

Sleep is probably not the cool, sexy little hinge that anyone wants to talk about, but this particular hinge will open you up to a changed attitude, increased patience, and a new appreciation for what sleep does.

Renowned neurologist Kulreet Chaudhary MD says, *"Timing your sleep is like timing an investment in the stock market- it doesn't matter how much you invest, it matters when."*

So the first thing to understand about sleep is that the hours from 10 pm to 2 am are the most beneficial.

Even if you get the right amount of sleep from 1 am to 9 am, you miss out on HGH and melatonin.

It's the RESTORATIVE time (from 10 pm - 2 am) and it's when your hormones HGH and melatonin do their things.

There's this phenomenon called the 2nd wind that if you were in bed would be used for repair, revitalization, metabolic cleanups, and toxin removal.

Instead, you're scrolling social media, watching TV, etc, WIDE AWAKE.

That second wind (energy) is being used instead to keep you awake.

How do you set a good bedtime? (10 pm)

1. Get sunshine daily. It boosts your natural cortisol and helps to wake you up first thing in the morning.

2. Gut health = better sleep. 95% of your serotonin is produced in your gut. Serotonin helps you create melatonin and there is more than 400x melatonin in your gut than anywhere else. So a leaky gut is going to be leaking out - REPAIR IT! You can do this by taking CravePowder (L-Glutamine), CraveWater, FiberMender, Bone Broth, and Perfect Paleo Protein.

3. Take an Epsom salt bath for 20 minutes. If you find you have twitchy legs, use Ease Magnesium lotion.

4. Make sure your room is dark. Use blackout shades, turn the outside lights off, and put black dots on any ambient lights. (for example, on your smoke alarm)

5. Have a cool room - 65 degrees or less.

6. Have a good bed, a comfortable mattress, and a weighted blanket. I have an Organix Bed (which I love!)

7. Take SleepEazzz! (Screaming deal for a VERY limited time, grab it now!)

8. Zero Screens. At night, use a filter on your phone, tablet, or computer, but stop using them 3hrs before bed.

No TV in the bedroom. Only 2 things should happen in the bedroom - sleep and sex.

The End. 😊