



28 DAY CHALLENGE

SLEEP

Sleep

Getting good quality sleep is crucial for optimum testosterone, muscle recovery plus good health and wellbeing. Here are some steps you can take to improve your sleep:

Stick to a regular sleep schedule: Go to bed and wake up at the same time every day, even on weekends if possible.

Create a bedtime routine: Develop a relaxing bedtime routine to signal to your body that it's time to sleep. This can include taking a warm bath, reading a book, or listening to calming music. Limit screen time and all bright light for 60-90 mins prior to bed!

Create a sleep-conducive environment: Your sleep environment should be cool, quiet, and dark. Make sure your bedroom is comfortable and free of distractions, such as electronic devices. Especially no phone or TV use in the bedroom!

Limit caffeine and alcohol consumption: Caffeine and alcohol can interfere with your sleep, so it's best to limit your intake, especially before bedtime. No caffeine past 2pm is a good idea for anyone on a regular sleep routine.

Avoid eating heavy meals before bedtime: Eating a large meal before bedtime can cause discomfort and disrupt your sleep. Eat dinner at least a few hours before going to bed.

Get regular exercise: Exercise is known to improve sleep quality, but avoid exercising too close to bedtime as it can be stimulating. Obvious one that we will be working on the whole time.

Manage stress: High levels of stress can make it difficult to fall asleep. Practice stress-reducing techniques, such as deep breathing, meditation, or yoga. If you feel stressed in the run up to bed try box breathing for 5-10 mins.

Here are the steps for box breathing:

Find a comfortable seated position and relax your body.

Breathe in through your nose for a count of four. Visualize drawing the breath up from your belly into your chest.

Hold your breath for a count of four.

Exhale through your nose for a count of four, visualizing pushing the breath out from your chest to your belly.

Hold your breath for a count of four.

Repeat the cycle of inhaling, holding, exhaling, and holding for several rounds or as long as you like.

Avoid napping during the day: If you have trouble sleeping at night, avoid napping during the day. If you must nap, keep it short and early in the day.

Consider sleep aids: If you have trouble sleeping there are some supplements we will talk about in the supplement section.

Early morning cortisol peak. This is probably one of the best ways. There are a few ways you can do this.

Cold exposure in the morning. A 2-3 min cold shower (as cold as you can take) early in the morning will help set your circadian rhythm.

Bright light in your eyes in the morning. 5-10 min of sun indirect exposure to your eyes (not looking directly at the sun) if you have the luxury. If not and sleep is a big issue for you then using a SAD lamp for 10-15min in the morning will be very beneficial.

Something like this is perfect - https://www.amazon.co.uk/Warmmodern-Adjustable-Brightness-Rotatable-Sunlight/dp/B0B6FRKLHF/ref=sr_1_2_sspa?crid=2T97VKR1JD54J&keywords=sad%2Blamp&qid=1682418551&sprefix=sad%2B%2Caps%2C201&sr=8-2-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&th=1