

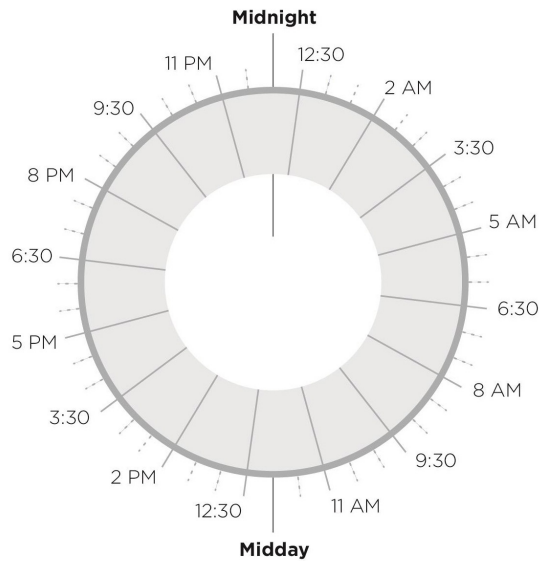
YOUR *sleep* SCHEDULE



HEALTHY
HOSPO



LION



Circle Below

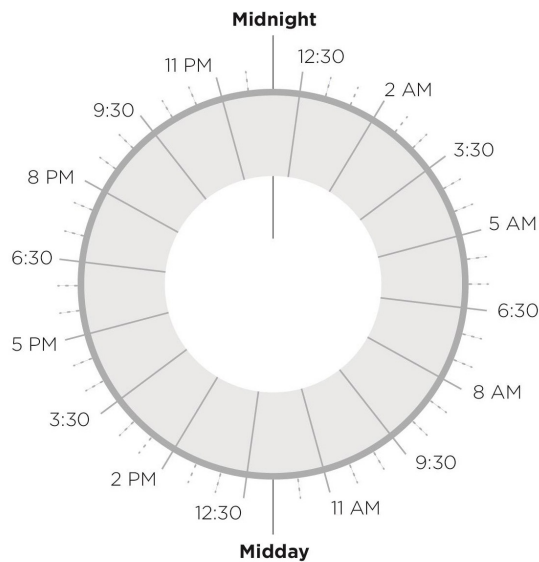
Shift Type: Day Night Split

Sleep Cycles: 2 3 4 5 6

30min Control Recovery: 1 2

90min Nap: Yes No

Notes:



Circle Below

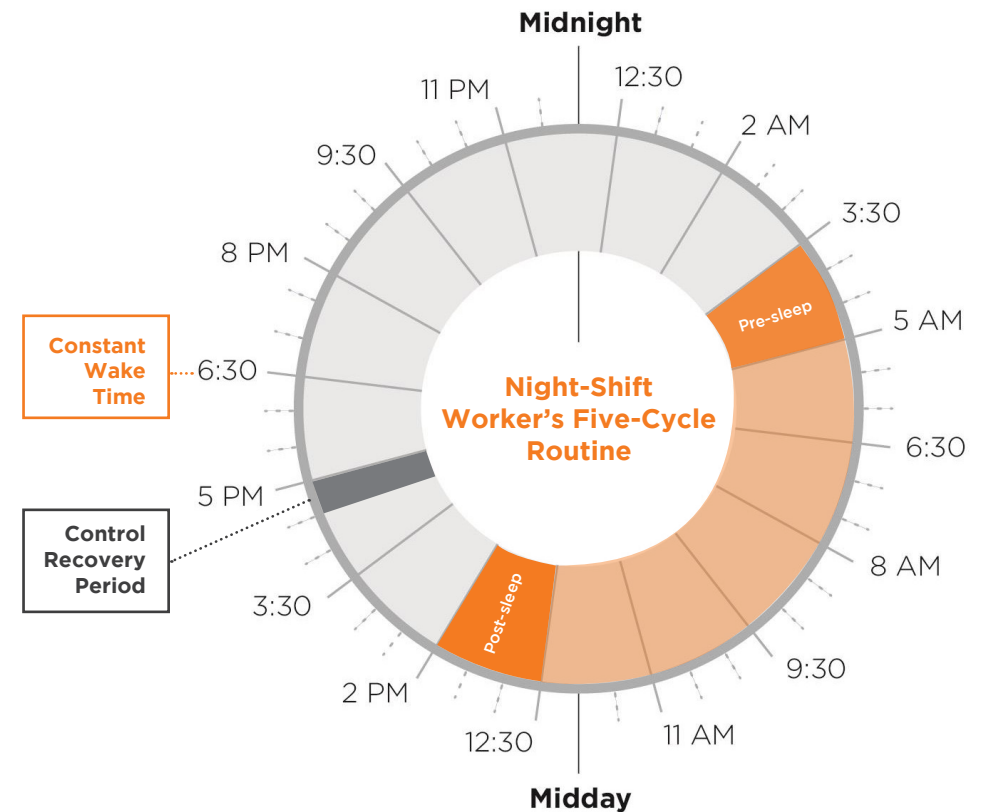
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30min Control Recovery: 1 2

90min Nap: Yes No

Notes:



Guidelines:

Our biology does not work in hours it works in 90min cycles. Your goal is to aim for 35 x 90min cycles per week to optimize your sleep quality.

Steps:

- Map your cycles backward from your planned wake time
- Try to achieve 5 consecutive cycles.
- If you fall short, plan a controlled recovery period or nap.
- Calculate how many cycles are in your 7-day plan?

YOUR *sleep* STRATEGIES



HEALTHY
HOSPO



LION



Day 1: Baseline

- (a) Download your sleep cycle app
- (b) Measure your sleep quality for 7 days
- (c) Test your sleep strategies against how deep sleep cycles

*You should be getting 2 hours of deep sleep every 24 hour period.

Day 2: Schedule

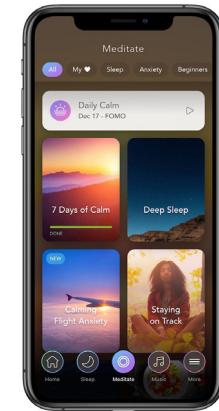
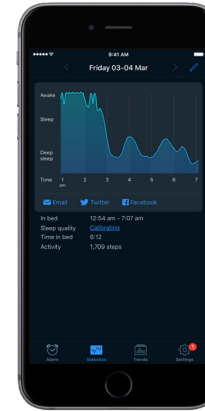
Day 3: Light

Day 4: Environment

Day 5: Eat & Drink

Day 6: Products

Day 6: Stress



Sleep Cycle

To download your free sleep cycle app go to:

sleepcycle.com

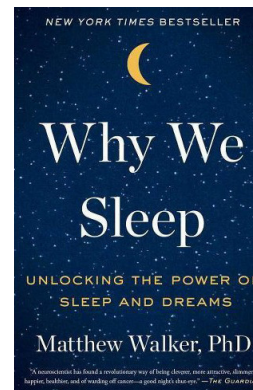
*Compatible with apple or android.



To download an app with great breathing / calming exercises go to:

calm.com

*Compatible with apple or android.



Mathew Walker "ted talks"

- [www.youtu.be/5MulMqhT8DM](https://www.youtube.com/watch?v=5MulMqhT8DM)
- Book purchase - amzn.to/2KxHpcR

Joe Rogan Sleep expert Mathew Walker

- [100www.youtu.be/pwaWiLO_Pig](https://www.youtube.com/watch?v=100www.youtu.be/pwaWiLO_Pig)