



SLEEP

THE T-BOOSTING SECRET WEAPON.

Evening routine

Creating the right evening routine is crucial to improving sleep and therefore as a byproduct boosting testosterone, reducing cortisol and stabilising the hormones that increase appetite.

We have 6 steps every night to ensure you reach your sleep targets. Here is a quick overview.



Relax

Use box breathing to shift from a sympathetic state to a parasympathetic state.

Breathe in through the nose for 4 seconds, hold for 4 seconds, breath out for 4 seconds, hold for 4 seconds. Repeats for 10-30 reps until relaxed.



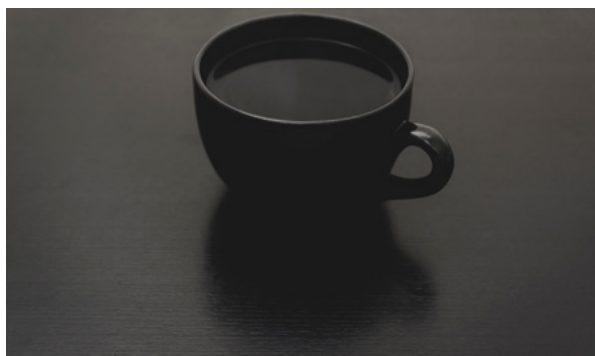
No booze

Keep alcohol levels to an absolute minimum for the 14 days will help you to improve the quality and quantity of your sleep and also help improve testosterone levels in its own right.



Reduce screen time

Cutting down screen time will prepare your body for sleep and also help reduce stress, anxiety and excitement. Aim to dim lights and shut off computer / phone / laptop for 90mins before bed.



No caffeine after 1pm

Reducing caffeine intake will help reduce cortisol levels and improve quality of sleep. Even if you fall asleep with no problems after caffeine consumption it will be still impacting your sleep cycles.



Go to bed earlier

An obvious one but essential. Get to sleep earlier to improve productivity and testosterone production the next day.



Don't snooze

Don't hit snooze in the morning. Set your alarm as late as possible and when it goes off get up. Try and then avoid phone screen time and caffeine for the first 60 mins of your day.

7 day review

Use this 7 day planner to track your results over the 7 days.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Relax Steps Y/N							
Alcohol consumed Y/N							
Caffeine Reduced Y/N							
Bed Early Y/N							
No Snooze Y/N							
Hours Asleep Y/N							
Quality of Sleep 1-10 Y/N							