



# ANABOLIC SLEEPING

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

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# INTRODUCTION

Of the three pillars of health—training, nutrition, and sleep—it’s no secret that sleep is the least sexy of them all. Oddly enough, it also happens to be the most important. You see, no matter how well balanced your nutrition is or how regimented you are in the gym, if you’re not getting enough sleep, *you’ll never maximize fat loss, muscle gains, strength, or health in general.*

If you think the topic of sleep is often ignored because, well, everybody already sleeps, you’re wrong. In fact, 1/3 of the population in the U.S. is sleep deprived; an estimated 83.6 million people aren’t getting enough sleep.<sup>1</sup> If those statistics account for just sleep *quantity*, I’d imagine the number would be far greater if we took sleep *quality* into consideration.

Not only is sleep deprivation harmful to your physical and mental health, but the ramifications could be deadly.

In all fairness, you’re probably not worried that your sleep is so poor that you could die, right?

Your concerns are probably more along the lines of:

- I’m too tired to play with my kids
- I feel weak in the gym
- I went from “Superman” to “Finding Nemo” in the bedroom
- I can’t build muscle as fast as I’d like
- I’m finding it damn near impossible to burn fat and get lean
- I don’t have the energy I had even just 2-3 years ago
- My mood sucks

And the list goes on.

Fear not, my friend, because believe it or not, the solution to those “problems” can be found in this guide.

Not only will you be happier and more energetic with more vigor, but you’ll finally be able to torch that unwanted belly fat, hit that Bench Press personal record, start adding slabs of lean muscle to your frame, and bring your libido back to where it was in your prime.

In this guide, you’ll learn the simple strategies that’ll ensure you’re achieving deep, anabolic sleep—the most rejuvenating and restorative sleep possible—so that you can become the most badass, jacked, shredded, and energetic version of yourself.

If, however, you fail to put these techniques into place, your strength will continue to diminish, your abs will end up buried under more and more unwanted belly fat, your muscle will slowly dissipate, and your testosterone levels and libido will plummet.

## Why is sleep so important for fat loss, strength, muscle, and libido?

It all comes down to the granddaddy of all anabolic hormones: Testosterone.

Case and point: one study took a group of healthy men to test their t-levels in the morning, upon rising. They found that men who sleep more at night had testosterone levels *twice* as high as those with less sleep.<sup>2</sup>

Another study had similar findings. This time, men who slept less showed 60% lower testosterone levels than those with more sleep.<sup>3</sup>

To put it simply, the more sleep you get, the more testosterone your body produces.

### **This may answer the question of why you're no longer waking up with a boner, but it fails to answer another: how does this negatively impact muscle and strength?**

*One medical hypothesis suggested that “[a poor sleep pattern] decreases the activity of protein synthesis pathways and increases the activity of degradation pathways, favoring the loss of muscle mass and thus hindering muscle recovery after damage induced by exercise”.<sup>4</sup>*

In other words, if you're not sleeping enough—or getting enough quality sleep—you're completely wasting your time in the gym.

Here's what we know from the research:

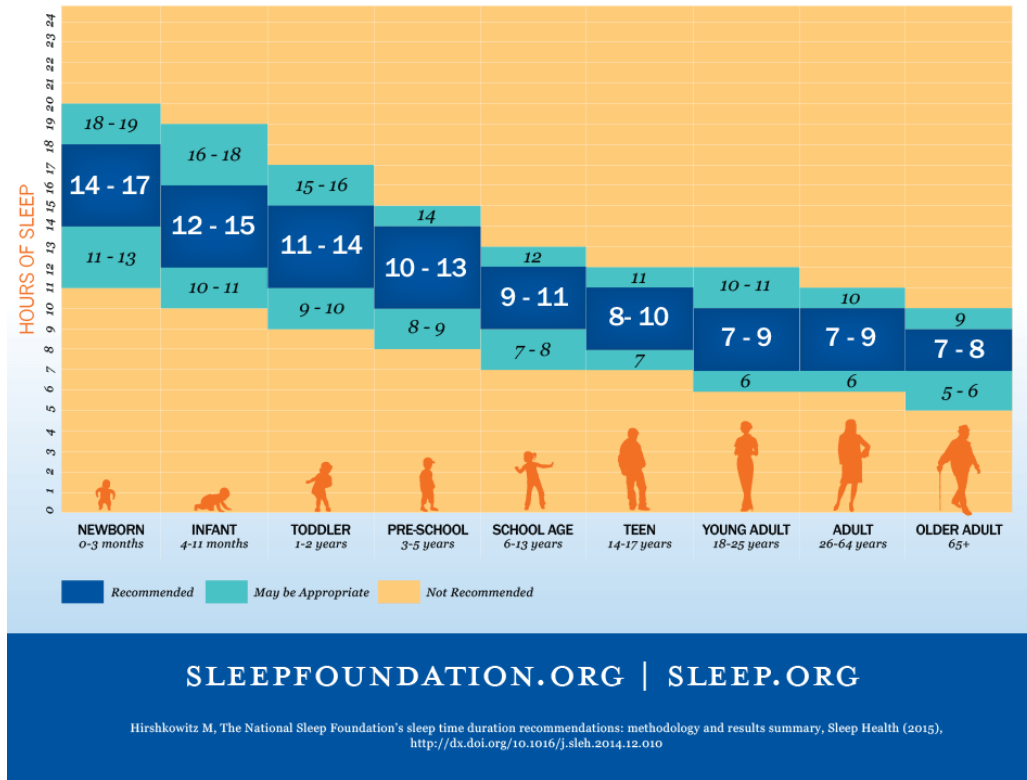
- Sleep deprivation causes muscle loss.<sup>5</sup>
- Even just a slight decrease in sleep can cause up to a 14% decrease in testosterone levels.<sup>6</sup>
- Poor sleep reduces GH and IGF-1 production.<sup>7</sup>
- If you're not getting enough high-quality sleep, you'll have a tougher time burning fat.<sup>8</sup>
- Failing to sleep enough will hinder physical performance.<sup>9</sup>
- Not sleeping enough will increase your risk of chronic disease.<sup>10</sup>



# HOW MUCH SLEEP DO I NEED?



## SLEEP DURATION RECOMMENDATIONS



Credit: [SleepFoundation.org](http://SleepFoundation.org) and [Sleep.org](http://Sleep.org)

According to the National Sleep Foundation, adults need 7-9 hours of sleep per night to avoid the negative consequences of sleep deprivation.

That said, we also have to consider sleep *quality*. Although you may be getting the recommended amount of sleep, it's still possible to be sleep deprived if the quality of that sleep is poor. Truth is, most people are already getting 7-9 hours of sleep but they're still suffering from low energy, grogginess, low testosterone, and an inability to lose fat.

### The solution: Anabolic Sleep.

*Anabolic sleep* is essentially the deepest, most regenerative sleep possible. If you can manage to achieve *anabolic sleep*, regularly, you'll not only bypass the detrimental results of poor sleep, but you'll experience a completely new quality of life. Not only will you build more muscle, lose more fat, gain strength, and get your groove back, but you'll also be happier and more productive.

Are you ready to experience the benefits of deep, anabolic sleep?

If so, keep reading.



# 7 SIGNS THAT YOUR SLEEP QUALITY SUCKS

Even if you think you're getting enough sleep (7-9 hours), you may be suffering from sleep deprivation. The symptoms of sleep deprivation are not necessarily as clear-cut as you might think; in other words, it's not just feeling sleepy all the time that is your cue that you're short on sleep.

So how do you know?

Here are some tips.

## INCONSISTENT SLEEP PATTERN

Everyone has trouble sleeping now and then. We all experience the occasional sleepless night and groggy morning. We may even go through a period when we experience these things, such as during life transitions and stresses. But when sleep deprivation may be a problem is when it is a regular occurrence and is unrelated to circumstances.

## SLEEP DEBT

Experts point out "sleep debt" as a way in which sleep deprivation can enter your life without you necessarily realizing it.

Sleep debt is accumulated gradually and is said to result from an hour or more of missed sleep every night for several nights. Sleep debt can get so bad that several nights of regular sleep are required to improve normal functioning.

## MOOD

Lack of sleep can make people very irritable. Are you snappish and impatient? Do you find yourself having little tolerance for your own mistakes and those of others? It may be lack of sleep that's the culprit.

## YOU CAN'T LOSE FAT

Did you know that a lack of sleep may increase your appetite and lead to weight gain?

Perhaps the body's need for energy when it's sleep-deprived is what leads to a craving for sweets, carbohydrates, or just food in general. Increased appetite may also be the result of hormones that kick in when the body is deprived of sleep.

Even without a marked increase in appetite, research has shown that sleep deprivation can result in weight gain. This also may be due to hormonal imbalances caused by too little sleep.

## OFF YOUR GAME

If you find yourself making silly mistakes on a regular basis—dropping things, forgetting dates on the calendar, messing up your schedule, and so forth—it may be your sleepy brain. Studies show that those who don't get enough sleep have a hard time performing normal tasks that are no problem when they are getting enough sleep.

## DEPRESSION

As with other mental disorders, sleep deprivation may not be a cause of depression, but rather a symptom. However, some sources do point out that depression can result from a lack of sleep. If you are feeling depressed and are having a hard time determining why, you might take a look at your sleep habits.

## YOU'RE WEAK IN THE GYM

I don't care how solid your training program is or how on-point your nutrition has been, if you're not sleeping enough, you're not going to perform at your absolute best. And because progressive overload—getting stronger and performing better—is the main pathway by which we build muscle, you'll never maximize your ability to build muscle without adequate sleep.

# 14 ANABOLIC SLEEP DISRUPTORS

I'm a firm believer that the quickest solution to a problem is finding the root cause. If you don't know what's broken, how can you expect to fix it? Though this may seem like common sense—and it may be in most cases—for some reason, it isn't common practice when dealing with sleep. Perhaps it's because most people, although tired and groggy with no motivation to get out of bed in the morning, think they're sleeping enough. As I eluded to earlier, however, you can be "sleeping" 7-9 hours every night and still be sleep deprived. If the *quality* of your sleep is poor, you could sleep 12 hours and still be tempted to hit the snooze button.

In this section you are going to discover the 14 Little-Known Anabolic Sleep Disruptors that are throwing your body out of its natural rhythm, sabotaging your ability to recover and rebuild new muscle tissue, wreaking havoc on your appetite, killing your sex-drive, and knocking your hormones out of whack—making it *impossible* to maximize growth, achieve those coveted sixpack abs, and perform like the machine (in and out of the gym.. and the bedroom) you're designed to be.

In other words, these 14 sleep disruptors are the reason you've become just a shell of your best possible self. But worry not, because once you understand how these seemingly harmless behaviors are negatively impacting your sleep *quality*, you'll be able to make the necessary adjustments to avoid them and finally become the best version of you...the leaner, stronger, more vigorous version that is.

Now I know you may be tempted to scroll past this chapter and jump right into the solutions, but I can almost guarantee that's a bad move. You see, no matter how simple the tactics are to achieving *anabolic sleep*, unless you truly understand the damage that these behaviors are causing your body, you won't act with urgency.

Think of the obese man who loses his breath from simply standing up off of the couch. Surely he understands the severity of the damage he is doing to his body by binge eating Twinkies while binge watching Netflix, right?

In fact, if you asked that man what he needs to do to get "healthy" he'd probably tell you he needs to exercise more and make better food choices.

In essence, he's got the solution.

So why might it take his doctor telling him that he's developed diabetes or is at risk of dying to finally get him to sign up at the gym?

I'm not a psychologist and I certainly don't have the answer, but I do know this: Unless you realize the catastrophic impact that these sleep disruptors are having on the quality of your sleep and how that sleep deprivation is sucking the life out of you, you may just gloss over the solutions, try one or two of them once, and never open this book again.

If you're happy with your results thus far and purchased this book just to see if you could find some simple "secrets" to falling asleep faster, then be my guest, skip this chapter and carry on. But if you're tired of feeling tired, sick of not achieving your goals no matter how hard you work at them and are ready to become the best version of yourself, then this chapter may be the most important thing you ever read.

**One last thing.** *You're only as strong as your weakest link, so whether your sleep quality is suffering due to one of these disruptors or all 14 of them, avoiding it/them will dramatically improve your chances of achieving anabolic sleep and getting the rest you need and deserve.*

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## 1. YOU'RE LIVING IN A CAVE

When I did the research for this book — while trying to find a solution to my own personal sleep issues — the relationship between sunlight and sleep quality hit home.

When I had a healthy sleep pattern, I was getting up early and starting my day off with a good deal of natural sunlight exposure (I was walking my kids to the bus stop every morning).

There was, however, a strong correlation between my exposure to sunlight (or lack thereof) — particularly during a specific time of the day — and my sleep pattern and quality.

When my sleep pattern was out of order, two things in my life had changed (as it relates to natural light exposure).

1. I wasn't forced to get sunlight exposure each morning since the kids were out of school (and I wasn't doing myself any favors by keeping the blinds in my office shut while I worked)
2. Because I was getting up later, I wasn't exposing myself to natural light at my usual time — it was now later in the day that I was finally getting outside.

Why am I telling you this?

Here's why this is important: Your sleep cycle is heavily influenced by the amount of sunlight you get during the day. You see, as humans, we've evolved with a foreseeable pattern of light and dark that has always — and will always — control our sleep cycles.

Believe it or not, too little sunlight during the day will negatively impact your sleep. This is mainly due to serotonin, a neurotransmitter that is crucial to regulating your body's circadian timing system (a.k.a. internal clock). Serotonin is influenced by a few things: diet, exercise, and *sunlight*. Failing to get enough sunlight each day will cause serotonin production to suffer, knocking your internal clock out of whack. Take a recent study that looked at the sleep quality of office workers.

*"Workers exposed to sunlight through windows on the job got more sleep and reported higher quality of life than those without natural light access at work.."<sup>1</sup>*

Why is this? Simple. Serotonin and serotonin transporters are found in our skin cells and are heavily influenced by exposure to sunlight. When you soak in the sun your skin absorbs UV rays that promote serotonin. That serotonin, according to *The Federation of American Societies for Experimental Biology*, can transform into melatonin; a hormone that regulates sleep.

Another hormone that's encouraged by sunlight exposure is cortisol. Although it's gotten a bad rap, and for good reason, it's actually quite helpful when produced in the right amounts at the right times. You see, cortisol enables us to feel awake and alert, and it contributes to how well we perform during the day. It's also essential to our internal clock for sleep because when cortisol is up, melatonin is down.

Inversely, when melatonin is up, cortisol is down. So as the day goes by, cortisol decreases (or at least it should) while melatonin increases, getting you ready for a good night's sleep.

I'd also note that research has found that getting more sunlight exposure led to lower cortisol levels later in the day when compared to being exposed to dim light. <sup>2</sup>

## 2. TOO MUCH BLUE LIGHT

When I was struggling with sleep, I had a habit of switching back and forth between my email and social media accounts while I waited for the drowsiness to strike. What I found was, despite *feeling* tired, I just couldn't fall asleep. Maybe you're experiencing something similar?

If you are, here's why: the artificial light—particularly blue light—emitted by electronic screens trigger your body to produce more daytime hormones like cortisol. And what happens when cortisol goes up? You got it! Melatonin goes down. A recipe for a long sleepless night.

In fact, researchers found that the use of electronics that emitted blue light (i.e. iPads) hours before bedtime had a huge negative impact on the circadian clock for sleep. Not only did subjects feel less sleepy, but they also had shorter REM sleep compared to

subjects who read regular books. Not only did the iPad readers produce less melatonin than those who read printed books, but they also woke up more tired the following day.<sup>3</sup>

Just to give you some perspective, here's how each hour of exposure to blue light affects melatonin production:

- 1 hour of blue light exposure = 30 minutes of suppressed melatonin
- 2 hours of blue light exposure = 1 hour of suppressed melatonin
- 3 hours of blue light exposure = 1.5 hours of suppressed melatonin, and so on.





If that wasn't enough to put your phone down before bed—and it probably wasn't...you'll find out why now—consider this: when you're surfing the Internet or social media, your body is releasing a powerful chemical called *dopamine*. And to put it simply, activities that increase the production of dopamine make us feel good. It's why we can sign on to the internet to check our email and end up spending hours refreshing our social media feeds. When we scroll through Facebook, our body is like the plant from the movie *Little Shop of Horrors* singing "feed me more, Seymour!" We just can't get enough.

Not only are we wasting time scrolling through our phones when we should be sleeping, but get this: an increase in dopamine has been shown to also increase feelings of wakefulness.<sup>4</sup> Not only that, but we also have evidence that suggests that the longer dopamine sticks around in our system, the less sleep we'll get.<sup>5</sup>

Now don't be alarmed... you won't have to stop using your phone, tablet, or laptop in order to achieve *anabolic sleep*, but you will have to be a bit more strategic about how and when you use them (more on that later).

### 3. CAFFEINE

Don't worry, I'm not going to tell you to eliminate caffeine from your life. In fact, I'm sipping on a nice hot Cup of Joe as I write this. Truth is, caffeine has been shown to have a host of health benefits and telling you to stop consuming it would probably do more bad than good—assuming you're not exceeding the recommended amounts daily.



The problem with caffeine isn't the caffeine itself; *it's the time* at which we decide to consume it that's ruining our sleep.

If you think about it, caffeine consumption can become a vicious cycle. We drink coffee because we're tired, but we're tired due to a lack of quality sleep caused by the caffeine intake.

It's pretty easy to see how caffeine consumption can be a slippery slope... but, also potentially a life saver (we'll talk more about that later).

Now before we get into exactly how caffeine disrupts sleep in a big way, let me tell you a story.

Not too long ago when I was suffering from a "broken" sleep pattern and my sleep quality was impaired, I had no idea what was causing it. What you'll realize as you read this chapter—and what I noticed as I studied the topic—is that I was making every mistake in the book. But the more I learned, the more I understood how these subtle changes in my day-to-day habits were shaping my ability to be the man I once was. Behaviors that I didn't even notice were ruining my manhood.

I was talking to my buddy Bryan about my sleep "situation", and as any nurse would do, he probed me about what had changed in my day-to-day.

My answer... “nothing”

“Wait, actually, one thing changed. I started working out later in the day so that I could work more in the morning.”

His eyes lit up, he smirked, and then calmly asked if I was taking any pre-workout.

Checkmate!

But, I’m hard-headed. I ignored his point and simply went about my business. I would have considered it if I was working out late at night and having caffeine then, but this was early in the day.

Now let’s talk about why science says Bryan was right.

A study published in the *Journal of Clinical Sleep Medicine* found that drinking coffee late in the day can lead to negative effects on sleep. In fact, they suggested that the negative effect on sleep caused by consuming caffeine late in the day was *just as bad* as consuming it right before bed!<sup>6</sup>

The study included 12 healthy adult men and women with normal sleeping patterns. It’s also worth mentioning that all of the test subjects were moderate caffeine consumers. During the study period, volunteers kept up their normal sleep routines, with no regular habit of napping during the day.



They were all given doses of caffeine in pill form—some with actual caffeine and others just a placebo. The caffeine was taken at three different points: at bedtime, three hours before bedtime, and six hours before bed. They found that sleep was significantly disrupted when caffeine was taken at any of the three points.<sup>7</sup>

But why?

If you think it’s because “caffeine gives you energy”, you’re wrong... kind of.

When we consume caffeine it fits into the receptor sites in our body for adenosine. Now, if your receptor sites were filled with real adenosine, your body would be put into a state of rest and relaxation. But because caffeine is a tricky little bastard, it fits right into those same receptor sites. So what happens? You don’t actually get the same effect as you would with real adenosine so your brain and body don’t realize that you’re actually tired.

It gets worse.

When you consume caffeine your body produces adrenaline and cortisol; the two worst possible hormones to provoke when you’re trying to sleep.

You already know why a spike in cortisol will ruin your sleep, so let’s talk about adrenaline.



If you want to step in a boxing ring and exchange blows with Mike Tyson then you probably want a surge of adrenaline. Not only will you be more awake and alert, but it'll probably numb the pain of his punches temporarily.

As you can imagine, however, it's probably not exactly what you want to feel right before bed.

## 4. TEMPERATURE

One of the biggest influencers of sleep is thermoregulation. You see, when your body is ready for rest, there's an automatic drop in your core temperature to initiate sleep. If the temperature in your room is even a little too high, it could have a negative physiological effect on your body achieving the ideal state for *anabolic sleep*. As you can imagine, what we wear to bed is equally crucial to ensuring we're getting high quality, regenerative sleep.

When I was battling my sleep issues, I noticed I was sweating more than usual at night. Like the other disruptive behaviors I was partaking in, I didn't think much of it. After all, it was summer time.

But here's what's interesting...

The reason we sweat is that it (the sweat) cools our skin as it evaporates and this helps lower our internal temperature.

It makes sense then that as it relates to temperature, my sleep environment wasn't optimal.

Still not convinced it's a big deal?

Studies have shown that one of the root causes of insomnia is nocturnally elevated core temperature.<sup>8</sup>

More studies have been done to determine whether or not this elevated core temperature is, in fact, the cause of chronic sleep issues.

One study had the participants (individuals who suffered from insomnia) wear caps containing circulating water at a cool temperature. What they found was that test subjects who wore caps took about 13 minutes to fall asleep, compared with 16 minutes for the individuals who did not suffer from sleep disorders. Not only that, but both groups slept for just about the same amount of time they were in bed (89%)!<sup>9</sup>

I'm not saying you've got to wear a "cooling cap" to bed, but ensuring that your internal temperature is conducive to *anabolic sleep* is critical.

## 5. YOUR TIMING IS OFF

Have you ever been driving home from a long day's work and all you could think about was hitting the mattress? Then, when you finally get home, shower, and lay down, you just can't sleep... and suddenly you're wide awake?

Maybe you don't have to get up as early the next morning... so you stay up a bit longer. You still manage to sleep your 8 hours, but you're even more tired and groggy in the morning than usual.

Why, if you're sleeping the recommended 7-9 hours, are you still feeling sleep deprived?

It's because human beings get the most rejuvenating sleep during *very specific times*. And unfortunately, if you miss that special window of opportunity, you'll dramatically decrease your sleep quality and your body's ability to fully recover.

Have you ever slept much less than usual and still jumped out of bed with more energy in the morning?

It's because you more than likely slept during this particular time!

This "special sleep time" is when we experience the highest secretion of beneficial hormones such as melatonin, Human Growth Hormone, and more. If your sleep schedule is not lined up with this seemingly magical time, you'll never get the best, most rejuvenating sleep possible. It doesn't matter whether you're sleeping 7-9 hours or 10-12, if your body is chronically deprived of the regenerative sleep that occurs during this very small window, you'll still feel tired when you wake up in the morning.

Why is this specific sleep time so special? It's because during these hours your body increases internal metabolic energy to aid in repair and recovery; to strengthen and rejuvenate your body.

Here's the issue: if we're not asleep during this time, the increase in metabolic energy that occurs can make it even more difficult to fall asleep.

In fact, I remember when I was fighting to get my sleep schedule back in order and did so by forcing myself to get up extra early and then fighting off the urge to take a nap during the day. As it got closer and closer to my goal bedtime, I was literally fighting to keep my eyes open. Then, suddenly, when it was finally time to go to bed, I was wired with energy. I was, in fact, experiencing this "second wind."



## 6. DIET



Another huge influencer of sleep quality is your diet.

By now you should know that serotonin plays an enormous role in your ability to achieve *anabolic sleep*.

*In case you forgot, I'll refresh your memory: serotonin is the building block for the sleep hormone, melatonin.*

What you didn't know, however, is that 95% of your body's serotonin is located in your gut. Not only that, but the gut has been found to contain 400 times more melatonin than the pineal gland in your brain.

I hope you can now start to make the connection between a healthy diet and *anabolic sleep*.

But let's delve a bit deeper... after all, we're looking for the root cause, right?

We have bacteria that live in and on our body and most of them are in our gut.

There's "good" bacteria and "bad" bacteria, but they both play a vital role in our sleep quality. The caveat is, if we want to ensure optimal health and *anabolic sleep*, these bacteria must be in a natural balance.

Here's the problem, though: if you're not getting high-quality sleep, you're going to make poorer food choices and, ultimately, overeat. These unhealthy choices are allowing the "bad" bacteria to stay in control, making it increasingly difficult to achieve the natural balance we want and need. The more off-balance our gut bacteria is, the harder it becomes to achieve *anabolic sleep*; it's a vicious cycle.



## 7. THE WRONG HABITAT

Our brain is always seeking efficiency. It is constantly looking for patterns so that it can automate behaviors based on our environment. It's why when we first learned to drive, we paid very close attention to every little detail. Now, we just get in the car and drive. The same happens in different environments. We just walk in a room and perform a given action automatically.

But why does this happen and, more importantly, why should you care?

This happens due to a little something called Myelin, a sheath-like material that forms an insulating and protective coating around nerve fibers, enabling them to quickly conduct impulses between the brain and the body.

Myelin grows each time an action is repeated, making the signal move more efficiently; in other words, it creates muscle memory. *Think back to the analogy about driving for the first time compared to having months of driving experience.*

When it comes to your bedroom, the last thing you want to do is make it an environment where numerous activities take place. If your bedroom is a place where you work, watch TV, and hang out playing video games, you're not going to create a strong neuro-association with sleep when you're in there.

The things you do in your bedroom can have an enormous impact on your (1) ability to fall sleep and (2) the quality of your sleep. Instead, you should aim to create a space that your body and brain automatically associate with rest and relaxation.

## 8. WORKOUT TIME



We all know the benefits of working out and building muscle. If there's a fountain of youth, it's regular exercise. But here's the thing: without proper rest and recovery, all of the hard work you're doing in the gym is practically in vain.

You see, when we're lifting weights, we're tearing things down. Think Godzilla in Tokyo city! That's what you're doing to your body in the gym.

If we fail to get adequate rest, the gym actually does more bad than good. If you're like me, you're probably on a well-balanced diet, exercise regularly, and get a good amount of sleep. The question then becomes, are you *maximizing* your sleep quality? If you can no longer get stronger in the gym, or your muscle gains have come to a halt, I can almost guarantee it has nothing to do with your workout or protein intake. Instead, it has everything to do with your sleep!

During sleep, your body releases a host of beneficial hormones and elicits repair programs. Unless you're getting *anabolic sleep*, you'll never experience the greatest results from your training.

Here's the problem: if you're training at the *wrong time*, you could be doing yourself a huge injustice. When you hit the weights, you raise your core temperature significantly and it could take upwards of 6 hours for your temperature to come back down.

Sure, you may still be able to fall asleep—if you're lucky—but it's unlikely you'll get the best sleep of your life.





In fact, research shows that training too close to your bedtime could result in 75% less reparative deep sleep.<sup>10</sup>

Again, working out is a hermetic stressor and, in the right dose, can do wonders for all aspects of your life. But doing it at the wrong time could be holding you back from experiencing all of the amazing benefits it has to offer.

## 9. BODY FAT

One of the biggest stressors to your body's hormonal system—the system that produces hormones like melatonin, oxytocin, and cortisol—is being overweight.

In fact, research shows that people who are overweight secrete 10x more cortisol than healthy individuals after consuming a meal.<sup>11</sup> And as you know by now, cortisol is as close to an anti-sleep hormone as you can get.

### *The problem...*

The unwanted belly fat causes stress to your endocrine system, which makes it more difficult to get high-quality sleep. And as you know, sleep deprivation results in poor food choices, which results in overeating. It gets worse. As a person gains weight (due to overeating), their risk of sleep-disordered breathing increases, making it practically impossible to achieve *anabolic sleep*.

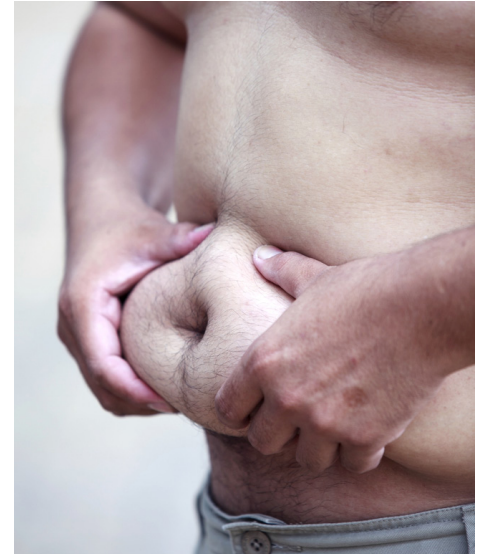
### *The Solution...*



A study published in the *Canadian Medical Association Journal* showed that sleep deprivation is directly related to an impaired ability to lose weight. Test subjects were put on the same diet and exercise program, but those who were in the sleep deprivation group (5.5 hours per night) consistently lost less weight and body fat than those in the control group (8.5 hours per night).<sup>12</sup>

Another study, this one published in the *Behavioral Sleep Medicine Journal*, looked at the effects of diet and exercise on overweight individuals with reported sleep problems. Half of the test subjects were put on a weight-loss diet and a supervised workout routine. The other half did just the weight-loss diet. Both groups lost 15 pounds as well as 15 percent of their belly fat, on average. As a result, both groups experienced a 20% increase in sleep quality.<sup>13</sup>

So which comes first—the fats loss or the improved sleep? The trick is to work on both.



## 10. ALCOHOL



It's no surprise that alcohol consumption before bed has been coined a "nightcap", as it's been proven to put people to sleep faster.

So then why list *Alcohol* in the *Sleep Disruptors* section of this book?

Let me explain...

Although alcohol may make it easier to fall asleep, there's a huge problem with relying on this method. You see, one of the most critical sleep stages—REM sleep—is disrupted by

the alcohol in your system. Your inability to fall into deeper, more consistent levels of REM sleep will impair your body's ability to recover and rejuvenate. If you've ever woken up from an alcohol-induced sleep, you know exactly what I mean.

This disruption in sleep is due to sleep homeostasis—the body's balance of fatigue and wakefulness—being thrown off. The alcohol increases adenosine, artificially, so you feel tired. But, your body isn't dumb and it knows when the enchantment of adenosine is simulated, so it stays up late trying to sort things out.

And as if the quality of your sleep wasn't already suffering enough, you'll probably wake up once or twice in the middle of the night to urinate.

So yes, alcohol will knock you out. And, in most cases, you'll sleep the recommended amount of time. However, alcohol-laced sleep will never result in anabolic sleep.

Another reminder that although sleep *quantity* is important, without *quality* you'll never experience the regenerative and reparative benefits of sleep.

## 11. SLEEP POSITION

What if I told you that the position in which you sleep could be making or breaking your ability to achieve *anabolic sleep*?

Seemingly trivial, sleep position is one of the most critical factors for getting a good night's sleep.

The position you sleep in affects the stability of your spine, hormone production, oxygen supply, muscular healing (and function), metabolism, and more. So it's quite possible that you're sleeping in a position that is compromising your ability to fully recover.

This is, yet again, another example of how you could be getting the right *quantity* of sleep but still have to drag yourself out of bed in the morning.

## 12. MENTAL CHATTER

If you're anything like I was, you find it nearly impossible to "shut it down." Bedtime becomes the perfect time to remember all of the things you should have or could have done during the day. Sometimes you're thinking about tomorrow, next week, or your upcoming interview the following month. Whatever it is, it's keeping you up at night—and potentially disrupting your sleep cycles.

We all have 4 primary brain wave frequencies and each one has its own characteristics that show unique brain activity and a different state of consciousness.

**Beta waves:** this occurs when you're awake and is associated with thinking, problem-solving, etc. For most people, this happens throughout the day. For some of us, however, this brain frequency rears its ugly head at the wrong time: before bed.

**Alpha Waves:** this occurs when you're truly relaxed and is associated with heightened imagination, memory, visualization, etc. This is the ideal pre-bedtime brain wave frequency.

**Theta Waves:** these brain waves are present during deep meditation and light sleep. As implied, this brain wave frequency occurs when you first fall asleep, before you go into deep sleep.

**Delta Waves:** this frequency is the slowest of the four and is experienced in deep sleep. This is where the "magic" (the most recovery and healing) happens.

As you can probably see, the least favorable brain wave frequency to experience while trying to fall asleep is the Beta Wave. But, if you're like I was, Beta Waves are in full effect when you're lying in bed, staring at the ceiling.

Fortunately, it is possible to consciously change brain waves...

But, we first have to develop the ability to change our autonomic nervous system. Although this may seem like a daunting task, it's actually quite simple when you do a bit of reverse engineering. Here's what I mean: We have to be able to consciously change the part of the nervous system responsible for unconscious bodily functions; the autonomic nervous system (or ANS). The ANS is regulated by your hypothalamus; *the master gland that modulates stress*. It—that hypothalamus—is the primary system in control of your fight-or-flight response. This fight-or-flight response is a reaction that occurs when we perceive a harmful event or attack. So whether you think someone's breaking into your house, or you're just worried about paying a bill, this fight-or-flight response kicks into gear.

This sympathetic nervous system (fight-or-flight system) is either on or it's off. When it's on, the parasympathetic nervous system (the rest and digestive system) is off. Inversely, when the sympathetic nervous system is off, the parasympathetic nervous system is on (ideal if sleep is the goal). **Both can easily be activated (or shut off) on demand.** And it all comes down to one thing: *your breathing*.





## 13. SLEEP SUPPLEMENTATION

One of the most popular over-the-counter sleep supplements is melatonin. In fact, many experts agree that melatonin supplementation can be very effective for some people.

Two things you need to understand about melatonin:

1. Melatonin doesn't help you fall asleep, it simply helps you stay asleep.
2. Melatonin is a hormone, one that our body produces naturally.

That said, if you're taking melatonin because you're having trouble falling asleep, it's useless. Second, anytime we supplement with a hormone that our body produces naturally, it comes with the risk of side effects and potential problems. This is, in part, why I don't recommend young, healthy men to go on Testosterone Replacement Therapy. When you're putting the testosterone in synthetically, your body is forced to down-regulate its natural production—potentially shutting it off completely. So what happens when you're no longer on the hormone therapy? BIG PROBLEMS.



Similarly, taking too much melatonin can cause your body to down-regulate its natural production. In fact, it's been proven that taking melatonin at the wrong times, or in large amounts, can end up desensitizing the melatonin receptors.<sup>14</sup> Do this consistently and risk potentially shutting off your body's ability to use melatonin altogether.

Although I see no harm in taking it occasionally—perhaps to re-establish a normal sleep pattern after travel—I wouldn't make it a habit.

## 14. SLEEPING IN

Most people associate sleeping in with more sleep, and, in most cases, it is just that. In that regard, it seems ironic to label sleeping in as a *sleep disruptor*. The truth is, though, that sleeping while the sun is up is impairing your ability to achieve the most restorative, *anabolic sleep*. You see, the best sleep comes when our body's internal clock is in line with the earth's natural circadian rhythm.

We as humans have evolved to adjust to predictable patterns of light and darkness. It's why we have an internal clock that's in line with a hormonal cycle that is conducive with waking up in the morning and going to sleep at night.

The big issue isn't, however, that you're waking up after the morning cartoons have stopped playing—as long as the sun is up, you're probably going to be fine. The issue comes from a lack of consistency. Going to bed and waking up at different times each day is ruining your ability to become the best version of yourself. Simply put, if you haven't settled into a regular sleep pattern—getting up and going to bed at the exact same time each day—you're not likely to achieve *anabolic sleep* consistently.

If you're waking up early during the week and then sleeping in on the weekends, chances are your bedtime will also fluctuate. It's why whether you get to bed early or sleep in later, you're still usually tired in the morning and not always ready for bed in time to get enough sleep.

## CONCLUSION

Now that you have a better understanding of what is disrupting your sleep and how it's doing so, it's time to make the proper adjustments. In the following chapter, we're going to address the solution to each one of these sleep disruptors; I'm giving you the keys to *anabolic sleep*.

# THE KEYS TO ANABOLIC SLEEP

Previously, we went over 14 of the most destructive sleep disruptors and how they're blocking your ability to reach deep, *anabolic sleep*. In this chapter, we're going to go over how to completely avoid those sleep-suckers and finally get the regenerative rest we need and deserve.

I'll be the first to admit, you don't *have* to implement every single one of these tactics in order to achieve rejuvenating sleep. That said, the more of the aforementioned sleep disruptors you can avoid, the higher the likelihood that you'll be getting the best sleep possible.

If your goal is to wake up primed and excited, skyrocket your anabolic hormones levels, maximize muscle recovery and performance, and stabilize your appetite, then these are the steps you should take.

Don't fret about which techniques don't fit your lifestyle or are unreasonable for you and your current circumstances. Instead, focus on the ones that you *can* implement into your life and make the best of your situation. After all, improving your sleep even slightly can make a huge positive impact on your life.

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## 1. LET IT SHINE

You know how big of a role sunlight plays in your ability to maximize sleep.

So there are two questions you probably have:

- How much sunlight?
- When is the best time to soak in the sun?

The truth is, all sunlight isn't created equal. There is, in fact, a "prime time" for sunlight exposure. Now, I'll be the first to tell you that some light is better than no light (as long as it's natural of course). And although it's better to step outside and absorb sunlight directly, getting natural light through a window is certainly a viable option.

Your internal clock will be most responsive to sunlight early in the morning. Depending on where you live or the time of year, this prime-time may differ slightly. As long as you're within the given time frame, you'll have no problem experiencing the benefits of natural sunlight exposure.



**ANABOLIC SLEEP TECHNIQUE:** The best time to get direct sunlight is between 6:00 a.m. and 8:30 a.m. You should aim to get at least 30 minutes of direct sunlight exposure each day.

**Side Note:** Can't get out of the office for direct skin-to-sun contact? Open the shades and let it shine on you as you work. If you want to take it a step further, open the window and get more direct exposure. Also, keep in mind that as you're commuting to work in the morning, this counts as direct sunlight exposure (assuming you're out in the sun and not underground on a train).

**PRO TIP:** Ditch the sunglasses! If you're already limited to the amount of direct sunlight exposure you can get, rocking sunglasses isn't doing you any favors. These sun-blockers curb the natural sunlight exposure you need for a healthy hormonal balance and *anabolic sleep*.

## 2. PUT DOWN YOUR PHONE (OR TABLET OR LAPTOP)

The simplest change that had the biggest impact on my sleep routine was giving my electronic devices a curfew.

As someone who spends their day between staring at a laptop screen while intermittently replying to messages and scrolling social media on his phone, I know the importance of staying connected. In fact, my entire business involves me replying to my followers and engaging with my customers. On top of that, I use different social media platforms as a way to deliver value... and I do it as consistently as possible.

I also, however, understand the importance of rest. Especially if I want to be able to continue putting out informative content and bringing value to my audience. And that's why I took the bull by the horns and created a curfew.

**ANABOLIC SLEEP TECHNIQUE:** 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 at least 1.5 hours before bedtime.

**Side Note:** If you're going to be using electronics that emit blue light, then make sure you're using some sort of blue light blocker tool (see the resources page at [www.LiveAnabolic.com/sleepresources](http://www.LiveAnabolic.com/sleepresources))

**PRO TIP:** You're using the phone or tablet at night because it's become a habit. Substitute this bedtime ritual with something more conducive to sleep like reading a book—eventually, your body and brain will associate reading with bedtime, making it much easier to fall asleep.

### 3. THE CAFFEINE CUT OFF



It's starting to feel like every time I mention caffeine, I'm drinking a cup of coffee. It's probably because my morning routine consists of two primary things: writing words and drinking coffee.

Thankfully, though, I'm not a big fan of soda or any other caffeinated beverages. This makes it a bit easier for me to cut off caffeine at the necessary time.

If you, unlike me, are accustomed to drinking soda (or any other caffeinated drink for that matter), then you'll have to be a little more strategic and disciplined to pull this off. But believe me... it'll be well worth it!

**ANABOLIC SLEEP TECHNIQUE:** 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.

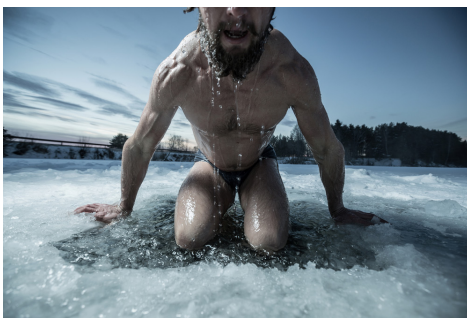
**Side Note:** If you're "addicted" to caffeine, it's probably a good idea to cycle it. As you become more and more tolerant to caffeine, you may feel the need to increase the dosage in order to experience the magical effects—digging you into an even deeper hole.

**Cycling Caffeine:** *keep in mind that you should still adhere to the caffeine cut off time when following any of these suggestions.*

- 2 days on, 3 days off.
- 2 months on, 2 months off.

**PRO TIP:** If you are in the mood for coffee or soda, drink decaf. Save the actual caffeine for when you truly need it. This will allow you to enjoy the pleasures of a hot beverage in the morning without desensitizing you to the euphoric effects of caffeine.

### 4. COOL IT



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.<sup>1</sup>

**ANABOLIC SLEEP TECHNIQUE:** 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.

**Side Note:** When I began experimenting with my bedroom temperature, even the maximum ideal temperature (68 degrees) seemed too cold. Any higher, however, and I was tossing, turning, and sweating. I found that when I wore socks to bed the temperature felt just right and I slept like a baby. A Dutch study had test subjects wear water-perfused thermo-suits to lower their skin temperature less than 1 degree Celsius to measure its impact on sleep. The results were twofold: (1) subjects didn't wake up as much throughout the night and (2) they spent more time in the deeper stages of sleep.<sup>1</sup>

Conversely, studies where they attempted to improve sleep with a heating blanket show that it actually disrupts sleep.<sup>2</sup> This is likely due to the increase in core body temperature.

**PRO TIP:** Your body is better at keeping you warm than keeping you cold, so better sleep can be influenced by wearing fewer and looser pajamas. If you really want to sleep like a baby, drop clothes altogether and sleep naked.

## 5. THE PERFECT TIME

If you're awake past 10 o'clock, you could be losing out on the most regenerative sleep possible.

Around this time (10 p.m.) your body goes through a transformation that is supposed to set you up for maximum recovery; to repair, strengthen, and rejuvenate your body. If you're asleep during this time, great! If you're not, however, you could be in big trouble. You see, in his book, *Sleep Smarter*, sleep expert Shawn Stevenson suggests that *"if you're up when 10 p.m. rolls around, that increase in metabolic energy can be experienced as a 'second wing.'"*

He also suggests that staying up and moving into that second wind can make it much more difficult to fall asleep. Not only that, but you're hindering your body's ability to repair, recover, and maximize hormonal output.

**ANABOLIC SLEEP TECHNIQUE:** If you want to get the highest quality sleep possible, make it a habit to be in bed by 9-11 p.m. each night. This is the "magical" sleep time that'll produce the best, more regenerative sleep possible as well as give you're a hormonal advantage.

**Side Note:** Depending on where you live or the time of the year, this time may differ slightly. The idea is simple: aim to get to bed within a few hours of it getting dark outside.



**PRO TIP:** If you've created a sleep pattern that's keeping you up at night, set your alarm to wake you up a bit earlier than usual. Get outside as early as possible to soak in the sun. This will boost your body's cortisol levels and wake you up. From there, your body knows exactly what to do. By the time 10 p.m. comes around, you'll be yearning for your bed!

## 6. THE ANABOLIC SLEEP DIET

If you want to sleep better, you've got to eat better.

Diet Rules:

- Eat between 14-16 calories per pound of bodyweight (in lbs.). For example:  $145 \text{ lbs} \times 16 = 2,320\text{kcal}$
- Aim to get 1 gram of protein per pound of bodyweight (in lbs.). For example:  $145 \text{ lbs} \times 1 = 145 \text{ grams of protein}$
- Aim to get 0.7 grams of fat per pound of bodyweight (in lbs.). For example:  $145 \times 0.7 = 101.5 \text{ grams of fat}$
- The remainder of your calories should come from carbohydrates.
- Aim for 15 grams of fiber per 1000 calories.
- 90% of your foods should come from whole, minimally processed foods.



If 90% of your calories are coming from whole, minimally processed foods, chances are you're not going to be deficient in any vitamins or minerals.

If, however, you want to ensure you're getting enough vitamins and minerals to maximize health, longevity, and sleep, then here's what I recommend based on your current calorie needs:

Fruit & Veggies	
Your Caloric Intake	Servings per Day
1200 – 2000 Calories Per Day	2 serv. Veggies + 2 serv. Fruit
2000 - 3000 Calories Per Day	3 serv. Veggies + 3 serv. Fruit
3000 – 4000 Calories Per Day	4 serv. Veggies + 4 serv. Fruit



## **ANABOLIC SLEEP TECHNIQUE:**

Studies show that a diet high in magnesium and low aluminum is associated with deeper sleep. That said, here is a list of foods you should aim to consume regularly:

Spinach	Cashews
Pumpkin Seeds	Dark Chocolate
Almonds	Peas
Black Beans	Avocado
Brazil Nuts	Bananas
Peanut Butter	Corn
Flax	

**Side Note:** Yes, these foods are high in magnesium and should be consumed regularly, but never aimlessly. Just because a food is good for you or “healthy” does not mean it defies the law of thermodynamics. If you eat too much of any food—organic or not—you’ll gain fat.

**PRO TIP:** Prep your meals! Having your food readily available will make it far less likely that you’ll give in to temptation or opt for the fast food burger over the homemade chicken and potatoes.

Take it one step further and schedule meal times. Instead of waiting until you’re hungry, or “eating when you can,” know exactly when it’s time to eat. Knowing not just what you’ll eat but when you’ll eat it will make it far less likely that you’ll give in to your cravings.

The release of hormones that stimulate your appetite along with the hunger pangs you feel tend to occur in a rhythm—like our circadian rhythm—and can be adjusted by changing your eating patterns. For example, if you’ve got no appetite at lunchtime, but you train yourself to eat lunch anyway, it won’t be long before you start experiencing hunger around that time of the day. Match that with eating the right foods and you’ll have no problem achieving optimal health.

## **7. PURGE YOUR BEDROOM**

If you want your brain to associate your bedroom with rest and relaxation, then you must train it to do so. If you’re utilizing your room for TV, video games, hanging out with friends, and studying, chances are you’ll never develop the neuro-association needed to create the perfect sleep environment.

**ANABOLIC SLEEP TECHNIQUE:** Remove your TV from your bedroom. Preserve your room for rest, relaxation, sleep, and sex.

**Side Note:** Americans watch over 35 hours of television per week (that's 5 hours per day!) making it clear that TV is an addiction.<sup>3</sup> Not only does TV keep us up later thus potentially limiting the number of hours we sleep, but studies suggest that watching TV actually interferes with our sleep cycles, too.<sup>4</sup>

**PRO TIP:** The more we can refrain from extracurricular activities in the bedroom, the faster we can create that neuro-association with sleep. This means no surfing the web, scrolling through social media, going through your bills, or anything else that doesn't involve sleep or sex!

## 8. WORKOUT TIME



Working out is one of the three pillars of health; diet, exercise, and sleep. But here's the deal, if you're not able to recover from your training, you'll end up doing more bad than good. And one of the biggest causes for under-recovery is sleep deprivation.

So if your workout is impairing your sleep quality, it could be a recipe for disaster.

You see, in the gym, we're causing damage. This damage is good because it's what yields the adaptations necessary for us to build muscle. The problem is, the majority of

the recovery process happens in our sleep and if we're not maximizing our sleep quality, our workout becomes, essentially, futile.

The question then becomes, how would a workout hinder my ability to achieve anabolic sleep? As explained in the previous chapter, working out at the wrong time can be limiting the amount of reparative sleep you're getting.<sup>5</sup>

**ANABOLIC SLEEP TECHNIQUE:** 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!).

**Side Note:** 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 3-5 p.m., you should have no problem being ready for bed by 10 o'clock. That's more than enough time to balance hormones and decrease your core body temperature in time for bed.

**PRO TIP:** If the only way for you to get to the gym earlier is by waking up sooner, I'd recommend you do that, even if it means giving up an hour or two of sleep for a couple of days. Once your body has adapted to the earlier wake-up time, you'll also find that you're ready for bed a bit earlier as well. This will allow you to take full advantage of the workout time most conducive to anabolic sleep.

## 9. GET LEAN



If you're overweight, you're not going to maximize the amount of sleep you get. If you're sleep-deprived, you're going to have a hard time losing weight.

So which comes first—the decrease in body fat or the increase in sleep quality? The answer is both!

You should be keeping a mindful eye on your diet, exercising regularly, and practicing habits that result in better sleep.

At the end of the day, sleep deprived or not, you don't defy the laws of thermodynamics. In other words, the goal is to achieve a caloric deficit by consuming fewer calories than you're burning.

In the diet section of this chapter, I provided you with a formula you could use to determine how many calories you need to consume. If the goal is fat loss, however, you're going to have to ensure you're in a negative energy balance. *This can be achieved by either increasing your physical activity without increasing calorie intake or decreasing your calorie intake without decreasing physical activity.*

### **ANABOLIC SLEEP TECHNIQUE:**

1. Weigh yourself every morning for an entire week while adhering to your starting calories.
2. Get an average of your weigh-ins for that week.
3. Weigh yourself every morning for another week while adhering to the same calorie intake.
4. Get an average of your weigh-ins for week 2.
5. Subtract the week 1 average from the week 2 average.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	AVG. WEIGH-IN
186.6	185.2	185.6	186.2	186.2	184.8	N/A	185.7
184.2	185.6	186.6	184.8	184.8	N/A	184.4	185

If your average weight has gone up, you're eating too much. If your average weight has remained the same, you're at maintenance and should decrease your calorie intake by 250-500kcal per day. If your average weight has gone down, however, you're in a caloric deficit.

**Side Note:** It's critical that you continue to track your intake and record your daily weigh-ins. Armed with this data, fat loss becomes a breeze since you'll always know when you've stalled and how to break through that plateau. For example, when your weekly average weigh-in doesn't change, you have two choices: increase physical activity or decrease calorie intake.

**PRO TIP:** Include some Anabolic Running circuits into your training when it's time to increase physical activity. These high-intensity bouts are great for burning a ton of calories in a very short period of time.

Anabolic Running Sample Workout:

Warm up: 5 minutes

Sprint 20 seconds / 100% effort / (breathing through your nose)

Rest 2-3 minutes

Sprint 20 seconds / 100% effort / (breathing through your nose)

Rest 2-3 minutes

Sprint 20 seconds / 100% effort / (breathing through your nose)

Rest 2-3 minutes

Sprint 20 seconds / 100% effort / (breathing through your nose)

Rest 2-3 minutes

Cool down: 5 minutes (walking)

## 10. THE ALCOHOL CUT OFF

Alcohol consumption may seem great for anyone finding it hard to fall asleep, but it's having a huge negative impact on your sleep quality. In fact, the sleep deprivation caused by alcohol-induced sleep may be the reason you're finding it hard to fall asleep in the first place.

Not only is it destroying your liver and making it hard for you to lose weight (because alcohol contains calories), but it's keeping you from achieving the best, most regenerative sleep possible.

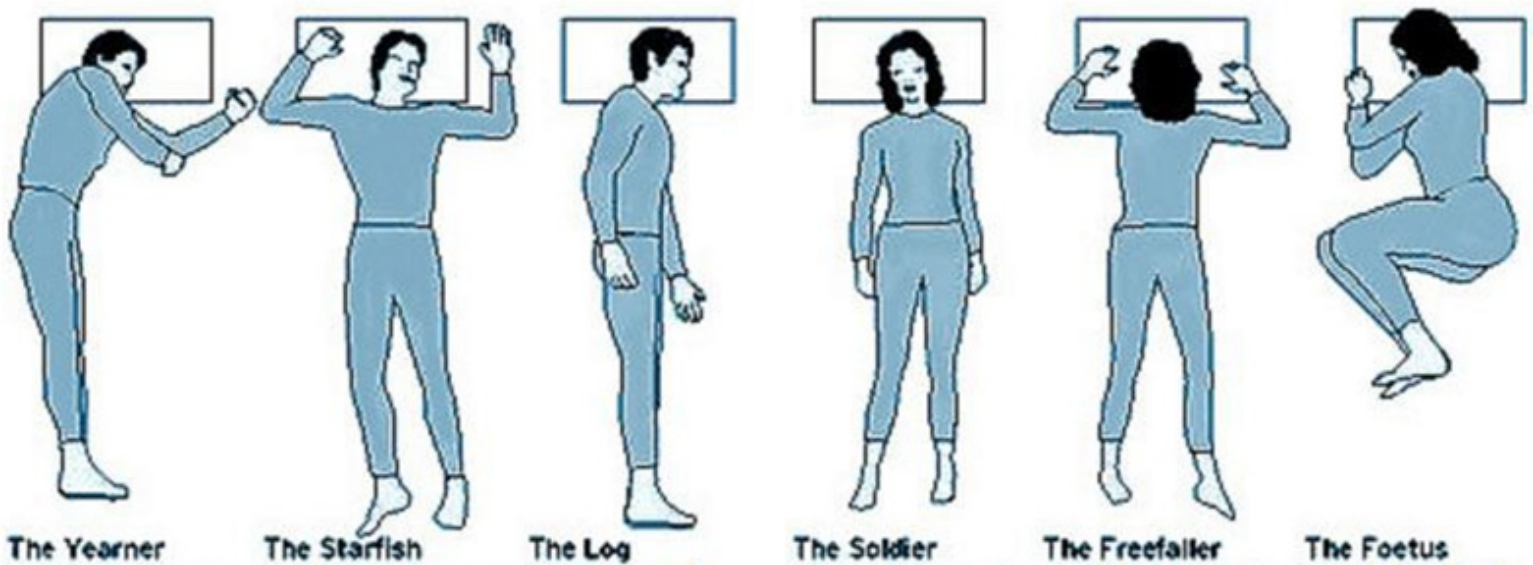
**ANABOLIC SLEEP TECHNIQUE:** Cut alcohol off 3-5 hours before bedtime. Consider cutting it off a bit earlier if you plan on drinking a lot. You may also need a bit more time if you're a lightweight (literally) or a leaner individual.

**Side Note:** Alcohol consumption being equal, a 200-pound dude with 20% body fat won't need as much time between alcohol and bedtime as a 115 female with the same body fat.

**PRO TIP:** Drink more water when consuming alcohol. Alcohol enters the bloodstream very quickly and water can help wipe out its effects by flushing out metabolic waste. Since alcohol is a diuretic, it increases the likelihood of dehydration. And rehydrating with more alcohol is a bad move. Instead, aim to consume 8 ounces of water with each alcoholic beverage.

## 11. BETTER SLEEP POSITION

All sleep positions are not created equal, even if you “feel” comfortable. Your sleep position, like most things, is created through repetition and that consistency eventually created a habit. So if you’re cozy in a particular sleep position, that doesn’t mean it’s not having a negative effect on your sleep quality.



**ANABOLIC SLEEP TECHNIQUE:** The most important facet of your sleep position is maintaining the integrity of your spine. This is why sleeping on your back is the ideal position to sleep in.

One of the biggest mistakes individuals make when sleeping on their back, however, is using large pillows. This is due to the misalignment in the curvature of your spine. Instead, use a smaller pillow that doesn't elevate your head too much.

**Side Note:** Like any other habit, sleep position is one you'll have to form. Although it may not feel comfortable or natural in the beginning, it's important that you try your best to always shift back to this position. Whenever you wake up in the middle of the night and find yourself in the wrong position, return to lying on your back.

**PRO TIP:** There are a few reasons lying on your back may not be the best choice. If you suffer from sleep apnea, are overweight, or snore more in this position, you may need to find an alternative.

**Lying –Down Face First:** The issue with this position is that it compromises you're your back by removing the natural curve of your spine. To combat this, lift one knee up to open your hips. Another tip would be to remove the pillow from under your head and place it underneath your belly and hips.

**Side-Sleeping:** Sleeping on your side could be great, but it can also cause numbness in your arm and fingers, making it much harder to enjoy a good night's sleep. To combat this, move your shoulder forward a bit rather than sleeping directly on it. Another useful tip would be to reduce the size of your pillow in order to keep the natural straight position of your spine.

## 12. BREATHING

If you're having a hard time falling or staying asleep due to inner chatter caused by stress or anxiety, you're activating the sympathetic nervous system—the opposite of what we need in order to achieve anabolic sleep.

The good news is, shutting it off by activating the parasympathetic nervous system (the rest and digestive system) can be done quite easily.

If we can hijack our respiratory system and gain control over it, we'll be able to bring our body back to a relaxed state.

### **ANABOLIC SLEEP TECHNIQUE:**

If you're ever in bed having an internal conversation with yourself, try this simple breathing technique to get relaxed and fall asleep easier.

- Sit up straight with your head facing forward and your shoulders relaxed.
- Inhale and think about filling your belly and lungs with air.
- With your shoulders nice and relaxed, take a deep breath through your nose. Fill your lungs with air and hold that for 2 seconds.
- Breathe out through your nose until you've complete emptied your belly and lungs of air and hold that for another 2 seconds.
- And repeat 5 times.

**Side Note:** A few rounds of focused deep breathing is typically enough to change your physiology and put you in a relaxed state. For some, however, it may take a few more rounds to achieve the desired outcome. If that's you, continue this breathing meditation for a few more rounds.



**PRO TIP:** Not able to relax despite attempting deep breathing meditation? Try this!

While you're lying in bed, take a deep breath, breathing in for 5 seconds. Hold that breath for 5 seconds and then release that same breath for another 5 seconds. Hold out the breath for 5 seconds and repeat. Do this a few times and then shift your focus to your breathing until you fall asleep.

## 13. NATURAL SLEEP SUPPLEMENTS

Earlier in this chapter, we discussed the benefits of consuming foods high in magnesium.

Magnesium helps to:

- Balance out blood sugar levels
- Optimize blood pressure
- Increase blood circulation
- Relax tense muscles
- Reduce pain
- Calm the nervous system

This powerful mineral is responsible for over 300 enzyme reactions and is found in all of your tissue (i.e. bones, muscles, brain, etc.). Although an extremely impactful anti-stress mineral, magnesium is quickly depleted from the body due to its numerous functions. This is likely the reason for magnesium deficiency being one of the most common mineral deficiencies in the world. In fact, it's been shown that 80% of people in the United States are deficient in magnesium.<sup>6</sup>

If that wasn't bad enough, research has shown that one of the most prominent symptoms of magnesium deficiency is insomnia.<sup>7</sup>

In addition, because we live in such a stressful environment these days and magnesium is quickly utilized, it's not likely that we'll get enough magnesium from our diet alone.

**ANABOLIC SLEEP TECHNIQUE:** Since you're not likely to get enough magnesium through diet alone, it's important that you meet your recommended daily allowance (RDA) by supplementing with magnesium.

*See the chart on the next page to determine how much magnesium you'll need to supplement with.*



**FEMALES**

<b>14-18 years</b>	360 mg/day
<b>19-30 years</b>	310 mg/day
<b>31 years and over</b>	320 mg/day
<b>Pregnant</b>	<i>Under 19 years: 400 mg/day 19 to 30 years: 350 mg/day 31 years and up: 360 mg/day</i>
<b>Breastfeeding</b>	<i>Under 19 years: 360 mg/day 19 to 30 years: 310 mg/day 31 years and up: 320 mg/day</i>

**MALES**

<b>14-18 years</b>	410 mg/day
<b>19-30 years</b>	400 mg/day
<b>31 years and up</b>	420 mg/day

Credit: WebMD

**PRO TIP:** 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).

## 14. GET UP EARLY



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.

**ANABOLIC SLEEP TECHNIQUE:** Set your alarm for 15-minutes earlier than your usual wake-up time. Wake up at this time for 3 days straight. Drop that time by 15 minutes and repeat. Continue this trend until you're at your desired wake up time.

**Side Note:** Once you've reached your desired wake-up time, wake up at this time 7 days a week. Eventually, you'll change your body's natural sleep pattern and you won't need an alarm to get you up.

**PRO TIP:** Having a start time avoiding the snooze button? Place your phone (or alarm) in your bathroom or somewhere far enough that you have to get up and walk to it. Movement creates energy and getting up to turn the alarm off will reduce the likelihood that you'll go back to bed.

Once the alarm is off, splash your face with water, brush your teeth, and make your bed. You'll never hit the snooze button again!

## FINAL WORDS

At this point, you know exactly why your sleep suffered and how to avoid those sleep disruptors to achieve maximum sleep. In the following chapters, we'll discuss how to create the perfect sleep environment so that you can fall asleep faster and avoid disruptions that kick you out of *anabolic sleep*.

# THE PERFECT SLEEP CAVE

It doesn't matter how well you've set yourself up to sleep throughout the day. If your bedroom is not optimized for *anabolic sleep*, you'll never maximize sleep quality.

In this chapter we're going to go over how to create *The Perfect Sleep Cave* so that you can fall asleep, stay asleep and reap the benefits of regenerative rest.

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## BLACK IT OUT



It's no secret that we sleep better in the dark. The reason is quite simple: darkness stimulates the production of melatonin, the "deep sleep" hormone.

When light hits our eyes, photoreceptor cells convert into nerve impulses that travel to our brain. This eventually results in impaired melatonin secretion. Because we produce melatonin the most between the hours of 11 p.m. and 3 a.m., it is absolutely crucial that we avoid even the slightest ray of artificial light.

***The question then becomes, how dark?***

Simply put, if you can see your hand out in front of your face, it's not dark enough.

You may think the obvious solution is an eye mask, but you're wrong.

You see, like your eyes, your skin has receptors that can pick up light. If there's light in your bedroom, your skin is picking it up and it's disrupting your sleep.

In fact, a recent study tested this by putting a fiber-optic cable behind the volunteers' knees and lit up a small part of their skin. Although the room was pitch black, the small amount of light behind the subject's knee was enough to cause a shift in the body clock.<sup>1</sup> Not only did it affect body temperature, but melatonin secretion was negatively impacted.

### **Blackout Tips:**

1. Get "blackout" curtains set up on every window in your bedroom.
2. Keep your phone off or out of your bedroom altogether.
3. Use an alarm clock with a red LED display (red light won't disrupt sleep and is a much better alternative to using your cell phone as an alarm).
4. If you're getting light creeping into your bedroom from beneath the door, roll up a blanket or towel and cover up that area.

## REMOVE THE TELEVISION

On average, Americans watch about 5 hours of television per day<sup>2</sup>. Perhaps you don't fall into that group; maybe you only watch TV at night as a way to treat yourself for a productive day. Here's the problem: not only does TV keep us up later, thus potentially limiting the number of hours we sleep, but studies suggest that watching TV actually interferes with our sleep cycles, too.<sup>3</sup>

If you want to ensure that your bedroom setting is conducive to *anabolic sleep*, then you must remove the television from your bedroom. Whether you're watching it at night or not, associating your bedroom with anything other than sleep can cause some serious sleep issues.

And if you think your phone or tablet is a loophole for watching movies at night, you're wrong. In fact, utilizing your cell phone and tablet in bed is just as, if not worse, than the television itself.

The blue light emitted by electronic screens trigger your body to produce cortisol. And when cortisol goes up, melatonin goes down. Perfect if the goal is poor quality sleep!

In fact, researchers found that the use of electronics that emitted blue light (i.e. tablets and cell phones) before bed had a huge negative impact on the body clock for sleep. Not only did subjects feel less sleepy, but they also had shorter REM sleep compared to subjects who avoided electronic devices at night.<sup>4</sup>

## CLEAR THE AIR

Does your room ever feel stuffy? This could be due to dust, chemicals (paint), overheating, and stale air. If we want to rid our room of this uncomfortable feeling, it's important that we clear the air.

When the air in our bedroom doesn't circulate, it becomes stagnant. This causes the ions in the air to lose their negative charge, making your bedroom a great host for bacteria. In other words, if the air in your bedroom isn't properly circulated, you could be making yourself sick.

### How to Clear the Air

1. **Crack a window:** allowing fresh air to come in through your window is a great way to re-energize the air in your bedroom. When the windows are open, the bad air is replaced with fresh air.
2. **Turn on a Fan:** Don't have windows in your bedroom—or perhaps it's too cold to crack them open? Use a fan to get the air in your bedroom circulating.
3. **Get a Houseplant:** Believe it or not, there are certain plants that can improve the air quality in your bedroom and have even been shown to improve sleep quality (see the resources page for a list of recommended houseplants).<sup>5</sup>

## MAKE IT COOL

A Dutch study had test subjects wear water-perfused thermo-suits to lower their skin temperature less than 1 degree Celsius to measure its impact on sleep. The results were twofold: (1) subjects didn't wake up as much throughout the night and (2) they spent more time in the deeper stages of sleep.<sup>6</sup>

Conversely, studies where they attempted to improve sleep with a heating blanket show that it actually disrupts sleep.<sup>7</sup>

It's no mystery that the temperature of the room—and your body—plays a huge role in the quality of your sleep.

You see, when it's bedtime, our internal body temperature drops in order to prepare us for sleep. If the temperature in the room is too hot, it can become a challenge for you to get high-quality 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.

## CONCLUSION

Now that we've created *the perfect sleep cave*, it's time to get some quality shut-eye. But if you're like me—and I assume you are because you're reading this book—it's easier said than done. If you're still having a tough time falling asleep, then fear not, because in the next chapter I am going to share some little-known *anabolic sleep hacks* that'll put you right to bed.

# ANABOLIC SLEEP HACKS

Insomnia can be a very difficult and frustrating problem, and it can have a significant impact on your health. Many people fear that prescription medications or over-the-counter sleep aids are the only methods available to manage insomnia, but there are several natural treatments that can help.

Why Is Insomnia a Problem?

Is it really that big a deal when you can't get to sleep? Experts say that if it's a chronic problem, then yes—it can be a big deal.

Left untreated, insomnia is implicated in many disorders, including:

- Depression
- Impaired cognitive function (particularly decision making)
- Cardiovascular disease (high blood pressure, heart disease)
- Stress-related disorders
- Impaired immune function

Perhaps you don't suffer from insomnia... maybe you just take longer than you'd like to fall asleep. In any case, the *anabolic sleep hacks* I am going to share in this chapter are for you.

## HERBAL REMEDIES

Herbal teas and supplements are said to be a gentle and effective way of bringing on sleep. Herbs with a reputation for promoting sleep include the following:

**Chamomile** - This is a long-held remedy for sleeplessness that is exacerbated by nervousness and anxiety. Drinking a cup of chamomile tea in the evenings before bed may be all you need - but it can have a slight diuretic effect, so drinking a cup an hour or so before bed might work better. You may also find it beneficial to drink it throughout the day, hot or cold, or mixed with other beverages.

**Valerian Root** - It makes an unpleasant tea, but many people have had significant success with taking valerian root capsules. Valerian is a natural sedative.

**Lemon Balm** - In contrast to valerian, lemon balm tastes very good and makes a lemony tea. Like chamomile, drinking a cup in the evenings may help promote sleep. You could mix it with chamomile tea as well.



## WATER SOUNDS

Some people find that soothing water sounds, such as rain, waterfalls, or crashing waves are great for sleeping better at night.

I don't know about you, but I get my best sleep when it's pouring rain outside.

If you're anything like I am, investing in a small tabletop fountain or mini-waterfall could pay huge dividends... in the form of quality sleep.

## DRINK 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!

## ORGASM

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.

**Oxytocin:** According to the research, this "love hormone" has a relaxing effect that counteracts the effects of cortisol. When our body produces oxytocin, it promotes the release of feel-good chemicals called endorphins. This surge of calming hormones can be the perfect set up for a good night's sleep.

**Serotonin:** This natural mood stabilizer is one of the biggest influencers of sleep in the body. This chemical takes control of the parts of the brain responsible for sleep and is critical in achieving a normal sleep pattern.

**Vasopressin:** This complex hormone has been found to increase sleep quality and decrease cortisol. And because it's released into the brain during orgasm, researchers believe that it has a relaxing, synergistic effect with oxytocin.

**Prolactin:** When researchers injected animals with prolactin, they became tired immediately. It's no surprise that this "sexual satisfaction" hormone is one of the main reasons you can fall asleep so easily after sex.

**Norepinephrine:** This sleep-regulator is involved in the synthesis of melatonin and helps regulate sleep cycles.

With this concoction of sleep-inducing hormones releasing after sex, it's hard to believe anyone would have trouble falling asleep following an orgasm.

## WARM BATH

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.

As we discussed in a previous chapter, 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.

## SELF 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.

## NEW MATTRESS

Do you remember how comfortable your bed felt and how good you slept when you slept on a brand new mattress?

If you're like most of us, probably not... because it's so dang long!

Be honest, when's the last time you replaced your mattress? The truth is, most of us are long overdue. Think about it. If I asked you why you haven't bought a new car, you'd probably say that your old car was running fine. If that car broke down, you'd probably then just get a new one. So it makes sense that you haven't purchased a new mattress. After all, it's still intact, right?

Here's the issue: most mattresses sag 25% within the first two years. From there, the rate of degradation only speeds up. But, because we spend so much time in bed, it's hard to notice any changes from day to day. The next thing we know, we're waking up with all kinds of aches and pains, and are becoming more and more restless.

If you haven't purchased a new mattress in 5-7 years, I'd highly recommend you do. *This could be the fastest and simplest solution to your sleep problems.*

Don't skimp out either! Most of us will easily drop \$50,000 on a car that we drive for 1 hour per day, but won't spend \$1000 on a mattress where we'll sleep 7-9 hours per night. Don't look at it as an expense, but rather, as an investment in your health.

If you're due for a new mattress, see the resources page for my recommendations.

# THE ANABOLIC SLEEP SHAKE

I was going to add this sleep inducing shake to the *Sleep Hacks* chapter, but it's so powerful I decided to give it its own section.

Before we jump right into the recipe, I want to go over the main ingredients and what role they play in high quality, *anabolic sleep*.

Some ingredients you're familiar with, others, not so much. In any case, these ingredients are all readily available in almost all parts of the world.

**Montmorency Tart Cherries:** These contain the largest amount of naturally occurring melatonin of any fruit. Not only do they help you fall asleep and stay asleep, but they provide these sleep benefits without the side-effects caused by other "sleep foods."<sup>1</sup>

Recent research has shown that tart cherries increase melatonin<sup>2</sup>, help with insomnia, reduce inflammation, and improve sleep quality.<sup>3</sup>

**Kiwi:** Research has linked this fruit to improved sleep quantity and quality. This is likely due to its high serotonin levels.<sup>4</sup>

**Banana:** Not only does it provide a barrage of micronutrients, but it adds a creamy texture to your shake and is packed with tryptophan, which provides sleep-inducing amino acids.

**Oats:** This high-carb grain contains both magnesium and calcium. Together, they've been linked to deeper, less interrupted sleep.<sup>5</sup> In fact, James F. Balch, M.D., author of *Prescription for Nutritional Healing*, said that a lack of these two nutrients would cause you to wake up in a few hours and be unable to fall asleep.<sup>5</sup>

**Peanut Butter:** Peanuts are a rich source of niacin, a nutrient that boosts serotonin levels.

**Raw Honey:** Our brains use a ton of energy while we sleep. A lot of this energy comes from glycogen; sugar stored in the liver. Having some extra sugar right before bed will help your brain function better at night, making for deeper, uninterrupted sleep.

**Casein Protein:** Although sleep is supposed to be the most critical time for our body to repair and rebuild new muscle tissue, muscle protein synthesis levels have been shown to be quite low during this time.<sup>6</sup> This is due to a limited availability of amino acids. Now, this doesn't mean you'll lose muscle while you sleep, but unless you've got the necessary nutrients available, you won't maximize recovery. If you want to ensure you're recovering effectively and growing in your sleep (building new muscle tissue) then you need to consume a slow-burning protein before bed, and there is no slower burning protein than casein.<sup>7</sup>

**Note:** *If you don't have access to casein protein or it doesn't fit the budget, a standard whey protein will get the job done.*

**Milk:** This is one of the top sleep-inducing foods and it's due to the dynamic duo, calcium and tryptophan. Calcium helps the brain use tryptophan to create melatonin, making milk the perfect foundation for a sleep-boosting shake or smoothie.

**Note:** *Are you lactose intolerant? Worry not! Soy and Almond milk both have their own sleep-boosting powers. Feel free to substitute the whole milk with your choice of soy or almond.*

## THE 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!



I'd recommend consuming the Anabolic Sleep Smoothie about 30 minutes before bed for best results.

# REMOVING ANABOLIC SLEEP BARRIERS

This is the section of the book that I wasn't planning on writing but may turn out to be one of the most critical components of this entire guide.

As I was preparing to write this program, I was reading a book called *Lifelong Writing Habits* by Chris Fox, an author who helps other authors get better and more efficient at writing.

In the book, he mentions a phenomenon known as *Propinquity*. Essentially, it's the effect that small barriers will influence our behaviors.

I'll give you an example: You wake up and you're craving a chocolate brownie. You went to bed thinking about it and you woke up in the morning desiring it for breakfast (I know, I know... people don't eat brownies for breakfast, but stick with me here). You jump out of bed, brush your teeth, and throw on your robe in preparation to drive right up the street to a nearby gas station. You walk outside and beautiful day. You get in your car, drive to the store, buy your brownie and you're happy.

Now let's modify this scenario a bit.

This time, when you walk outside, it's freezing cold. As soon as you open the door, the breeze hits you and your instincts are to quickly run back inside. Rather than dressing up a bit warmer and proceeding on your mission, you decide that maybe cereal is a better option. That's propinquity at work.

Think about...

How many times have you changed your mind about going somewhere just because your car was low on gas and you didn't feel like stopping?

We are inherently lazy and will typically opt for the path of least resistance.

If you're confused about what this has to do with your sleep quality, hear me out...

If you want to ensure that you're sticking to your Anabolic Sleep Routine, the first thing you must do is remove any and all barriers. The more of these that exist, the more likely you are to veer off the path of success.



Here are a few things I'd recommend:

- Have the anabolic sleep shake ingredients readily available – if you're running low, stock up!
- Make sure your morning alarm is set for the same time every single day.
- If you're used to grabbing a coffee on your way to work, buy a coffee maker and prepare it at home each morning. That way, in the event the line at Starbucks is too long, you won't have to miss out on the sleep benefits of early morning caffeine consumption.
- Remove your TV from your room – there's no need for the temptation of watching late night television when you're finding it hard to sleep.
- Don't want to binge eat junk food, here's a solution: don't keep junk food at home.
- Remove all alcohol from your fridge.

Not only are you removing barriers that will make it harder for you to stick to the routine, but you're creating barriers that make it tougher to veer off your course.

These simple steps will play a huge role in your overall success with the program. The easier you make it for yourself to avoid anti-sleep behaviors, the better the chances that you'll make pro-sleep decisions throughout the day.

# THE ANABOLIC SLEEP ROUTINE

**Important:** Everyone's life, schedule, and priorities are different. I am fully aware that not everything on this list will match up perfectly with your current situation. The main goal with the routine is not perfection, but consistency. The hours and tasks won't match up perfectly for everyone, and that's totally fine. Your aim is simply to stick to the routine as closely as your life allows. After all, the anabolic sleep routine is created to improve the quality of your life, not diminish it. I urge you not to stress about the minor details, and instead, do the best you can with what your current circumstances allow.

## MORNING

6AM - 8:30AM

RISE AND SHINE

6AM - 8:30AM

**GET 15-30 MINUTES OF DIRECT SUNLIGHT.**

Walking around your neighborhood, driving to work, or soaking in the rays from your desk (if you have access to natural light exposure) are all viable options.

7:30AM - 9:30AM

HAVE YOUR FIRST CUP OF COFFEE.

7AM - 10AM

WORKOUT - OPTION 1

## AFTERNOON

12PM - 3PM

IF WARRANTED, HAVE YOUR LAST CAFFEINATED BEVERAGE.

1PM - 3PM

WORKOUT - OPTION 2

5PM - 7PM

EVENING

## DINNER TIME

6:30PM - 7:30PM

CUT OFF ALL ELECTRONIC DEVICES (I.E. IPAD, LAPTOP, CELL PHONE, ETC.)

7PM - 7:30PM

BRING DOWN THE TEMPERATURE (60-68F).

7:30PM - 8:30PM

HAVE YOUR ANABOLIC SLEEP SHAKE OR SMOOTHIE.

8PM - 9PM

WARM BATH. ADD SLEEP LAVENDER BATH SALT FOR MAXIMUM RELAXATION AND BETTER SLEEP QUALITY.

8PM - 9PM

WIND DOWN AND RELAX.  
NO ACTIVITIES THAT REQUIRE A TON OF PHYSICAL OR MENTAL ENERGY.  
*Recommendations: Reading, Journal, Family Time*

8PM - 9PM

APPLY TOPICAL MAGNESIUM OINTMENT.

8:30PM - 9PM

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

7:30PM - 8:30PM

PERFORM YOUR SELF-MASSAGE OR DEEP BREATHING TECHNIQUE.

9PM - 10PM

BEDTIME

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## ANABOLIC SLEEP SHAKE

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