

Understanding Sleep

Circadian Rhythms are physical, mental, and behavioral changes that follow a daily cycle.

- Circadian rhythms are produced by biological clocks found in nearly every tissue and organ.
- They respond primarily to light and darkness.

Ultradian Rhythms: Include natural dips in energy that occur throughout the day.



- Afternoon slumps (Postprandial Dips) occur particularly after meals.
- Slumps in energy can be mitigated via hydration, exercise, socializing, low carb diets and/or naps.

Getting to Sleep

Sleep Environment

- Dim lights 90-12min before bed, red or soft colour lights are recommended.
- Lower ambient temperature by roughly 3-5 degrees Celsius
- Limit the amount of light in bedroom, black out blinds are recommended: <https://thewirecutter.com/reviews/best-blackout-shades/>
- Avoid stimulating activities within 1hr of bedtime such as emails, social media, or television.

Sleep Routine

- Prioritize activities that help to relieve stress.
- Maintain consistent and repeatable bedtimes.
- Calm the mind
- Lengthen and deepen your breath. See [Module 3: Guided Breathing Videos](#)
- Release heat from the body through light exercise, getting fresh air, cool baths/showers, a cold face wash, or cooling of the palms   (as cold as you can handle without being painful).

Wake With Energy

- Wake during REM or Light Sleep (Sleep apps and technology can assist with this)
- Wake with a soft tone alarm to avoid a stress response.
- Wake up with natural light via soft tone lamp or natural sunlight. Viewing bright light within 30-60min after waking – sunlight is best even on overcast days. (If you are in northern climates, prioritize being outdoors once the sun has risen)
- If feeling groggy, fresh air, cold exposure, or light exercise can help with wakefulness.

Monitoring Your Sleep

Sleep Technology and Wearables:

- Sleep Cycle App – no wearables required
- Oura Ring or WHOOP Strap
- Fitbit and Apple Watch

For when you need extra ZZZs or have had too few. *Do your research, consult your physician. *

- Tranquil Sleep by Natural Factors – Supplement of melatonin, 5-HTP – and L-Theanine
- L-tyrosine, for preparing for and recovering from sleep deprivation
- L-tryptophan
- Magnesium