

ANABOLIC SLEEPING

Quick Start Guide

By **Alain Gonzalez**
With **Joe LoGalbo**

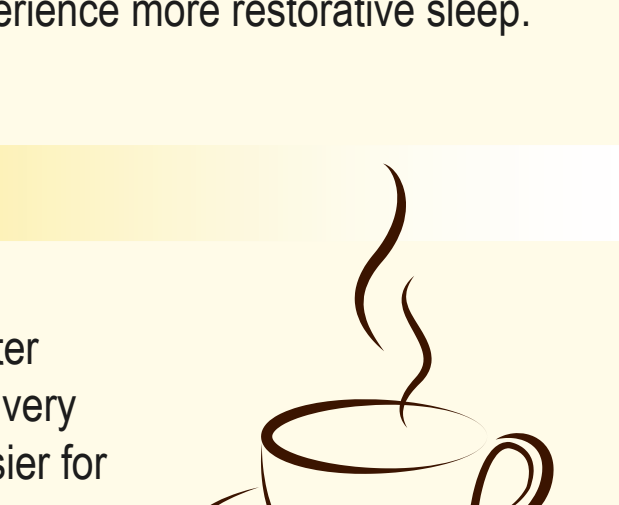
MORNING

6AM — 8:30AM

RISE AND SHINE

If the goal is to get better sleep quality, then one of the keys is to create a better sleep pattern. And the secret to a more consistent sleep patterns is getting up early.

Waking up early helps to sync the body's internal clock with the earth's natural circadian rhythm, making it easier to fall asleep earlier and experience more restorative sleep.



6AM — 8:30AM

DIRECT SUNLIGHT

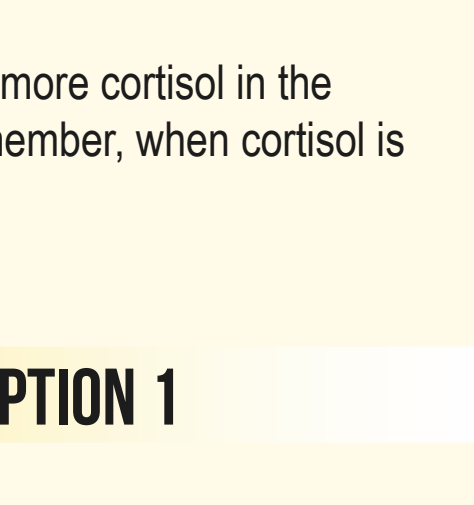
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6AM — 8:30AM

COFFEE

What if I told you that coffee could help you sleep better at night? That's right, my friend... drinking coffee at a very specific time of the day can and will make it much easier for you to fall asleep.

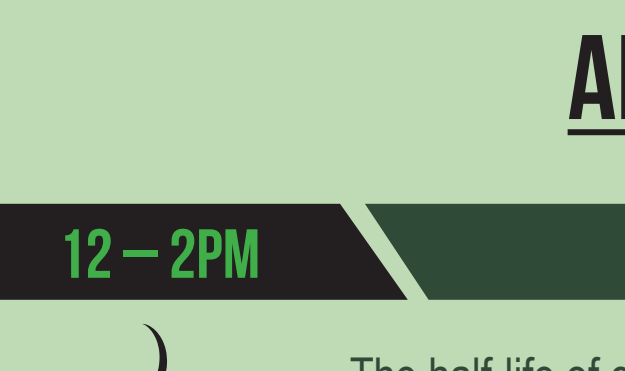


Since caffeine encourages the production of cortisol, it would make perfect sense to start your morning off with a nice, strong Cup of Joe. This early-morning boost in cortisol is the perfect way to set your internal clock for sleep.

The way it works is actually quite simple: you produce a little more cortisol in the morning thus balancing it out at night by producing less. Remember, when cortisol is down, melatonin is up!

6AM — 8:30AM

WORKOUT - OPTION 1



Studies show that if you want to ensure the best quality sleep, you should workout in the morning. They compared training at three different times: 7:00 a.m., 1:00 p.m., and 7:00 p.m. They found that the individuals who trained early in the morning slept longer and had a deeper sleep cycle (a whopping 75% more reparative deep sleep than the other groups!).

AFTERNOON

12 — 2PM

CAFFEINE CUT OFF

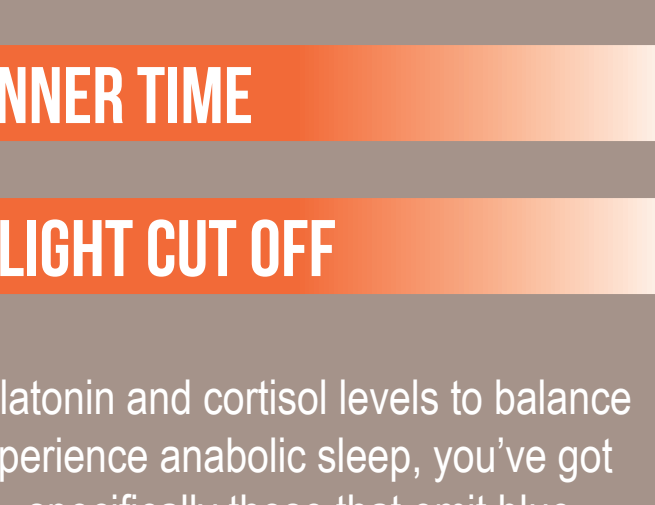


The half-life of caffeine is approximately 4-6 hours, making it a bad idea to have any amount of caffeine within 6 hours of bedtime. We'll talk a bit more about what time you should aim to be in bed, but for now, let's just say that you should aim to cut caffeine around 2 p.m.

12 — 2PM

WORKOUT - OPTION 2

Not everyone will be able to work out in the morning. If that's the case, aim for the second best option: later afternoon/early evening. If you can manage to hit the gym by 3 p.m., you should have no problem being ready for bed by 9 o'clock. That's more than enough time to balance hormones and decrease your core body temperature in time for bed.



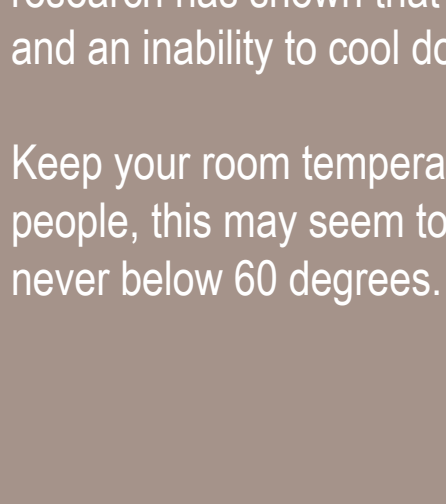
EVENING

5PM — 7PM

DINNER TIME

6:30PM — 7:30PM

BLUE LIGHT CUT OFF



If you want to allow melatonin and cortisol levels to balance out so that you can experience anabolic sleep, you've got to turn off all screens—specifically those that emit blue light—at least 1.5 hours before bedtime.

If you absolutely cannot avoid blue light exposure, make sure you're using some sort of blue light blocker tool.



7PM — 7:30PM

COOL DOWN TIME

If you're tossing and turning at night and sweating while you sleep, chances are you're either wearing clothes that are not conducive to sleep or the temperature is too high.

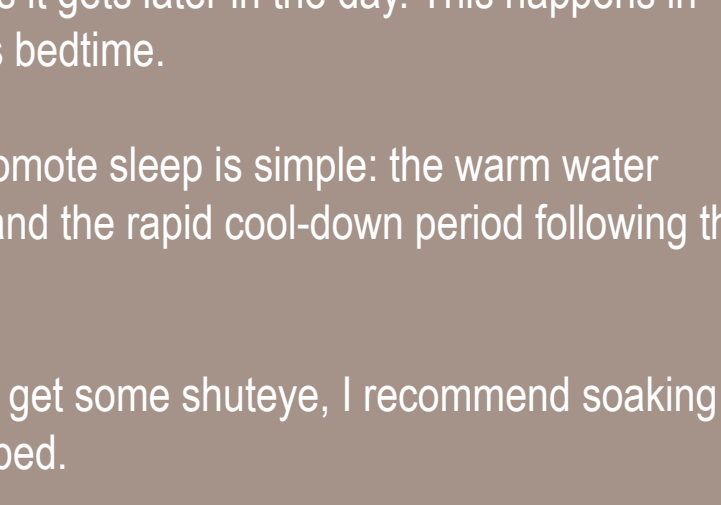
When it's time for bed, our core body temperature drops automatically in order to prepare us for sleep. If the temperature in the room is too hot—or you're sleeping in the wrong clothes—it can become a challenge for you to get restorative sleep. In fact, research has shown that certain forms of insomnia are linked to flawed thermoregulation and an inability to cool down enough to initiate deep sleep.

Keep your room temperature at around 68 degrees Fahrenheit at night. For some people, this may seem too hot. If that's you, feel free to drop the temperature a bit, but never below 60 degrees.

6:30PM — 7:30PM

ANABOLIC SLEEP SHAKE

2 oz. Tart Cherry Juice Concentrate
1 Whole Banana
1 Kiwi Fruit
½ cup of Oats
1 cup of Milk
2 Tbsp. Peanut Butter
1 Tsp. Honey
1 scoop Casein Protein



Instructions: First, add the milk to the blender. Next, throw in all other ingredients. Blend and enjoy! Want to make it a smoothie instead? Add 5-10 ice cubes to the mix!

6:30PM — 7:30PM

BATH TIME

Remember when your mom gave you a warm bath at night before bed and you slept like a baby? It's because one of the key factors when it comes to a good night's sleep is thermoregulation.

You see, our body temperature decreases as it gets later in the day. This happens in order to prepare our body for sleep when it's bedtime.

The reason I recommend a warm bath to promote sleep is simple: the warm water effectively increases our body temperature and the rapid cool-down period following the bath relaxes us.

If you're going to use this sleep hack to help get some shuteye, I recommend soaking in the tub for 20-30 minutes, 1-2 hours before bed.

Pro Tip: Add sleep lavender bath salt for improved relaxation and increased sleep quality.

8PM — 9PM

WIND DOWN

No activities that require a ton of physical or mental energy.

Recommendations:

Reading
Journal
Family Time



8:30PM — 9PM

MAGNESIUM APPLICATION

Although magnesium supplementation is recommended, some people may experience negative side effects from oral supplements. If that's you — or you prefer not to find out — I recommend boosting your magnesium levels through topical application.

Before bed, apply the topical magnesium:

- Wherever you feel soreness or discomfort
- The center of your chest
- Around the neck and shoulders

How much: 4-6 sprays per area (don't forget to massage it in).

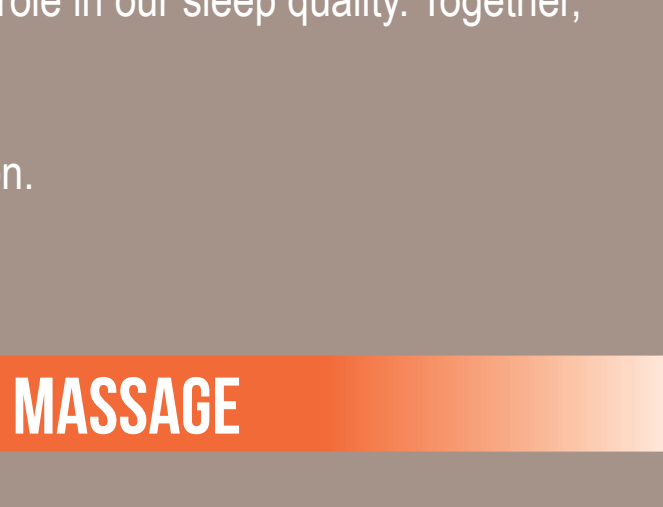
8:30PM — 9PM

SEX

When men or women orgasm, their bodies release a cocktail of sleep-inducing hormones that make sex the best natural sleep-aid, by far.

The most impactful of those sleep hormones are:

- Oxytocin
- Serotonin
- Vasopressin
- Prolactin
- Norepinephrine



Individually, each of these hormones plays a vital role in our sleep quality. Together, however, it's no less than magical.

If you're single, masturbation is also a viable option.

8:30PM — 9PM

MASSAGE

Massages have been shown to improve sleep, increase serotonin and oxytocin levels, and decrease cortisol. If you ask me, after sex, a good massage is the next best thing.

If you have a partner who's a professional masseuse or just good with their hands, you're golden. If not, don't fret. There are a number of self-massage techniques you can use to get the same benefits.

My two favorites are:

- Myofascial Release
- Muscle Relaxation Techniques

Myofascial Release: this form of self-massage can be done using foam rollers, lacrosse balls, or trigger-point massagers (for more details of Myofascial Release techniques, see the resources page).

Muscle Relaxation: First you tense a specific muscle in your body for 5 seconds. Next, you release the tension and relax for 15 seconds. Do this for 10-15 minutes to reduce stress levels and experience the magical benefits of self-massage.

9PM — 10PM

BEDTIME