



# CREATE

# SLEEP

## Your sleep booster strategy.

Record your Sleep Booster Plan on this page. Everyone should start by turning down their lights 2–3 hours before going to bed, which optically triggers the production and release of melatonin, the neurotransmitter that induces sleep. Almost equally important is the screen curfew, as most digital screens emit a spectrum of blue light that disrupts melatonin secretion. So while we may doze off while watching television, our sleep quality is insufficient as it lacks adequate melatonin support.

Work back eight hours from when you need to rise each morning to determine your bedtime. Then, work back one hour to establish a sufficient screen curfew, and three hours to when you should begin dimming the lights and calming your brain before sleep. Add as many Sleep Booster Behaviors as possible, particularly those involving a bedtime routine and ideal sleep environment. Each day throughout the planner you'll be tracking what you Eat (and whether it was planned), Drink, how you Move, and your Sleep observations, along with which Sleep Boosters you applied.

Often when establishing healthy habits in order to transform your health and your body, you must simply trust the process long enough to begin seeing results (see Troubleshooting on page 45 to know when blind faith isn't enough). Sleep is different, though. You might need to experiment with Sleep Booster combinations until you find one that consistently works well for you, and that experimentation should begin right away.

Approach your sleep as a scientist conducting an important investigation. Your mission is to create the most scientifically-sound sleep boosting program possible using good experimental technique, which requires proper data collection as well as objective analysis and Sleep Booster testing.

If you find that a select few Sleep Boosters work to encourage optimal sleep, that is all you need. You may find you need to implement several or all of the Sleep Booster Behaviors. If, however, your established bedtime routine combined with the right sleep environment does not result in consistent optimal sleep, ensure you are avoiding the Sleep Disruptor Behaviors. If all is in place there, begin by adding one of the Sleep Booster Supplements until you establish the proper regimen for your optimal sleep efficiency.

### Sleep booster strategy

Time up each morning	..... am
Count back 8 hours	- 8
Bedtime that allows at least 8 hours sleep	..... pm
Screen curfew (bedtime – 1 hour)	..... pm
Lights down time (bedtime – 3 hours)	..... pm

### Bedtime routine: