Some devices also allow you to adjust the color balance to emphasize warmer colors. You can also download light-blocking apps for free. Simply search 'bluelight filter' in your mobile phone's app store.

4. Environment Adjustments

Finally, consider the lighting in your environment. Swap out blue or white light bulbs for ones that emit a warmer, yellow or red light. These colors of light have less impact on melatonin production. Also, consider dimming the lights as you get closer to bedtime to signal to your body that it's time to wind down.

In conclusion, while our modern lives often require us to interact with screens, we can take steps to minimize the impact of blue light on our sleep. By using blue light blocking glasses, screen filters, adjusting device settings, and making environmental adjustments, we can protect our sleep health and ensure we're getting the rest we need.

Grounding

Grounding, also known as earthing, is a therapeutic technique that involves doing activities that "ground" or electrically reconnect you to the earth. This practice relies on earthing science and grounding physics to provide tangible health benefits. It's centred around the idea that our bodies are meant to come into contact with the Earth (a "grounding" force) on a regular basis.

While this was once perceived as a little "woo-woo", recent research proved otherwise, with studies even showing this practice causing beneficial changes in brain activity.

Positive ions in the form of free radicals can build up in our bodies and direct contact with the ground balances this out as it is a negative grounding charge.

Our bodies and cells have electrical energy, and especially with the high prevalence of electronics, Wi-Fi, and mobile phones, many of us live in a world of too many positive ions, and not enough negative ones. The balance of these can lead to better health outcomes, including improved sleep.

Here are some ways you can incorporate grounding into your routine to support better sleep:

1. Walking Barefoot

Walking barefoot outside, with direct contact between your skin and the Earth's surface, is one of the easiest ways to experience grounding. Spend at least 30 minutes to an hour each day walking barefoot on grass, sand, dirt, or concrete. These are all conductive surfaces from which your body can draw the Earth's energy.

2. Grounding Mat

For those who can't make direct contact with the Earth, a grounding mat can be a practical solution. Grounding mats are designed to bring us back in contact with the Earth's negative electrical charge. They can be used while sleeping, working, or relaxing.

3. Grounding Sheet

Like a grounding mat, a grounding sheet can be used when you sleep. These sheets have a conductive material woven into them, connecting you to the Earth's energy as you sleep. They are designed to be used on a mattress with direct skin contact.

4. Swimming in Natural Bodies of Water

Swimming in natural bodies of water, like oceans and lakes, is another excellent grounding activity. Water is a powerful conductor of electricity, and natural bodies of water are typically rich in minerals, enhancing their conductive properties.

Grounding can be a simple and effective way to support better sleep. By reconnecting with the Earth's energy, we can restore balance in our bodies, reduce stress and inflammation, and improve our sleep. As with any wellness practice, consistency is key. Make grounding a regular part of your routine to experience its full benefits.

Mindful Resources

In this section, you will find a few practical resources to help promote “self-awareness” around your sleep habits, as well as keep track of how you feel on a day-to-day basis so you can adjust accordingly. These mindful habits can also help you be consistent, promote a healthier state of mind (hello anxiety!) and track your progress, paving the way for deep, restful sleep – every night.

Brain Dump (Clear your Head Before Bed)

When it comes to sleep, our brains can be our biggest enemy. Worries about the past and future can keep us wired. Racing thoughts and anxieties ping-pong inside our skulls making it impossible to relax.

A ‘Brain Dump’ is a therapeutic practice you can use to empty your head of these anxious thoughts and ideas that can hold you hostage at night.

It serves two purposes:

1. Clear your mind of distractions (thoughts and ideas)
2. Know exactly what you need to do the following day

Don’t hold back here. Write every single thing that comes to mind. This is not limited to work, either. It can be everything from your shopping list to remembering to pay a bill.

The goal is to write until there are no thoughts left.

This can be done on a piece of paper or in a notebook. Or, simply print and use the layout on the following page.

This is the most basic layout. You can create your own version of this template to include other sections that suit you such as a ‘shopping list’ or ‘morning routine’.

Date:

<i>To-do List</i>	<i>Nightly Thoughts</i>

--	--

Sleep Tracker

As unique individuals, our experience with sleep varies. What might disrupt one person's sleep, may have zero effect on the next person. This is why tracking your sleep is essential to understanding your body and figuring out what is optimal for you.

A sleep tracker or sleep diary is a great way to track your habits over time and how they make you feel. Overtime, you will learn exactly what triggers diminish your sleep, as well as what things improve it.

You can use the following template to track your sleep and be your own sleep scientist.

See the example below:

Date:

<i>Yesterday's Habits</i>	<i>How do I feel Today (1 to 10)?</i>	<i>Notes</i>
<ul style="list-style-type: none">● <i>Morning walk 10,000 steps</i>● <i>Only 1 cup of coffee</i>● <i>Exercised later than usual</i>● <i>Salmon, with sweet potato for dinner</i>● <i>Kept phone on airplane mode</i>● <i>Watch TV until 9:30</i>● <i>Lights out at 10pm</i>	<i>8/10 - Much better than previous day...mood is more positive and less brain fog.</i>	<i>Go back to exercising same time as usual...</i> <i>No TV after 9p.m.</i> <i>Keep consistent with morning walk</i> <i>Lets try eating the same evening meal and sticking to 1 cup of coffee.</i>

Daily Sleep Hygiene Checklist

- Wake up same time everyday*
- Fill Morning sleep tracker*
- 5-10 minutes of morning sun exposure*
- Cold Shower*
- 1 hour walk (5-10k steps)*
- Drink 1-2 cups of coffee (last cup 8-10 hours before bed)*
- Late afternoon sun exposure*
- Dinner 2-3 hours before bed*
- Avoid Alcohol*
- No electronic devices 1 hour before bed*
- [Drink Noobru Lucid](#)*
- 30-60 minutes of reading/brain dumping*