

A person is lying in bed, partially covered by a white sheet and a blue blanket. Their right hand is raised, making a peace sign. Their left hand is holding a white coffee cup with the text "That's the best feeling" on it. A dark grey rectangular overlay covers the center of the image, containing the main title and subtitle in white text.

CLIENT SLEEP GUIDE

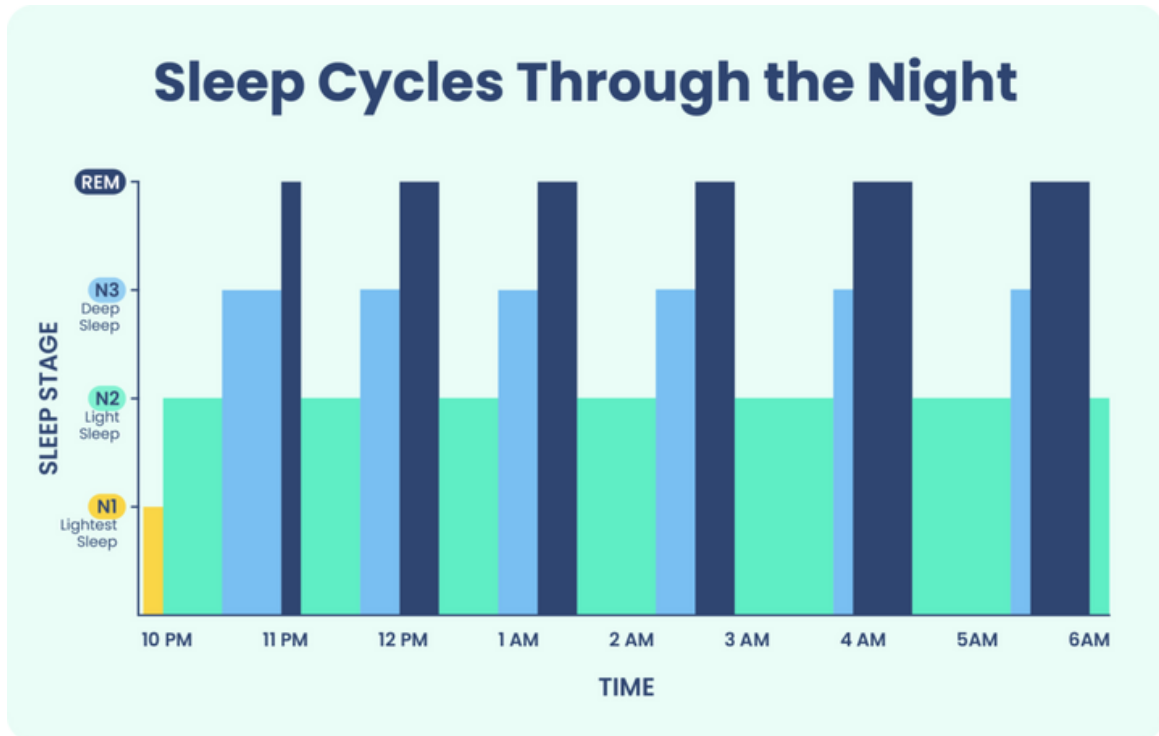
HOW TO SLEEP BETTER AND WAKE
UP FEELING REFRESHED

SUPERSET™

INTRODUCTION

For many, sleep might seem like an elusive luxury. However, it's more than just a break from our busy days; it's essential for recovery, energy, and overall well-being. Just as a workout regime needs dedication and knowledge, so too does the pursuit of good sleep.

This guide offers you practical steps to optimize your sleep and your performance.



Other resources:

- [“Why We Sleep”](#) by Dr. Matt Walker
- [“The Sleep Solution”](#) by Dr. Chris Winter
- [Dr. Huberman & Dr. Walker on Sleep](#)
- [American Academy of Sleep Medicine](#)
- [Oura Ring](#) Sleep Tracker
- [Eight Sleep Pod](#) - Heating and cooling for any bed

Enjoy :)



THE ROLE OF LIGHT IN SLEEP

Light is pivotal in regulating our body's internal clock, or [circadian rhythm](#). Our eyes are not just for seeing – they play a crucial role in telling our brain when it's time to sleep or wake up.

Morning Sunlight:

- **Sunlight in the first 30-60 minutes of waking:** Exposing yourself to natural light upon waking helps set your [circadian rhythm](#).
- **Intensity:** Direct sunlight on a sunny day might only require 5 minutes, while overcast conditions might require up to 30 minutes.
- **Best Practice:** Ideally, be outside. Sunlight through windows isn't as effective.
- **Alternatives:** On days without natural sunlight, selfie ring lights can be a helpful substitute. However, always strive for natural light whenever possible.



Evening Light:

- **Sunset Ritual:** Just as morning sunlight is important, so too is watching the sunset. This signals to our body that the day is ending.
- **Protect Against Artificial Light:** The evening sun can buffer the negative effects of artificial lights before bed. But once the sun is down, it's vital to limit our exposure to bright artificial lights. Moonlight or dim candlelight is ideal.
- **Tip:** Lights should be kept low to the ground to reduce their impact on our sleep cycle.

PHYSICAL ACTIVITY AND SLEEP

Physical activity can have a profound impact on your sleep quality, depending on its timing and intensity.

Morning Exercise: Engaging in some form of physical activity shortly after waking not only helps boost metabolism and alertness but also establishes a consistent wake-sleep pattern. The body's temperature rises during exercise, making you feel more awake and alert.

Best Practices:

- Aerobic or resistance exercise can stimulate earlier melatonin release in evening.
- Keep it consistent, aiming for at least 30 minutes daily.



Late-Day Exercise: Though exercise is invigorating, engaging in intense workouts too close to bedtime might interfere with your sleep. The endorphin rush can leave you feeling charged up, rather than relaxed.

Best Practices:

- Finish any intense workouts at least 3 hours before bedtime.
- If you must engage in late-night activities, opt for calming exercises like stretches or meditation.

THE POWER OF SHOWERS

Showers can be therapeutic, influencing your body temperature and mood, both crucial for sleep.

Morning Cold Showers: A jolt of cold water is not just invigorating; it helps in increasing circulation and core body temperature, signaling the body to wake up.

Best Practices:

- Start with lukewarm water, gradually decreasing the temperature.
- Focus on deep, consistent breathing.



Evening Warm Baths>Showers: Warm water can relax tense muscles, reduce anxiety, and prepare your body for a restful night.

Best Practices:

- Add calming essentials oils like lavender to your bath.
- Play soft music to elevate the relaxing experience.

SUBSTANCES AND SLEEP

Substances like caffeine, alcohol, and THC have direct effects on your nervous system, influencing sleep.

Caffeine: While caffeine is a great stimulant, its consumption must be timed right. Caffeine promotes wakefulness by blocking adenosine, a sleep-inducing chemical. Sensitivity to caffeine varies among individuals and depends on how often it is consumed.

Best Practices:

- Avoid caffeine at least 8 hours before bedtime to ensure better sleep quality.
- Reduce your daily caffeine intake if you notice insomnia, anxiety, or headaches impacting your ability to sleep.



Alcohol & THC

While they might seem to induce sleep, they often interfere with the deep REM sleep, leading to fragmented rest.

- Alcohol is a nervous system depressant that induces relaxation and sleepiness.
- How alcohol affects sleep depends on the individual and factors like the amount of alcohol and how quickly it is consumed.
- While it may help you fall asleep, it can disrupt the sleep cycle and decrease sleep quality.
- Long-term alcohol use can result in insomnia and other chronic sleep problems.
- Research suggests that alcohol exacerbates sleep apnea by causing the throat muscles to relax and airways to narrow.

Best Practices:

- Consume in moderation.
- Allow sufficient time between consumption and sleep, giving your body time to process.

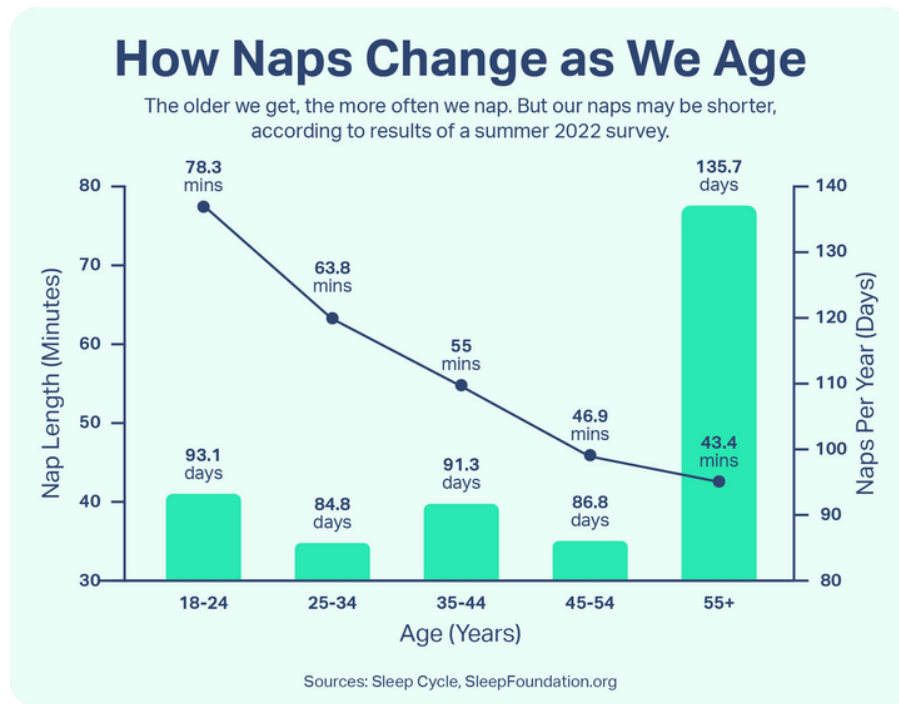
NAPS AND DISRUPTED SLEEP

While it's essential to stick to a consistent sleep schedule, there are days when disruptions are inevitable. Managing such off-days without compromising sleep quality in the long run is vital.

Napping: Short, controlled naps can be rejuvenating and act as an effective way to catch up on lost sleep.

Best Practices:

- **Timing:** The ideal nap duration is between 20-30 minutes to avoid entering deep sleep and feeling groggy afterward.
- **Environment:** Nap in a comfortable, dimly lit space to maximize the benefits.



Disrupted Sleep: There are days when a full night's sleep isn't feasible. Here's what to do...

Best Practices:

- **Consistency:** Even if your sleep was compromised, try waking up at your regular time to keep your circadian rhythm intact.
- **Compensation:** If you've lost a significant amount of sleep, aim for an earlier bedtime the next day, rather than sleeping in.

ADDITIONAL TIPS

Best Practices:

- Breathing Techniques: Consider techniques like the ["4-7-8" breathing method](#) before bed.
- Clear Airways: Ensure your pillows and sleeping position support open airways for nose breathing.

Bed Position: The way your bed is positioned can have surprising effects on your sleep quality.

Best Practices:

- Mattress Care: Regularly inspect your mattress for signs of sagging or wear. A good mattress supports your body's natural posture.
- Elevation: Raising the foot of your bed can aid in blood circulation. However, always consult a health professional before making significant changes.



That's it!

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