



Week 1

Getting the Best Sleep of Your Life



Sleep = Fuel for Performance

You sleep,
you win





You sleep,
you win

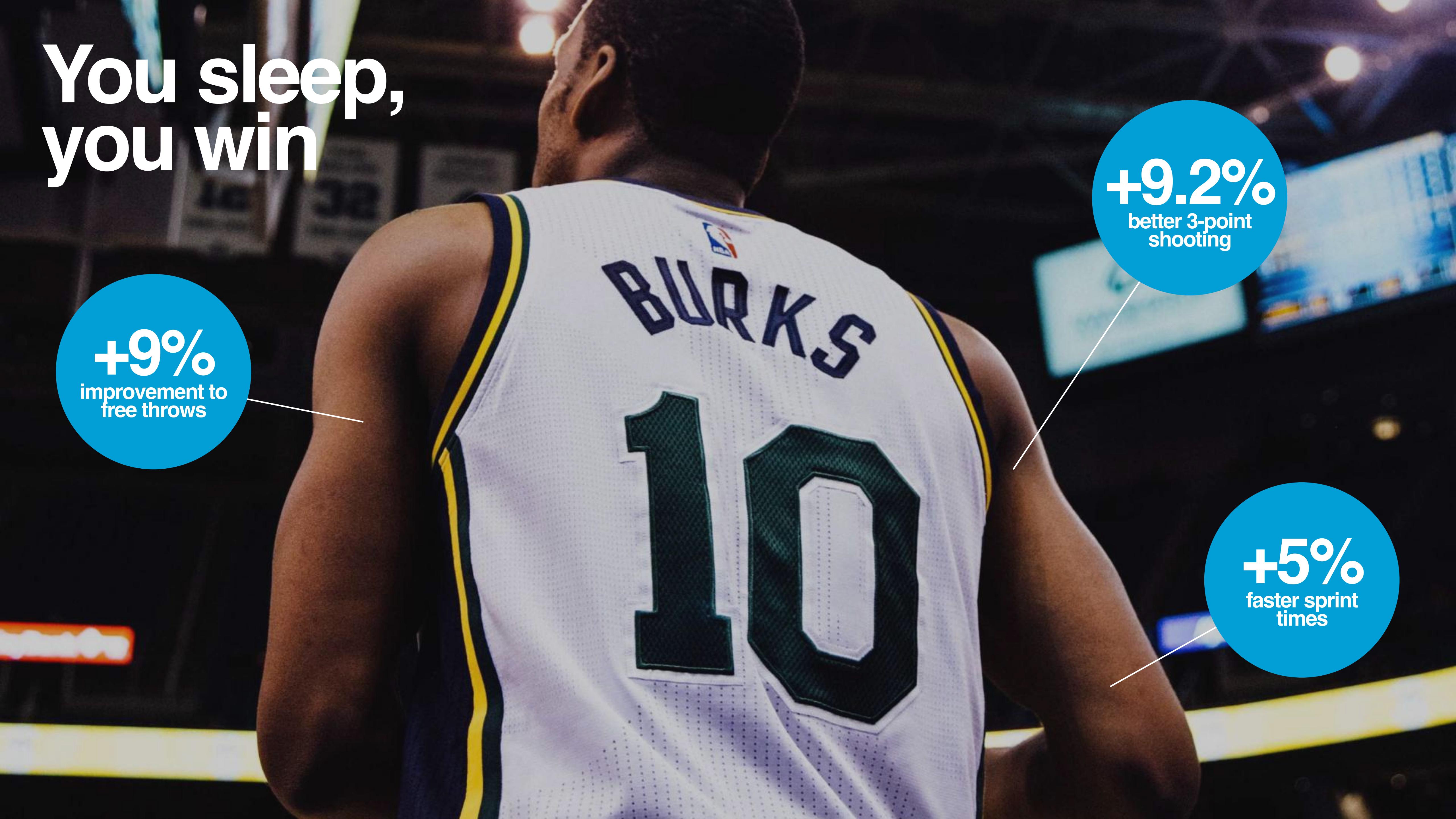
+9%
improvement to
free throws



You sleep,
you win

+9%
improvement to
free throws

+9.2%
better 3-point
shooting

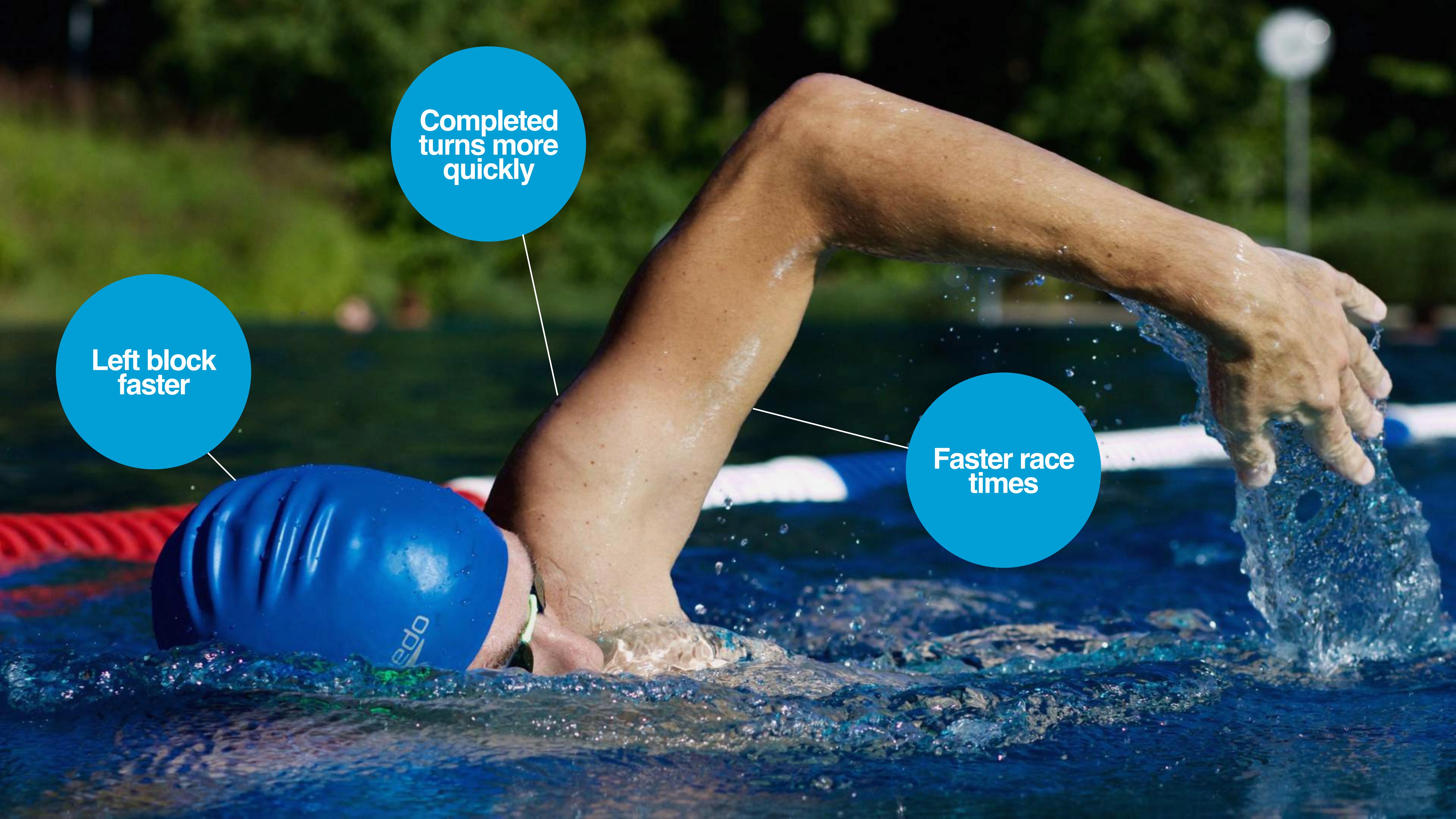


You sleep, you win

+9%
improvement to
free throws

+9.2%
better 3-point
shooting

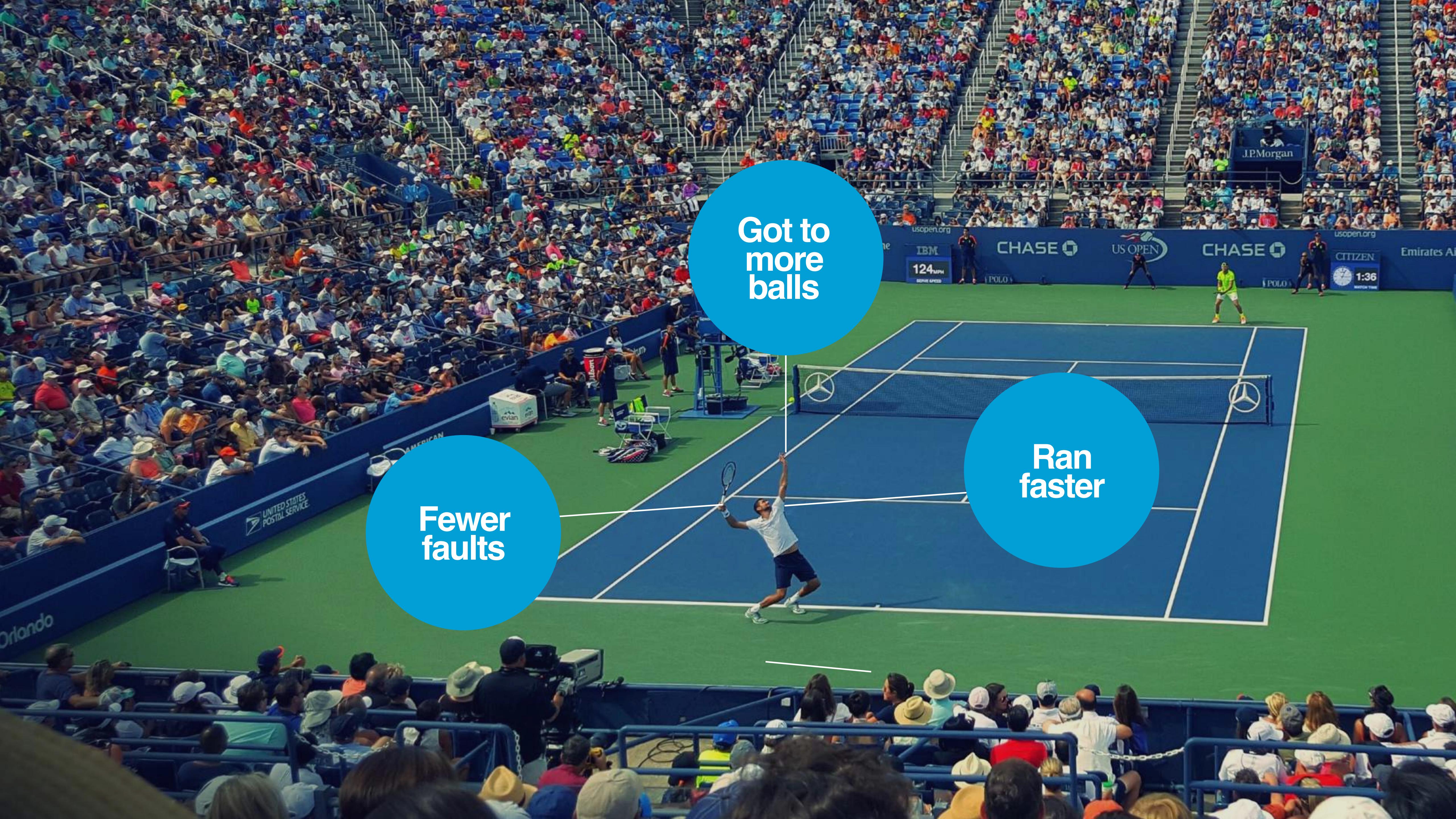
+5%
faster sprint
times



**Left block
faster**

**Completed
turns more
quickly**

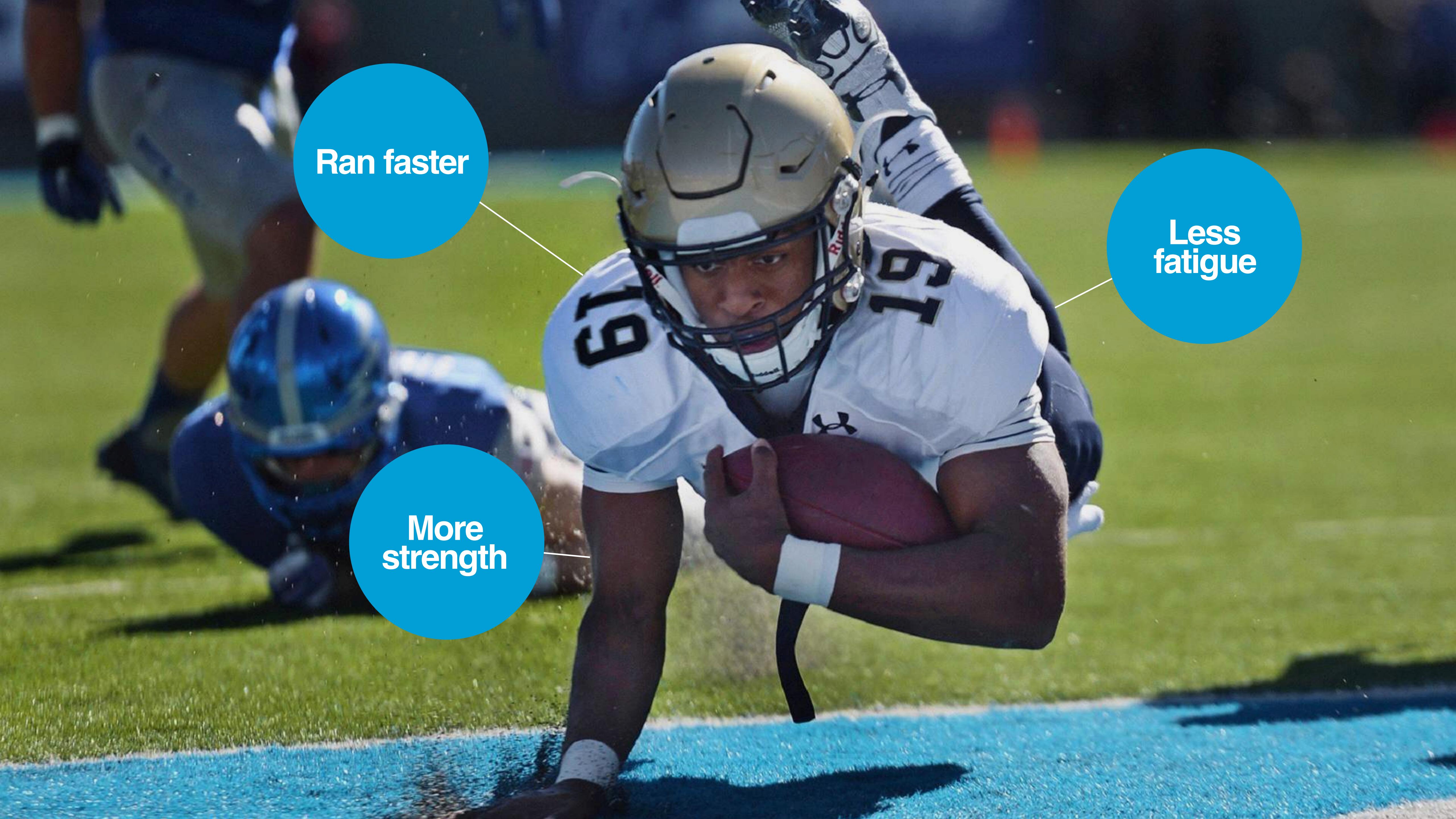
**Faster race
times**



Fewer
faults

Got to
more
balls

Ran
faster



Ran faster

Less
fatigue

More
strength

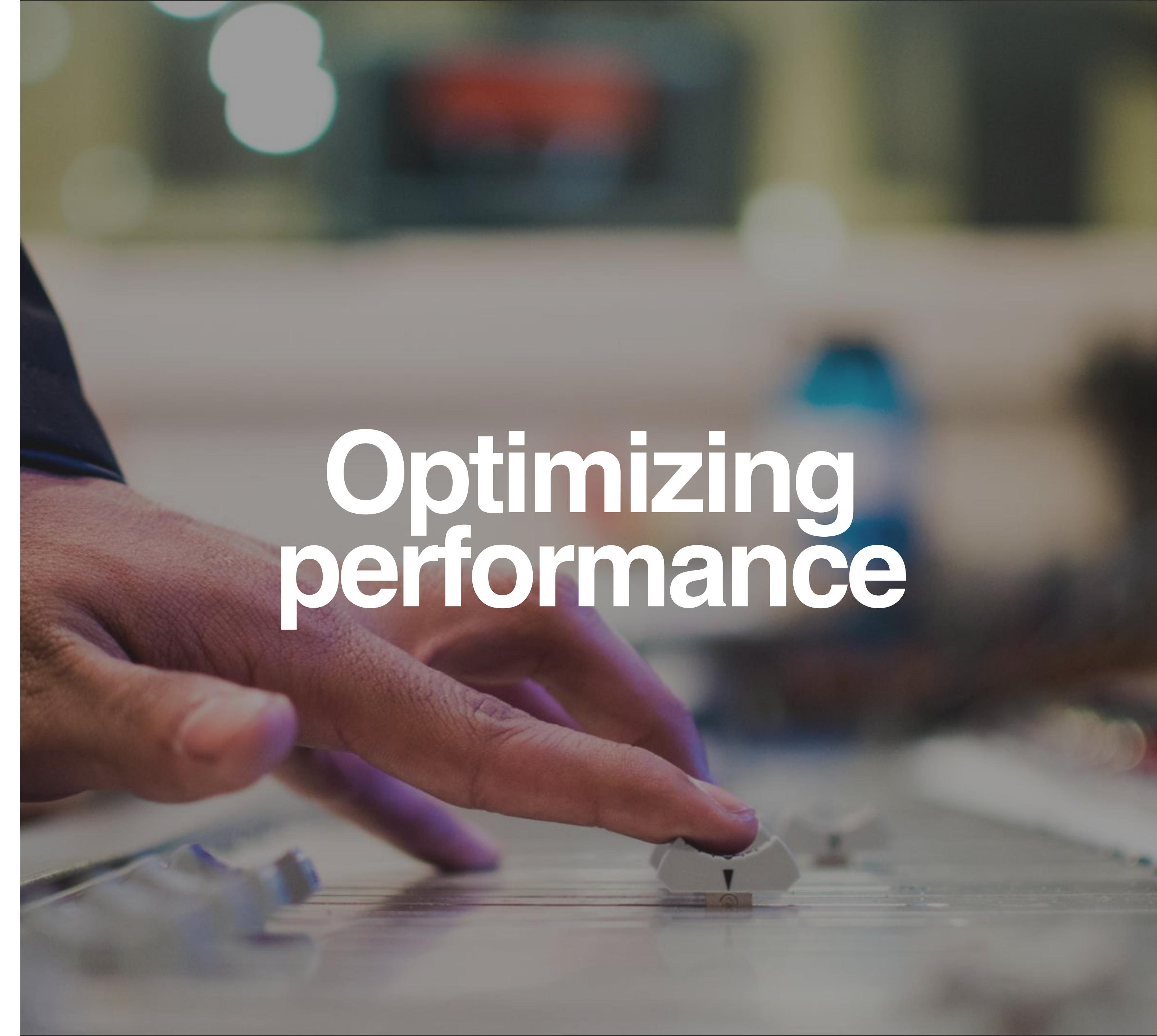
Longer career



Sleep is an *active* process

**What your
brain is
doing while
you're asleep**

**Optimizing
performance**



**What your
brain is
doing while
you're asleep**



**Removing
waste**

**What your
brain is
doing while
you're asleep**



**Building
immunity**

**What your
brain is
doing while
you're asleep**

**Driving
growth**



**What your
brain is
doing while
you're asleep**

**Facilitating
learning**





The benefits of being fully rested

- ▶ Higher alertness



The benefits of being fully rested

- ▶ Higher alertness
- ▶ Greater energy



The benefits of being fully rested

- ▶ Higher alertness
- ▶ Greater energy
- ▶ Improved thinking



The benefits of being fully rested

- ▶ Higher alertness
- ▶ Greater energy
- ▶ Improved thinking
- ▶ Better judgement



The benefits of being fully rested

- ▶ Higher alertness
- ▶ Greater energy
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- ▶ Increased productivity



The benefits of being fully rested

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- ▶ Better judgement
- ▶ Increased productivity
- ▶ Fewer mistakes



The benefits of being fully rested

- ▶ Higher alertness
- ▶ Greater energy
- ▶ Improved thinking
- ▶ Better judgement
- ▶ Increased productivity
- ▶ Fewer mistakes
- ▶ Longer life



The benefits of being fully rested

- ▶ Higher alertness
- ▶ Greater energy
- ▶ Improved thinking
- ▶ Better judgement
- ▶ Increased productivity
- ▶ Fewer mistakes
- ▶ Longer life
- ▶ Better mood

What it's like to be a super-sleeper



What it's like to be a super-sleeper

A photograph of a woman sleeping peacefully in a bed. She is lying on her side, facing right, with her head resting on a white pillow. She is covered by a light-colored duvet. The background shows a wooden wall and a nightstand with a lamp and a small device.

25%
happier

What it's like to be a super-sleeper

A photograph of a woman sleeping peacefully in a bed with white linens against a wooden wall. Two blue circles with white text are overlaid on the image, pointing to the right side of the bed.

25%
happier

30%
more likely to
achieve goals

What it's like to be a super-sleeper

25%
happier

30%
more likely to
achieve goals

40%
less stress



What it's like to be a super-sleeper

25%
happier

30%
more likely to
achieve goals

40%
less stress

Significantly
wealthier



Are you getting enough sleep?

Are you getting enough sleep?

- ▶ Does a heavy meal, low dose of alcohol, warm room, boring meeting or lecture ever make you drowsy?

Are you getting enough sleep?

- ▶ Does a heavy meal, low dose of alcohol, warm room, boring meeting or lecture ever make you drowsy?
- ▶ Do you need an alarm clock to wake up at the right time?

Are you getting enough sleep?

- ▶ Does a heavy meal, low dose of alcohol, warm room, boring meeting or lecture ever make you drowsy?
- ▶ Do you need an alarm clock to wake up at the right time?
- ▶ Do you hit the snooze button to get more sleep?

Are you getting enough sleep?

- ▶ Does a heavy meal, low dose of alcohol, warm room, boring meeting or lecture ever make you drowsy?

- ▶ Do you need an alarm clock to wake up at the right time?

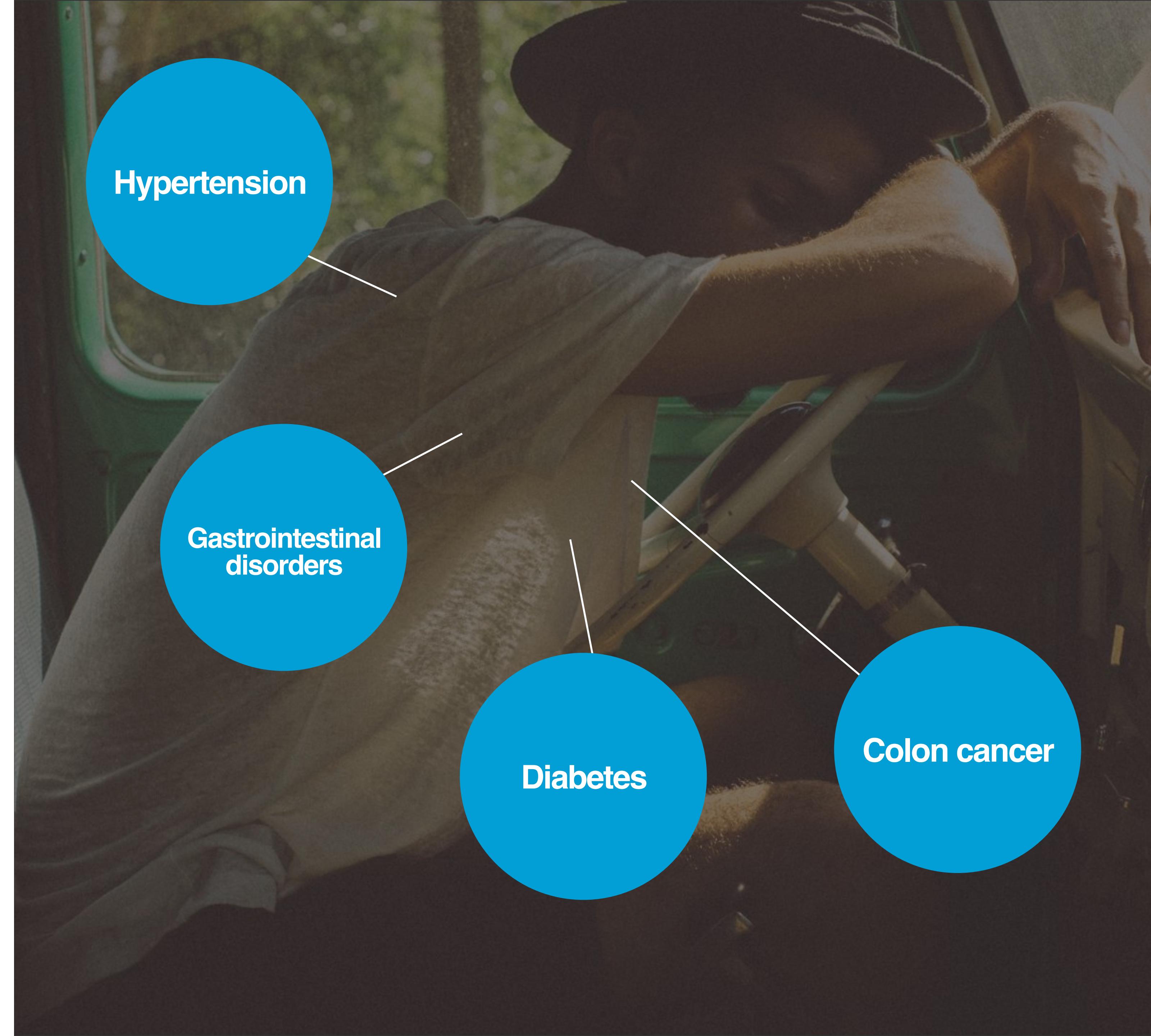
- ▶ Do you hit the snooze button to get more sleep?

- ▶ Do you fall asleep while watching TV?

Are you getting enough sleep?

- ▶ Does a heavy meal, low dose of alcohol, warm room, boring meeting or lecture ever make you drowsy?
- ▶ Do you need an alarm clock to wake up at the right time?
- ▶ Do you hit the snooze button to get more sleep?
- ▶ Do you fall asleep while watching TV?
- ▶ Do you sleep extra hours on weekends?

What happens when you deprive yourself of sleep



Hypertension

Gastrointestinal disorders

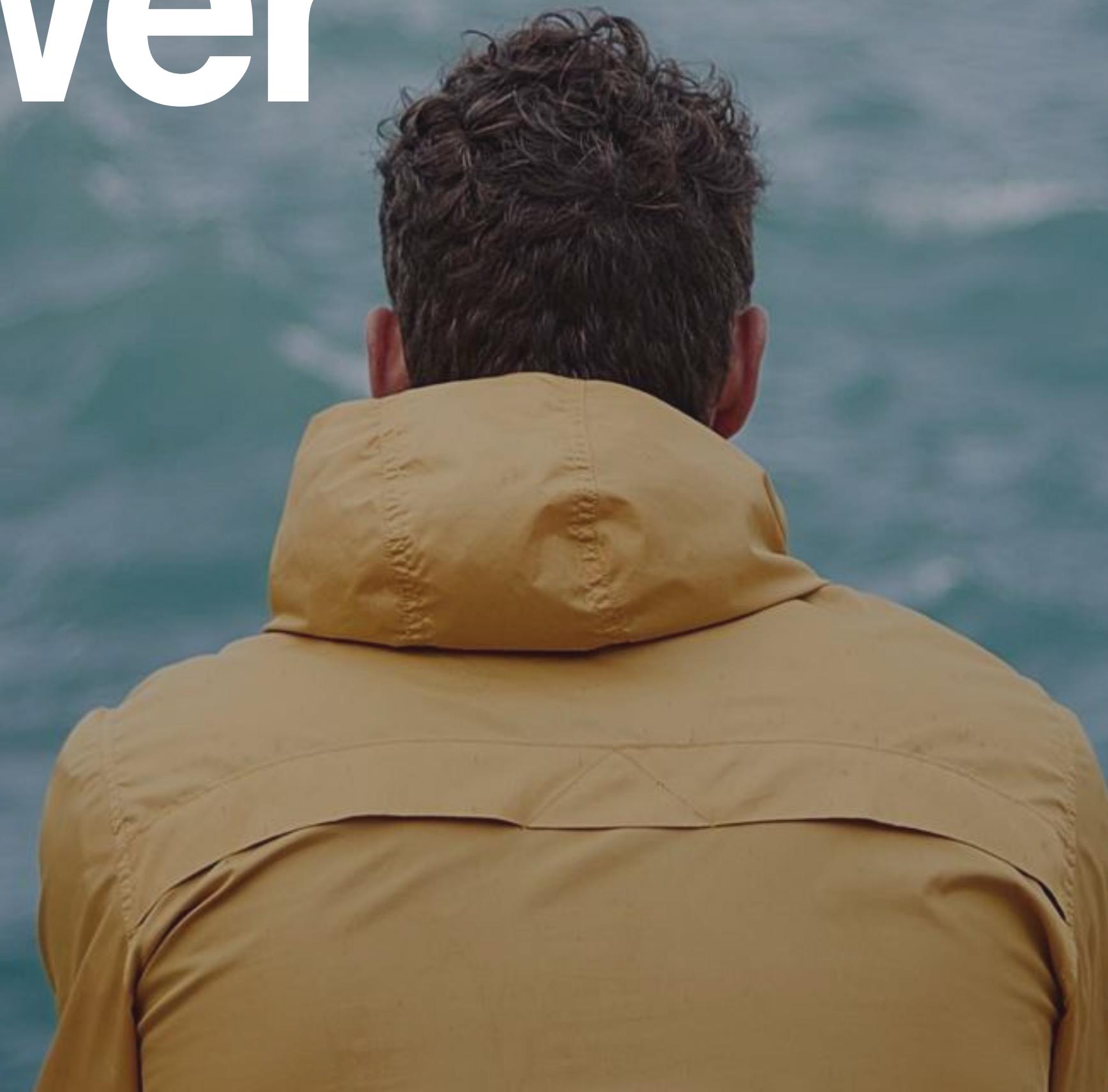
Diabetes

Colon cancer

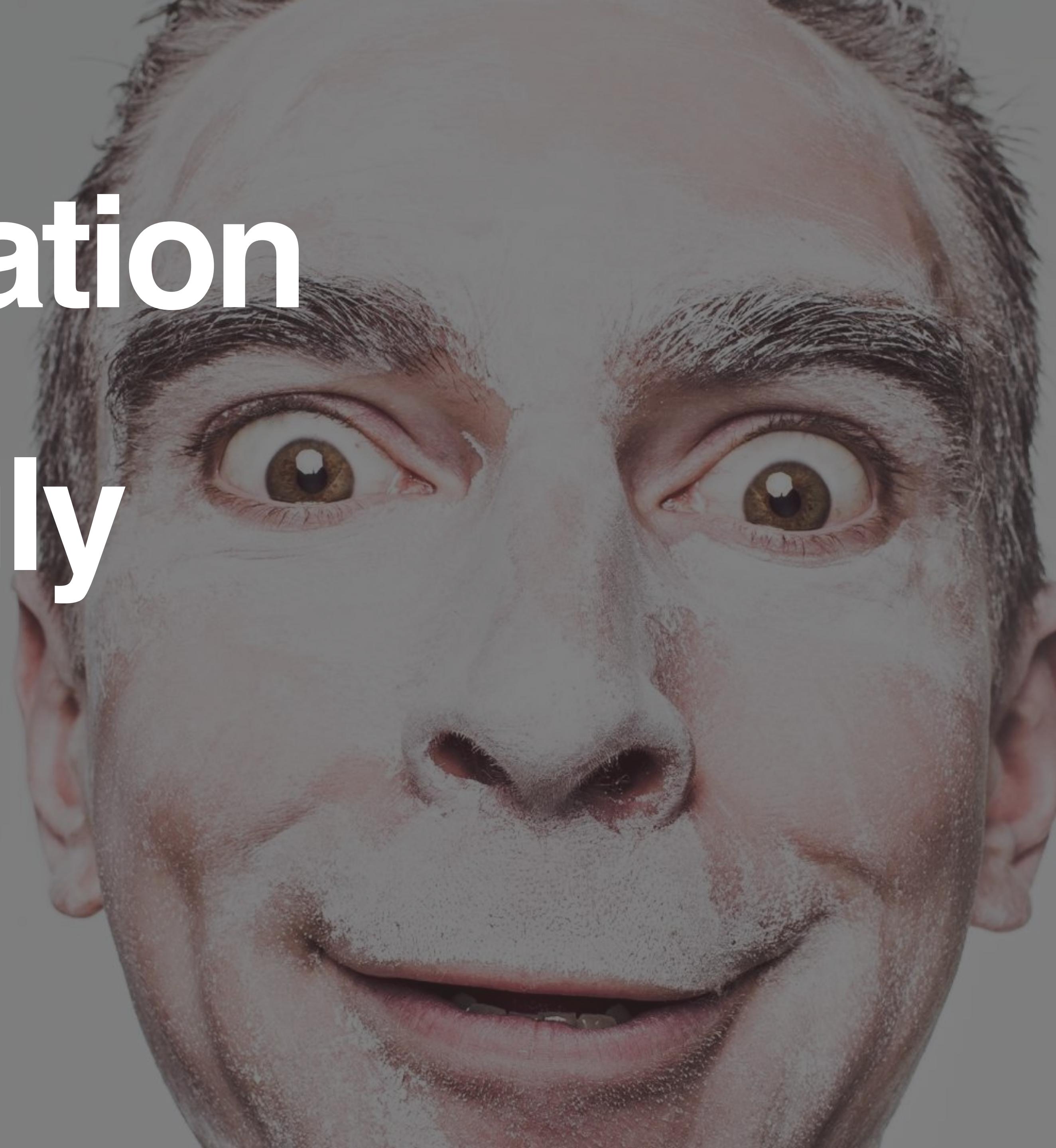


Sleep deprivation
makes life scary

Being tired
means we
take fewer
risks



Sleep
deprivation
makes
you ugly



Sleep
deprivation
makes you
fat



Sleep deprivation makes you fat

Compared with people who sleep 7-9 hours...

Sleep deprivation makes you fat

Compared with people who sleep 7-9 hours...

23%
more likely to
be obese

6
hours of
sleep

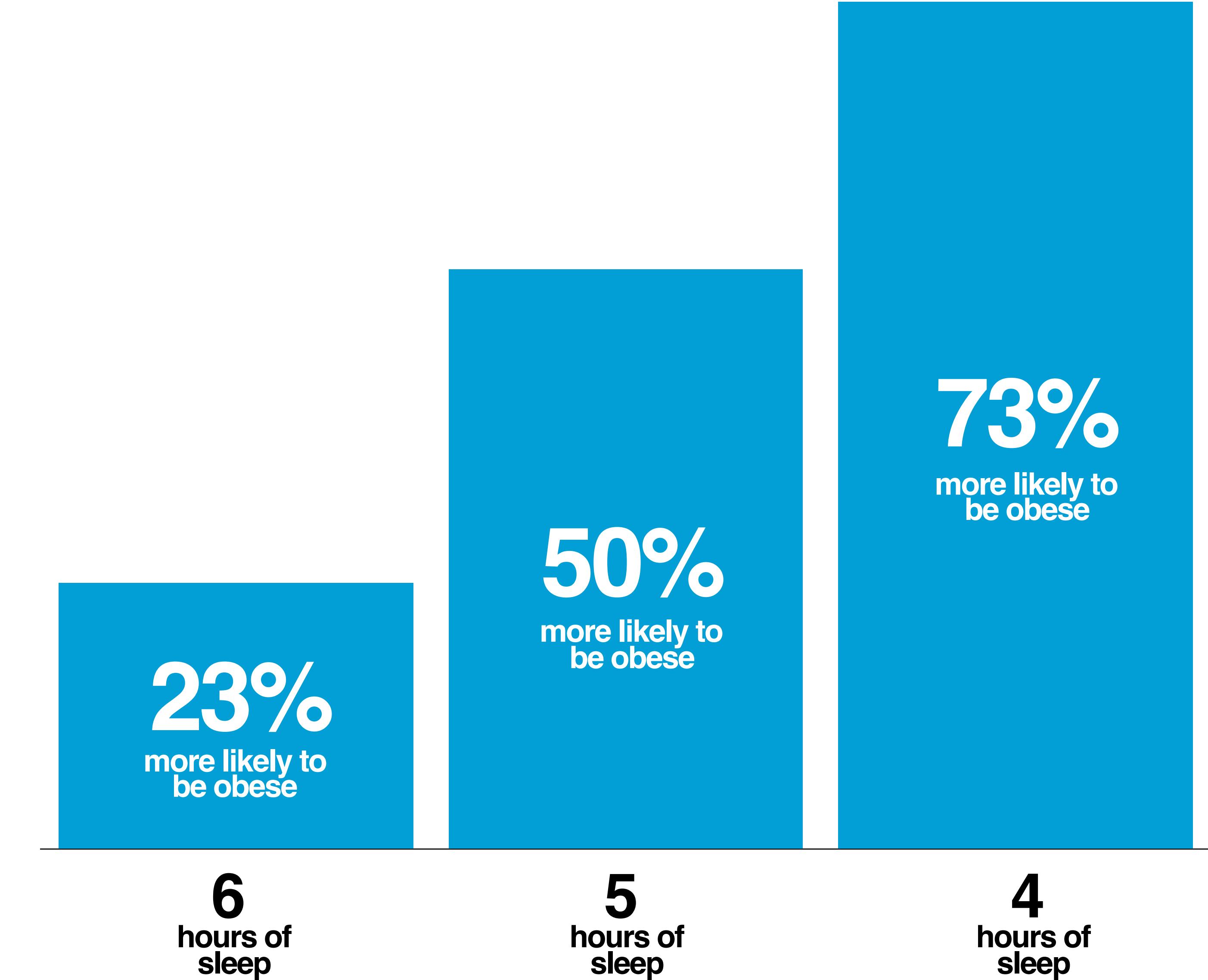
Sleep deprivation makes you fat

Compared with people who sleep 7-9 hours...



Sleep deprivation makes you fat

Compared with people who sleep 7-9 hours...



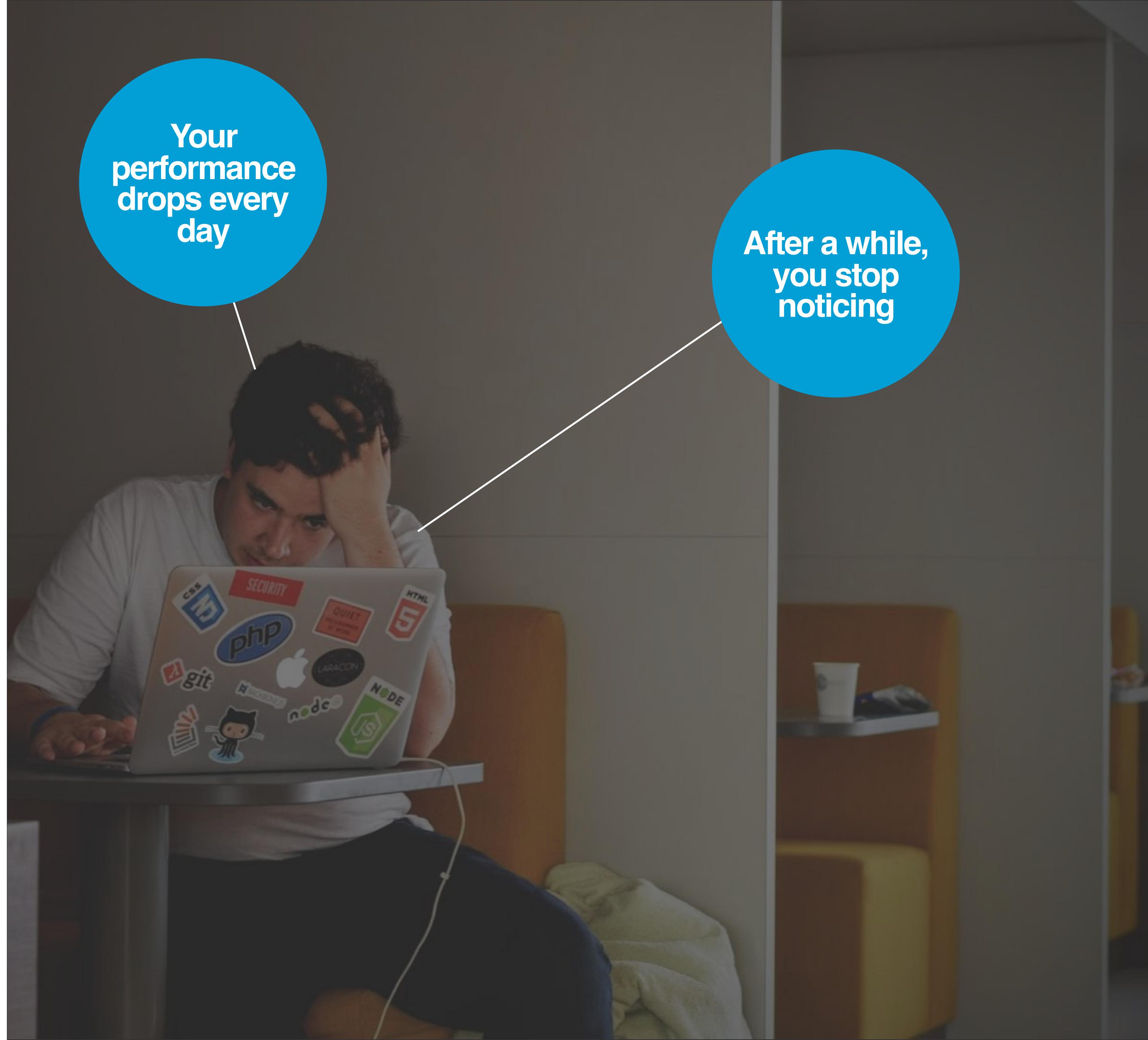
Sleep deprivation makes you dumber

(and you won't know it)



Sleep deprivation makes you dumber

(and you won't know it)



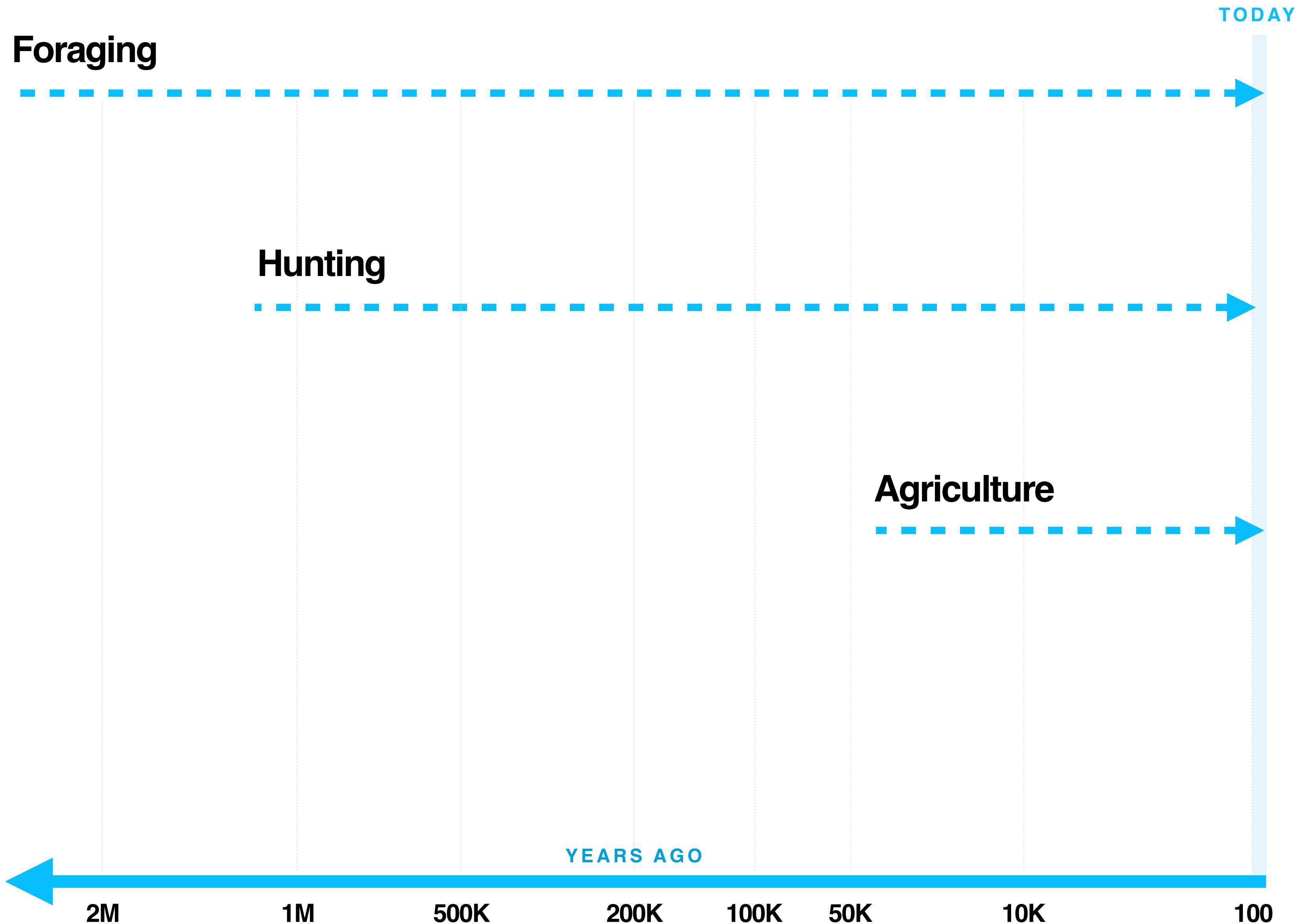
**There is a fundamental
mismatch between the way
most of us work and the way our
bodies are designed to operate**



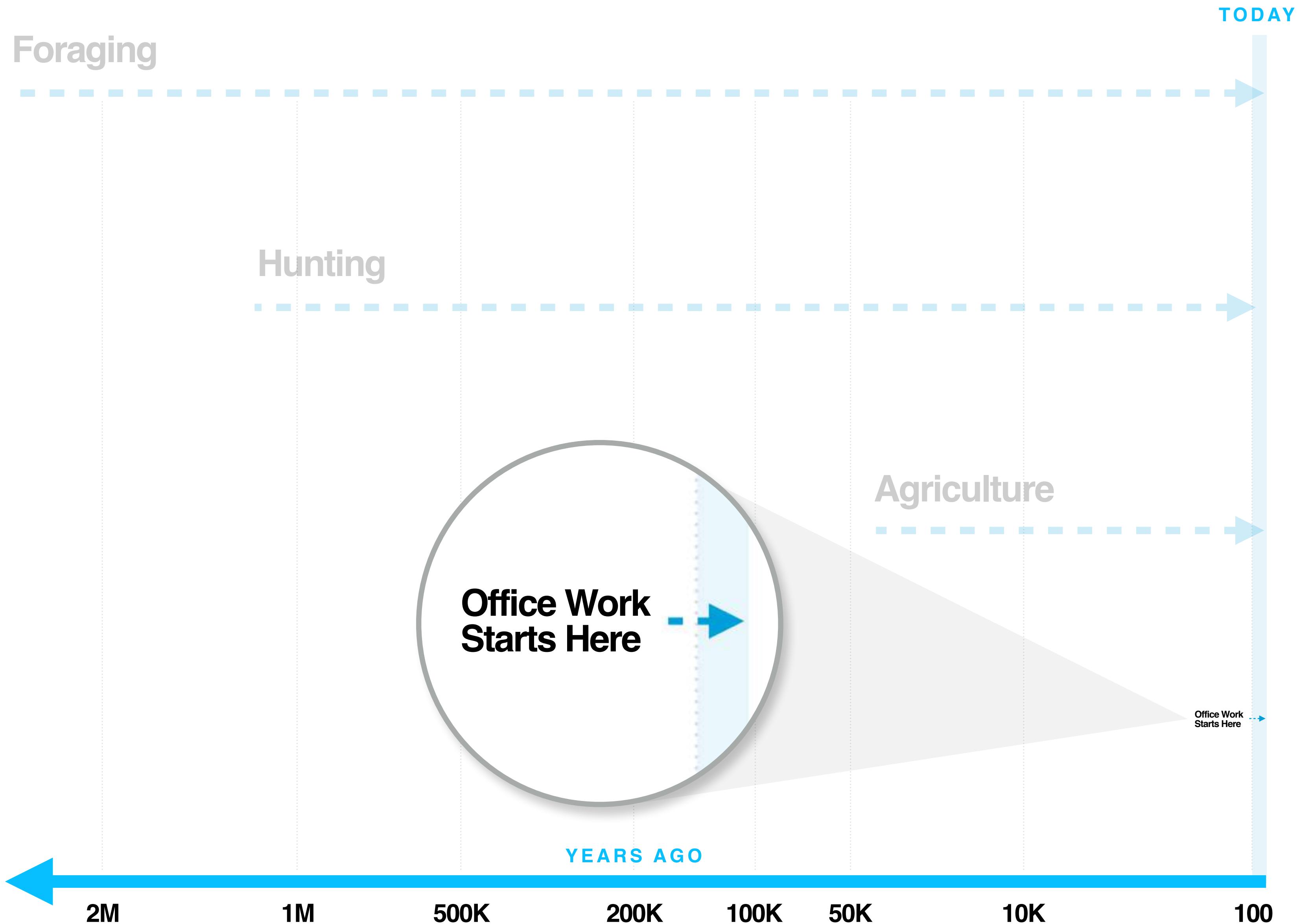
You evolved
for this



Human Activity Timeline



Human Activity Timeline



A landscape photograph featuring a large, gnarled tree trunk on the left side. The trunk is dark brown and textured. In the background, there is a dense forest of green trees. A body of water, possibly a river or lake, is visible, reflecting the surrounding greenery. The overall scene is natural and serene.

We evolved
for this

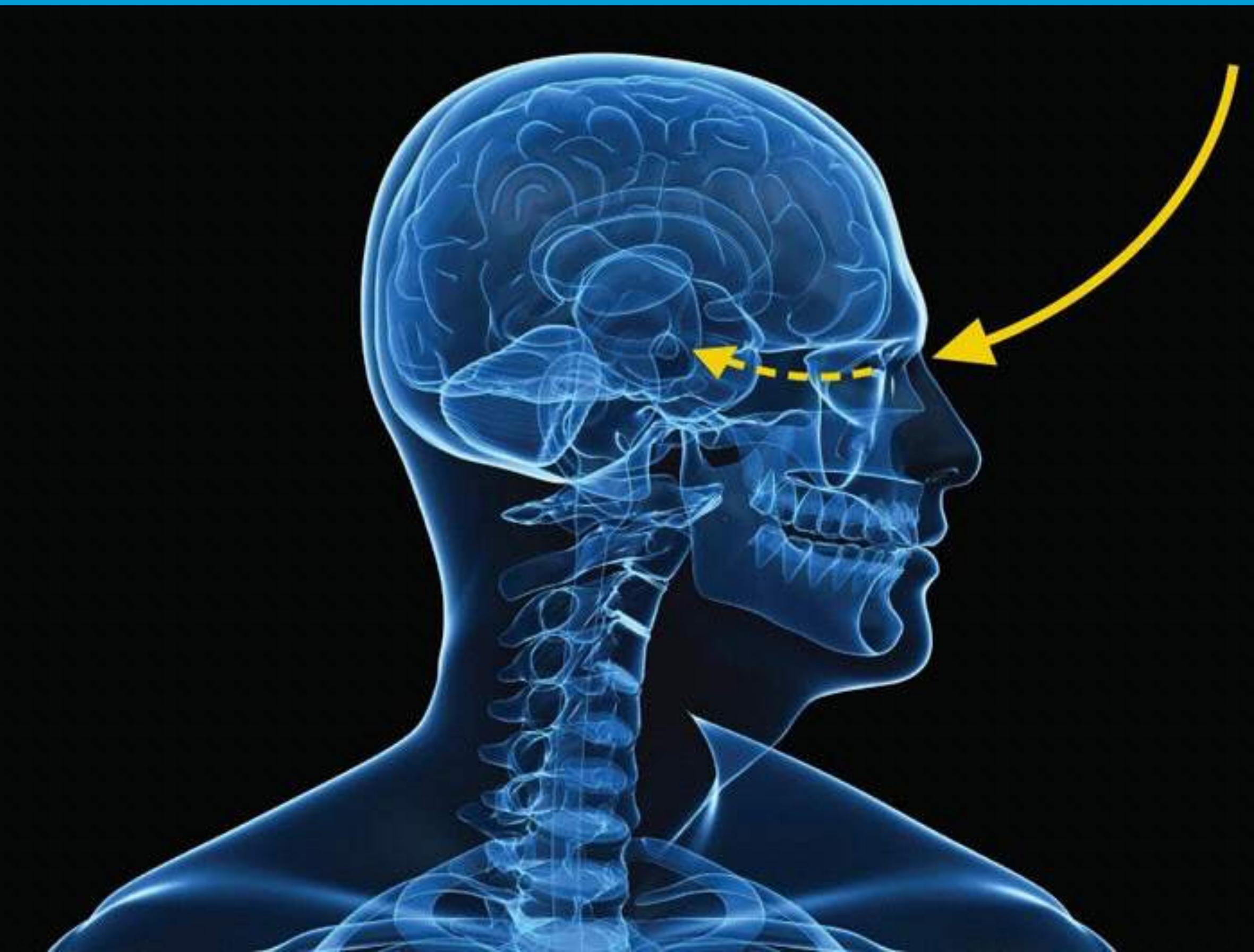


Not this

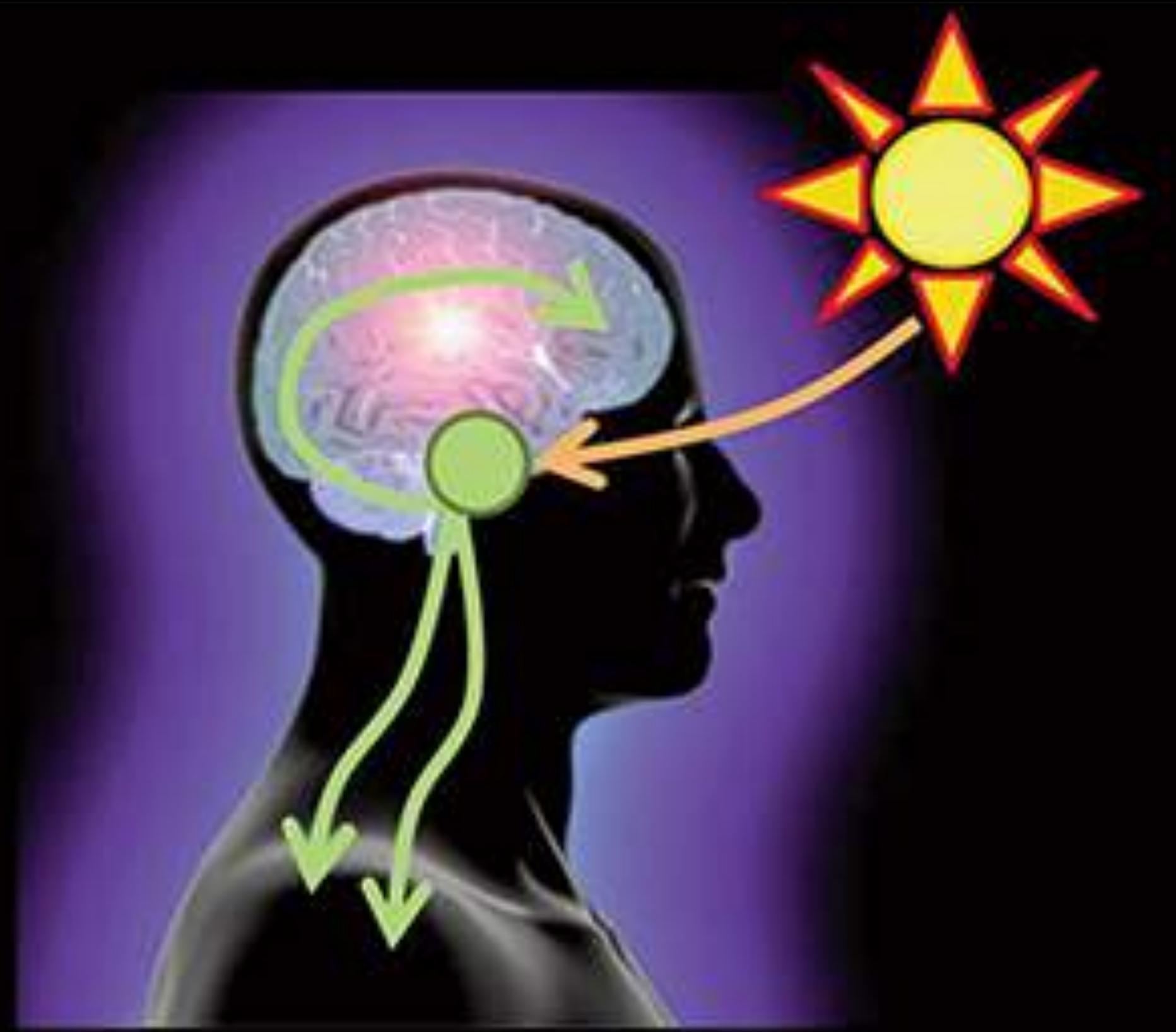
We spend
90% of our
days
indoors



**Meet your
Suprachiasmatic
Nucleus
(aka, your SCN)**

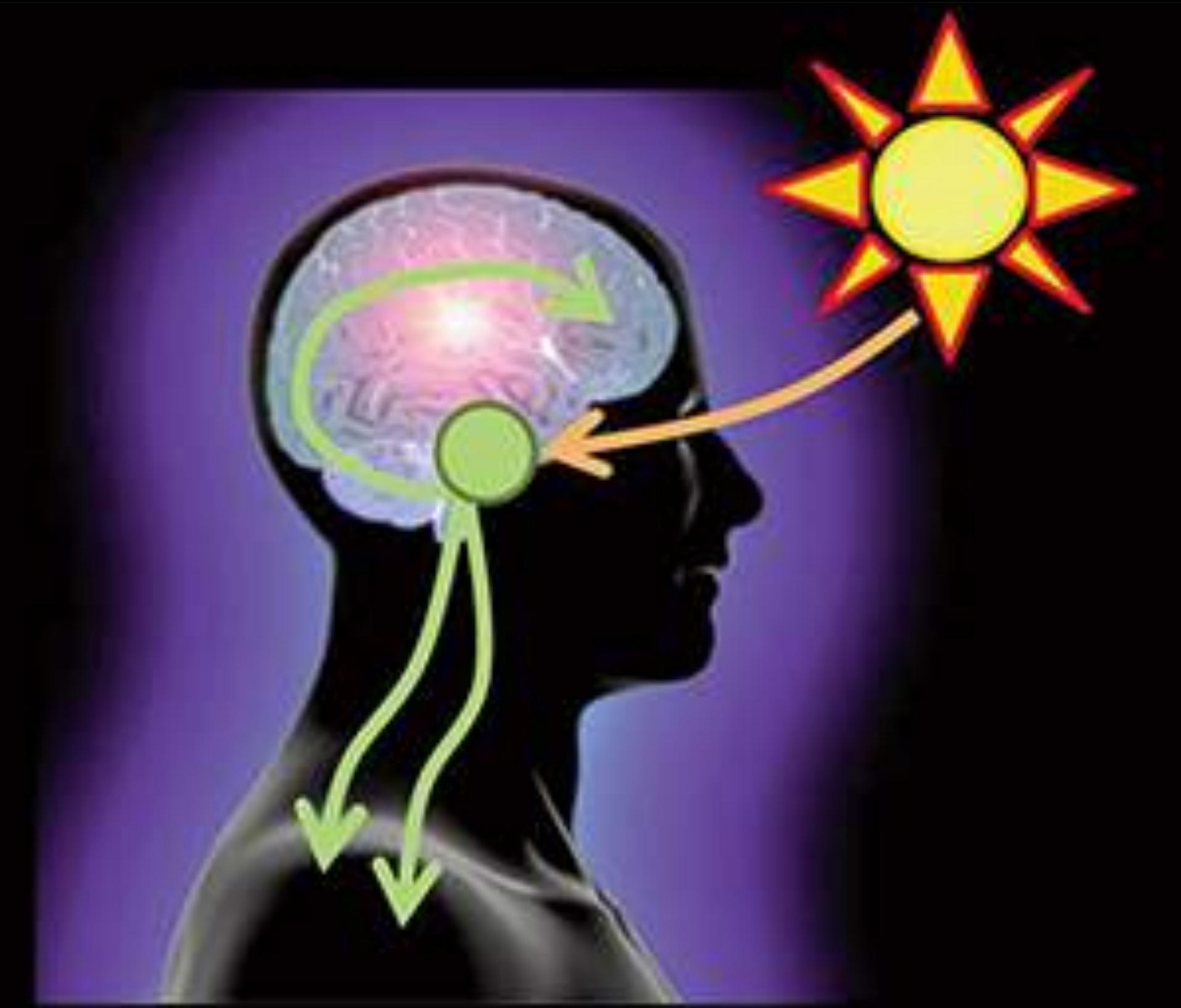


How your SCN tells time



How your
SCN tells time

Your inner
clock runs
on light





**10 minutes at
midnight with a
smartphone**



**an hour long
walk in the
middle of the day**

Why limiting afternoon coffee is a good idea



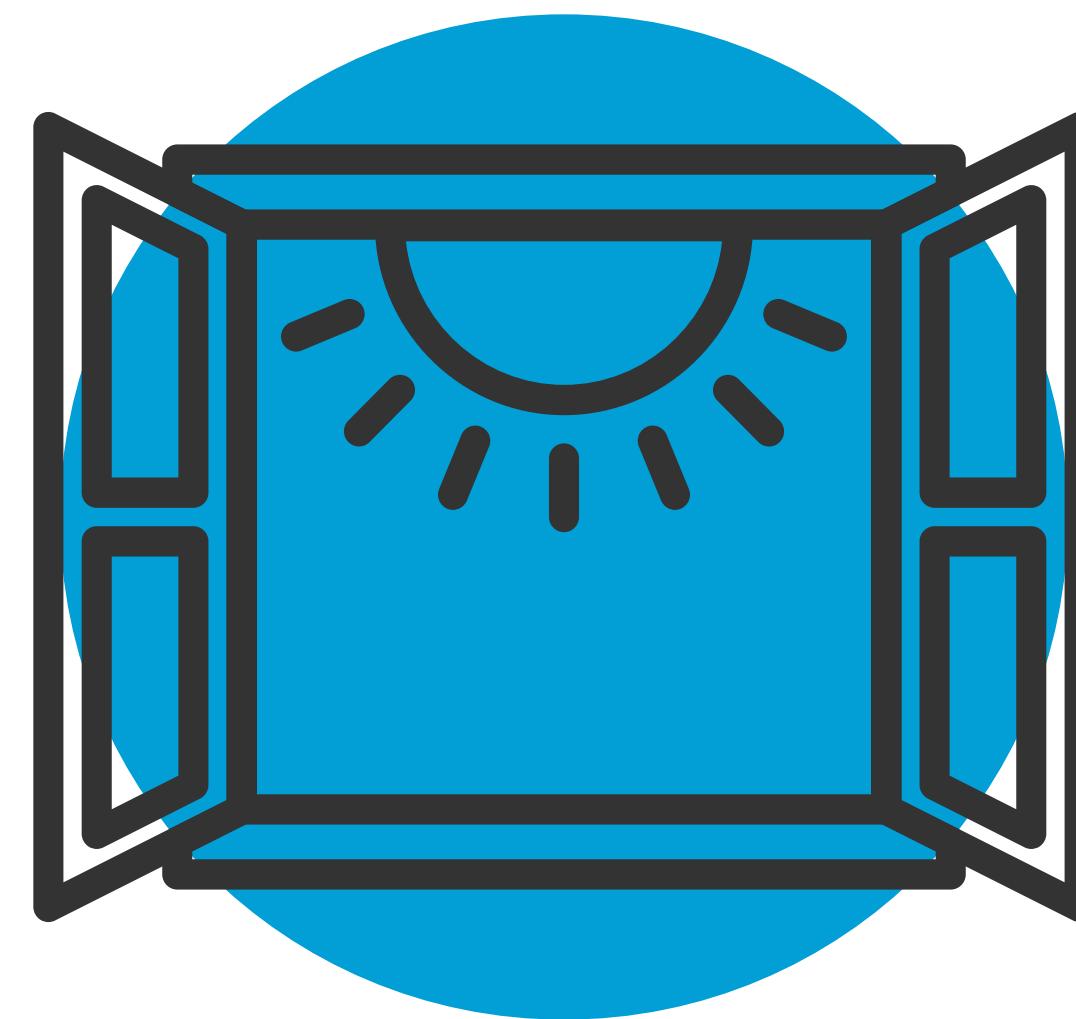
This is your brain on Ambien



Alcohol disrupts sleep



Actions to take during the day



A photograph of a person walking away from the camera through a dense forest. The person is silhouetted against the bright sunlight filtering through the tall evergreen trees. The ground is covered in fallen leaves and pine needles. The overall atmosphere is peaceful and natural.

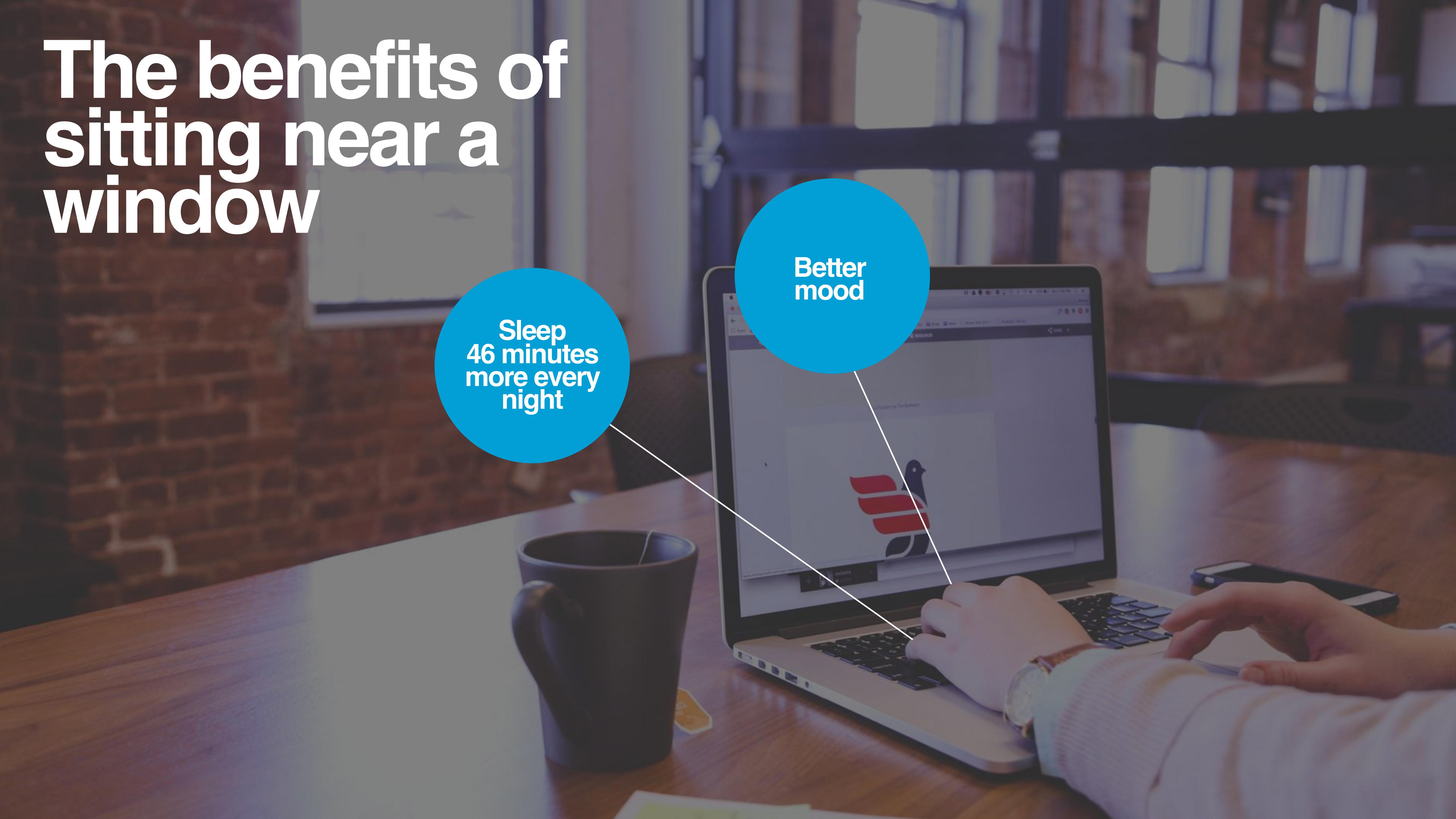
Get outdoors

The benefits of sitting near a window

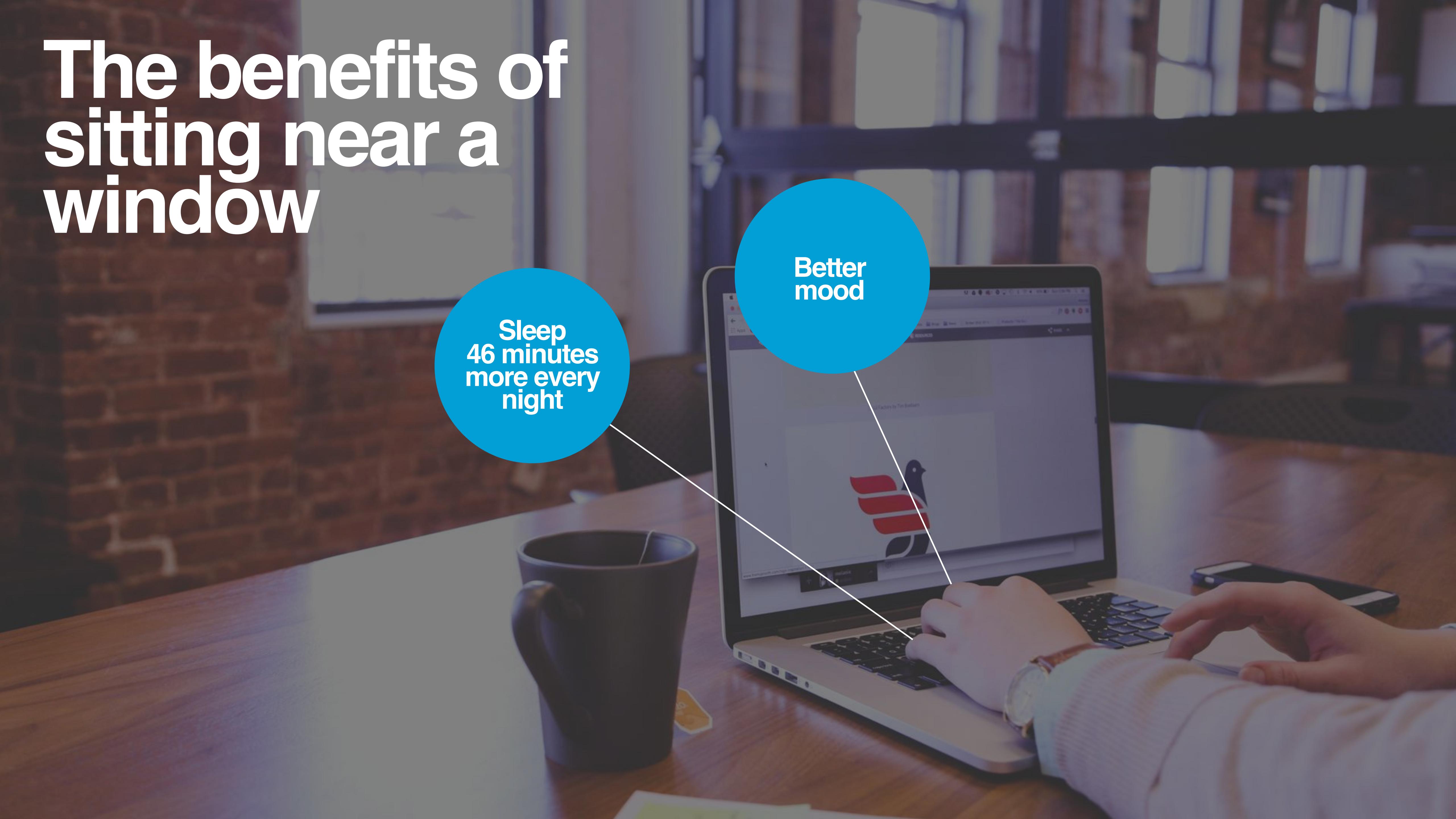
Sleep
46 minutes
more every
night



The benefits of sitting near a window

A photograph of a person working at a desk in an office. The person is seen from the side, wearing a striped shirt and a watch, typing on a laptop keyboard. A dark blue circular callout bubble is positioned to the left of the laptop screen. Inside the bubble, the text "Sleep 46 minutes more every night" is written in white. Two thin white lines extend from the bottom right corner of the callout bubble to point to the laptop screen. In the background, there's a brick wall, a window showing a view of other buildings, and a bookshelf filled with books.

Sleep
46 minutes
more every
night

A photograph of a person working at a desk in an office. The person is seen from the side, wearing a striped shirt and a watch, typing on a laptop keyboard. A dark blue circular callout bubble is positioned above the laptop screen. Inside the bubble, the text "Better mood" is written in white. Two thin white lines extend from the bottom right corner of the callout bubble to point to the laptop screen. In the background, there's a brick wall, a window showing a view of other buildings, and a bookshelf filled with books.

Better
mood

The benefits of sitting near a window



Sleep
46 minutes
more every
night

Better
mood

Higher
productivity

20.4

5

Exercise



Movement lowers stress



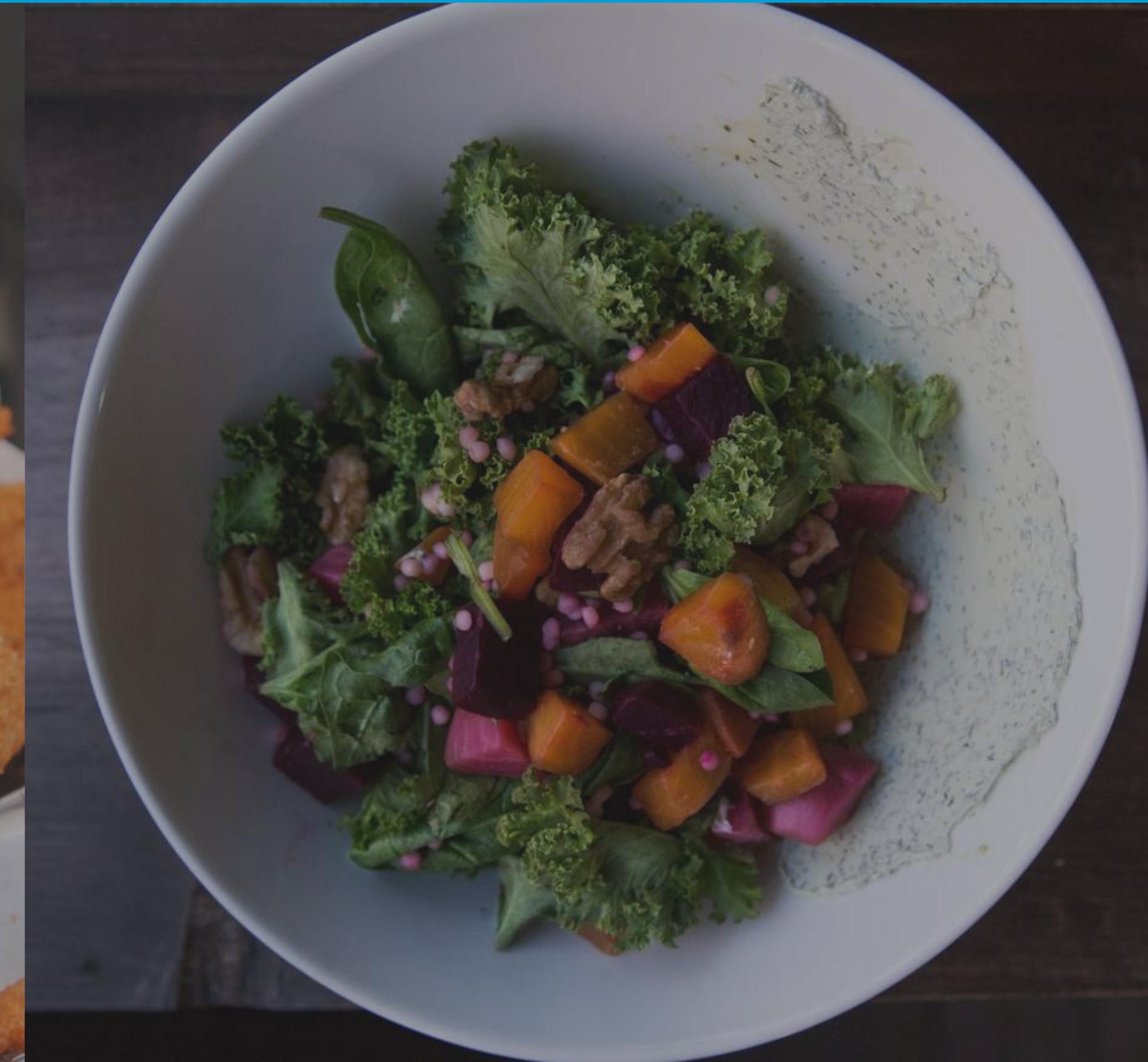
A photograph of a man jogging on a paved road. He is wearing a dark blue and light blue zip-up hoodie and dark blue pants. He is looking towards the camera. The background shows a green field and some trees under a clear sky.

When
not
to exercise

A close-up photograph of several cupcakes with white frosting and colorful sprinkles. The cupcakes are arranged in rows, with some in the foreground and others slightly blurred in the background. The frosting is piped in a spiral pattern, and the cupcakes are decorated with various toppings like crushed candy and sprinkles.

Avoid sugar and
fatty foods

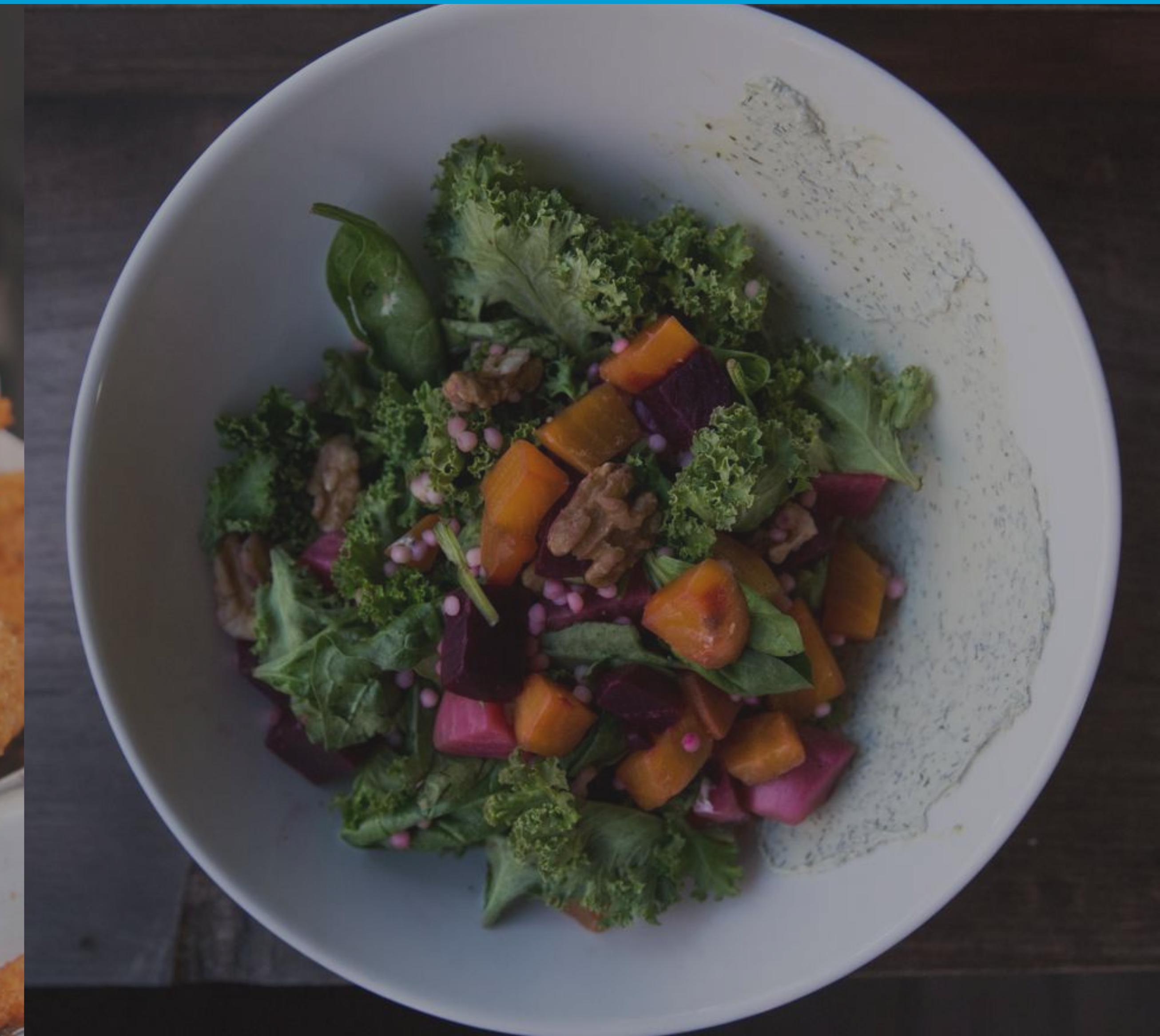
How food affects sleep



How food affects sleep



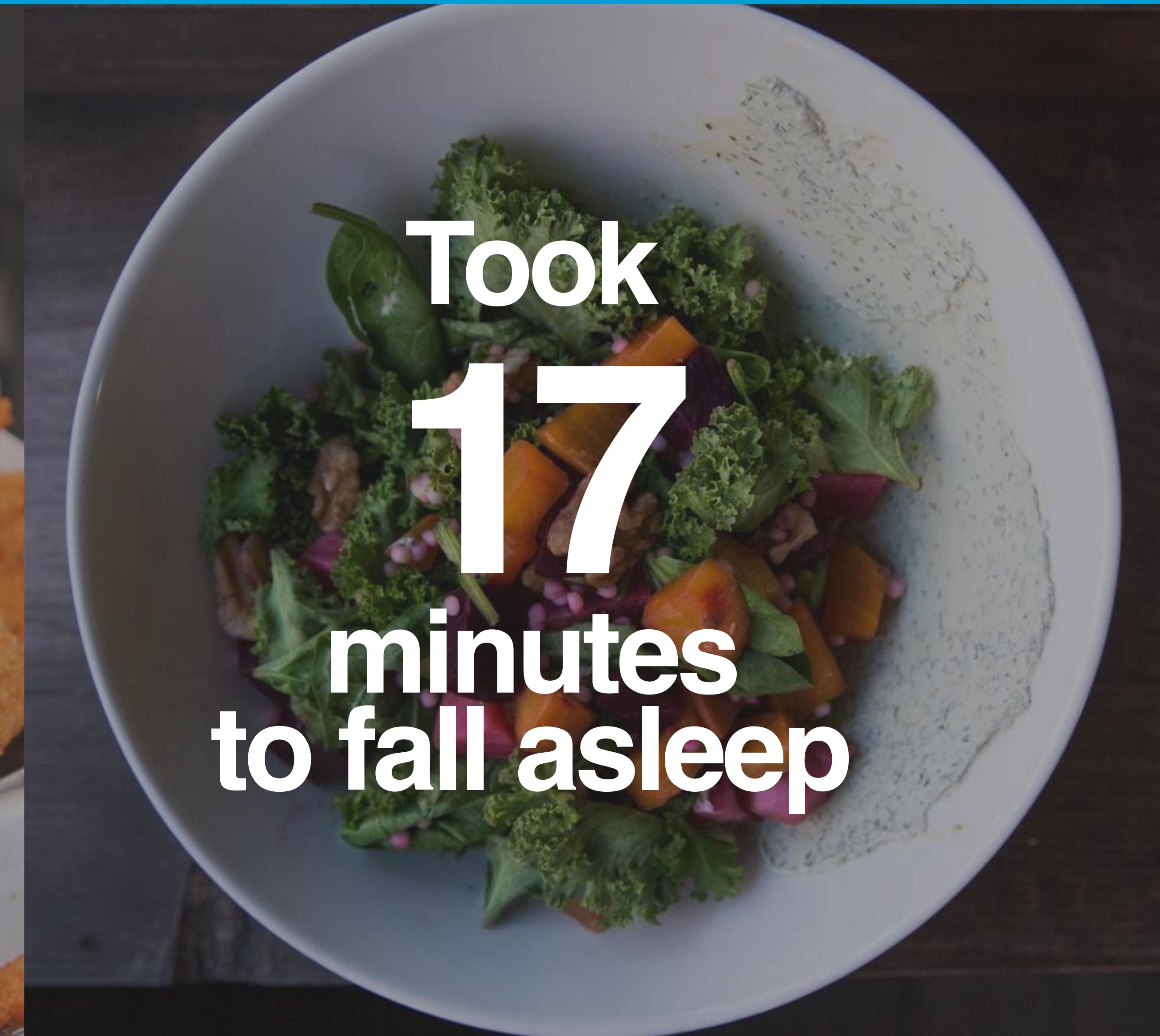
Took
29
minutes
to fall asleep



How food affects sleep

A close-up photograph of several golden-brown fried chicken wings served on a white plate. A metal fork is visible on the left side of the frame.

Took
29
minutes
to fall asleep

A close-up photograph of a bowl filled with a variety of fresh vegetables, including leafy greens, carrots, and what appears to be kale or beetroot. A small portion of a creamy dressing is visible on the right side.

Took
17
minutes
to fall asleep

The background of the image is a dense, dark brown texture of coffee beans, filling the entire frame.

The power of
caffeine



Chocolate
contains
caffeine





Schedule a
“work down call”

What to do when you arrive home



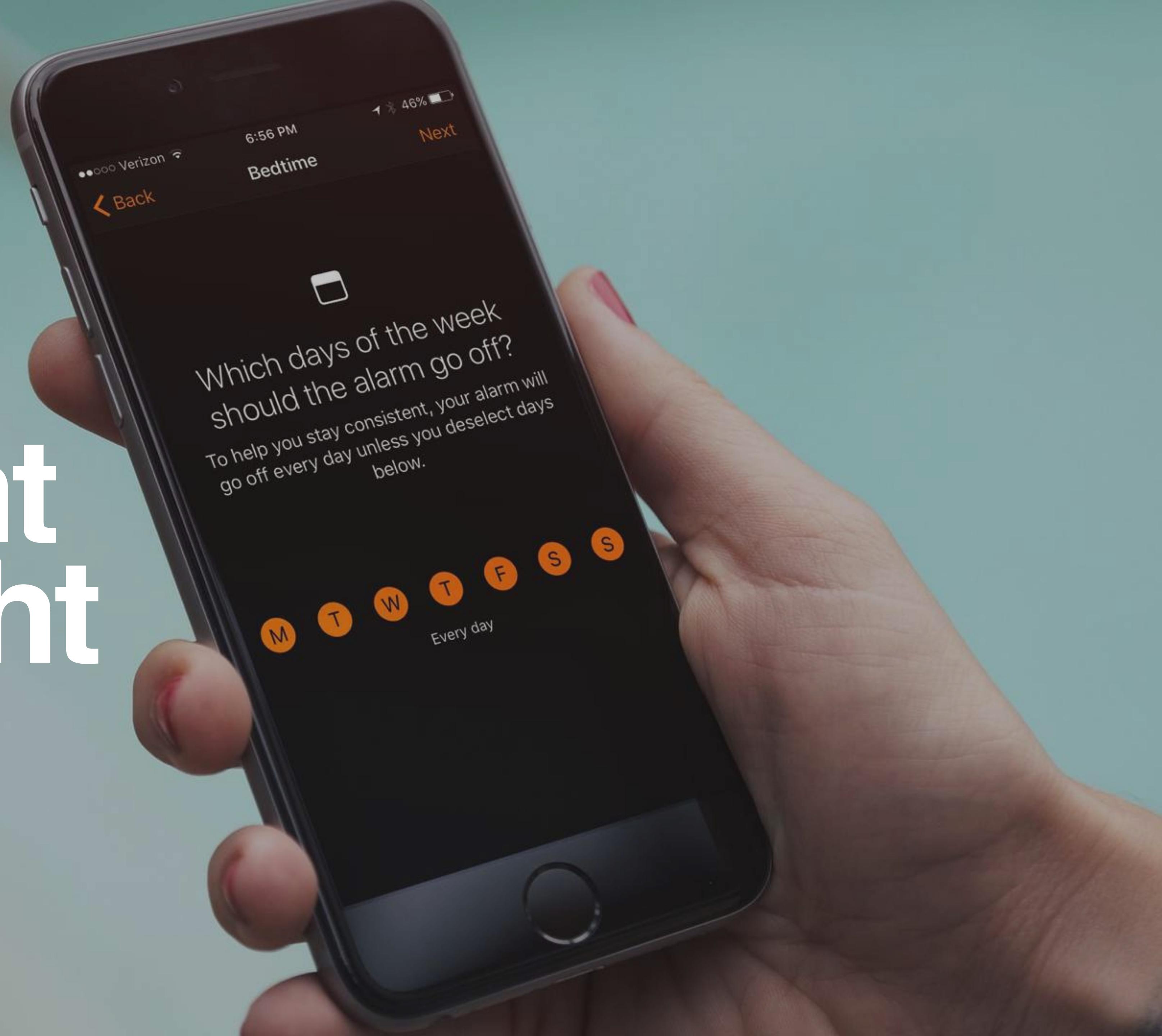
Identify the
exact time
you want to
be in bed



The ideal bedtime



Be consistent every night



Identify “Time Sinks”

Nighttime Audit

Instructions

This exercise is designed to help you identify time sinks that occur as you go about your evening routine.

For the next few evenings, track your time from the time you arrive home until you are ready to close your eyes and go to sleep.

Time

Activity

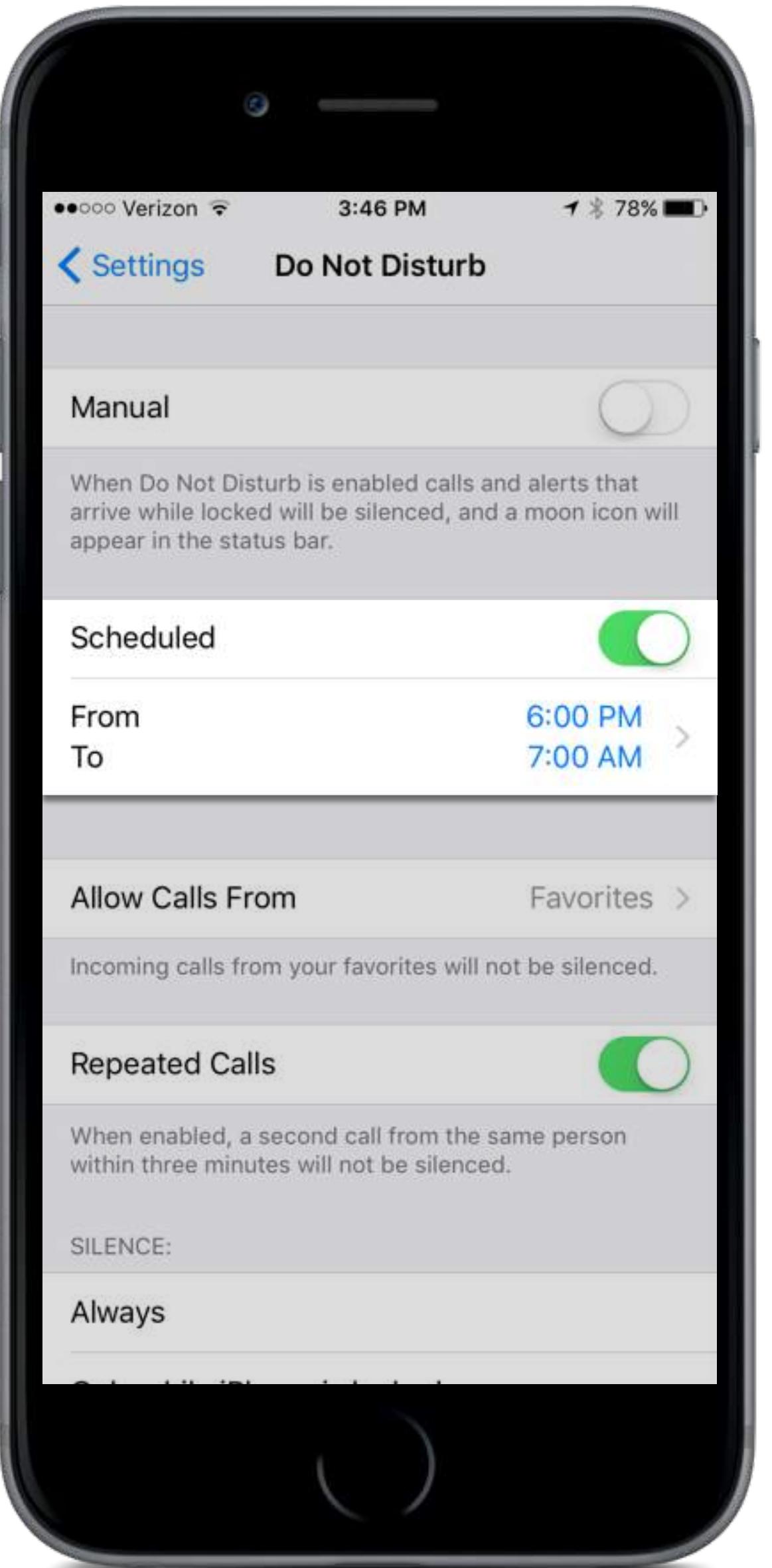
Arrive home



Make it harder
to access
distracting
technology



Turn off notifications



How to recover from phone withdrawal



A photograph of a rustic meal on a light-colored wooden table. In the center is a white bowl filled with a hearty soup containing beans, vegetables, and a poached egg. A silver spoon rests on the table next to the bowl. To the left, a glass of red wine sits on a white cloth napkin. Behind the bowl, there are several pieces of crusty bread and a dark green ceramic bowl. The background shows a wooden rolling pin and some plates, suggesting a home-cooked meal.

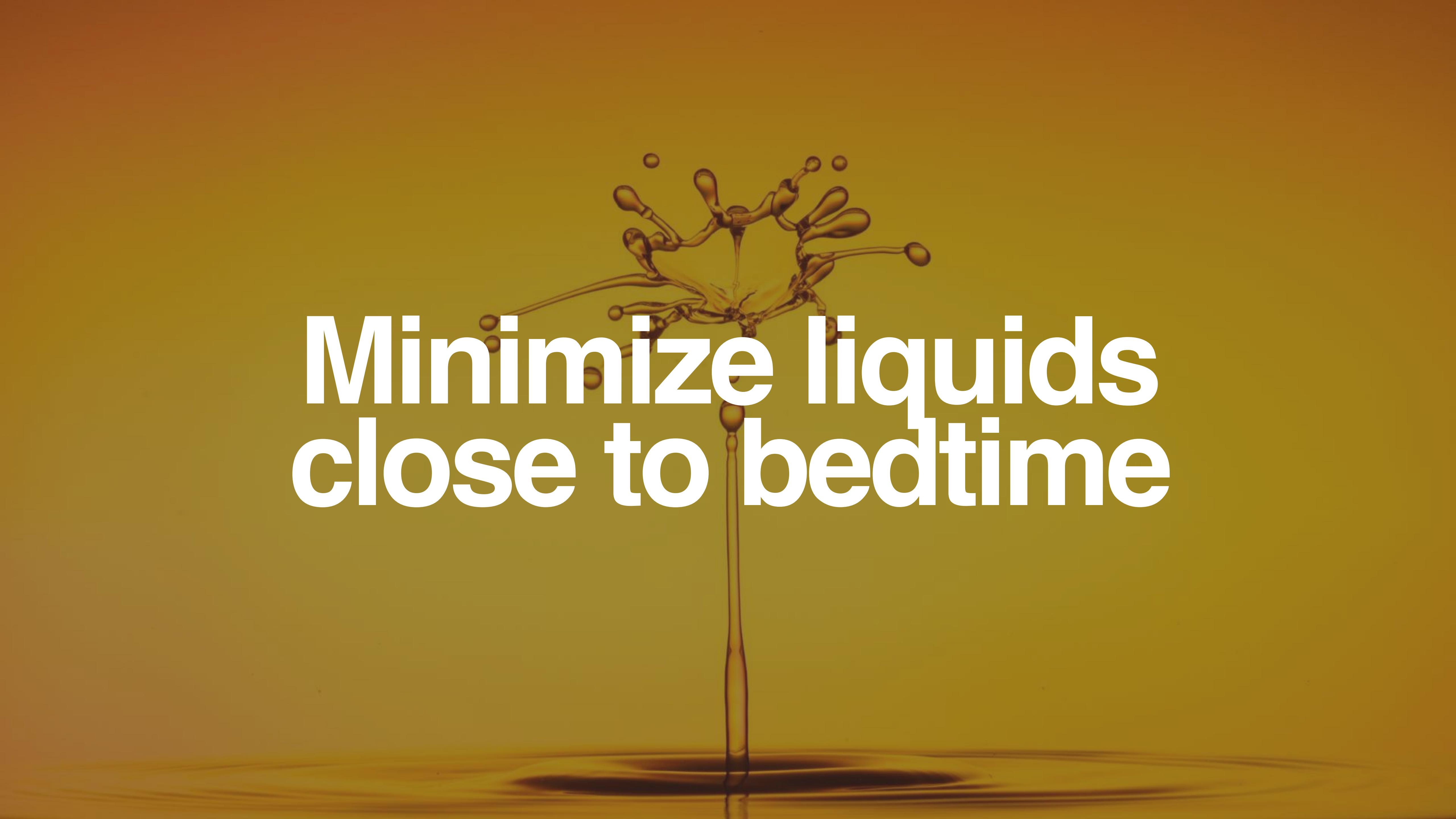
Eat earlier

A close-up photograph of a person's hand holding a clear glass filled with a golden-yellow liquid, likely beer. The hand is gripping the rim of the glass, which is positioned vertically in the center of the frame. The background is a solid, dark grey.

When to cut
off alcohol



Avoid spicy foods
in the evening



Minimize liquids
close to bedtime

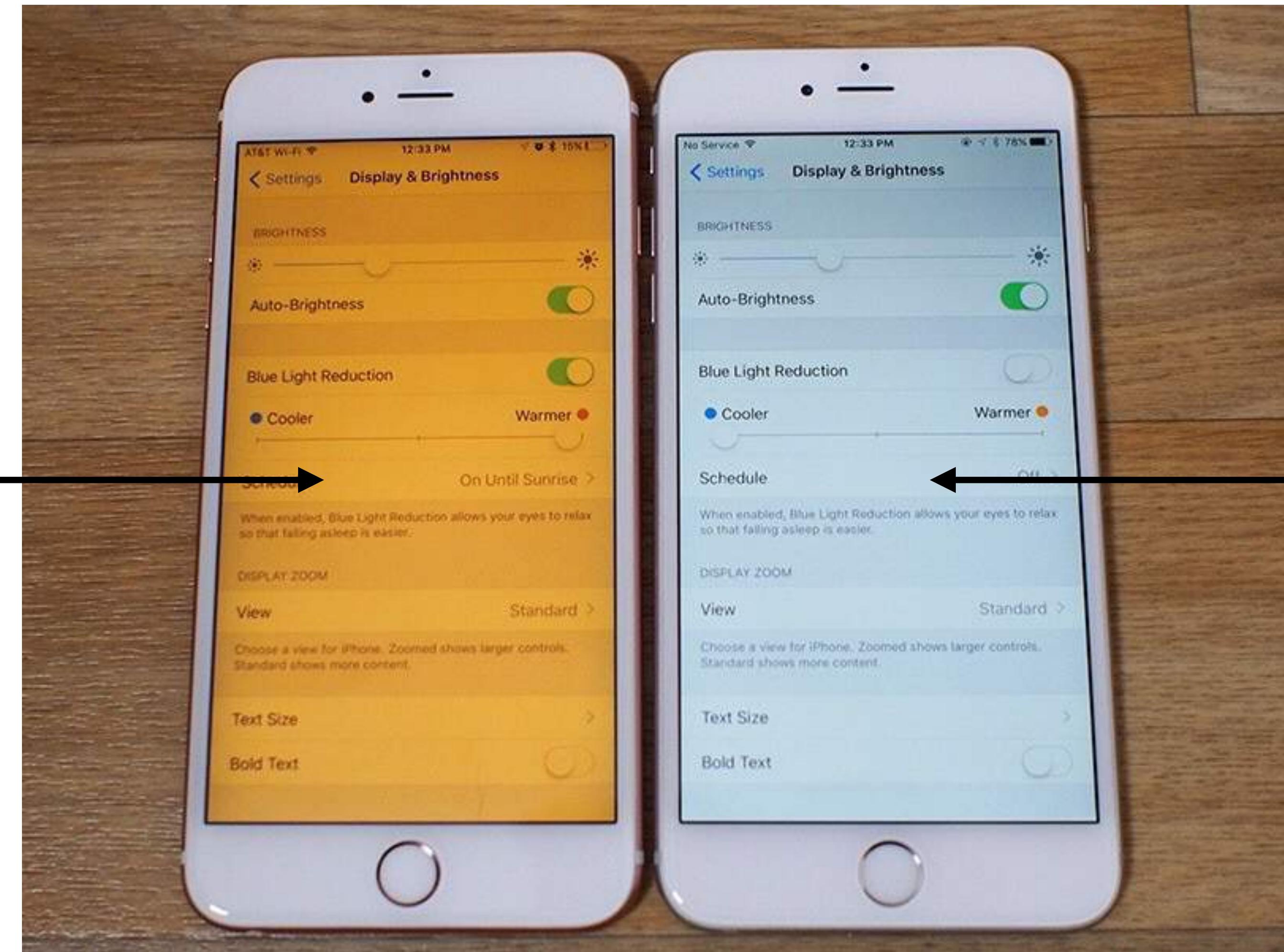


Dim the lights

Nightshift Mode

Blue Light
Blocking

Normal



A woman is shown from the chest up, submerged in a bathtub filled with white bubbles. She has dark hair and is wearing a light-colored, patterned top. A yellow heart-shaped sponge is held near her face. The background is a dark, textured wall.

Take a hot bath

A black and white photograph showing two smartphones lying diagonally across a light-colored, marbled surface. The phones are positioned with their screens facing upwards and slightly towards each other. The phone on the left has a dark screen, while the phone on the right has a lighter screen. Both phones have a physical home button at the bottom center.

**Disconnect 90
mins or more
before bed**



Watch This



Not This

How to Design Your “Sleep Cave”



INSIGHT:

Sleep
quality > Sleep
quantity

A dark, atmospheric photograph of a cave interior. The walls are made of rough, textured rock. A bright, glowing opening at the far end of the cave illuminates the rocky floor and walls, creating a dramatic contrast with the deep shadows in the foreground.

How to turn
your bedroom
into a sleep cave

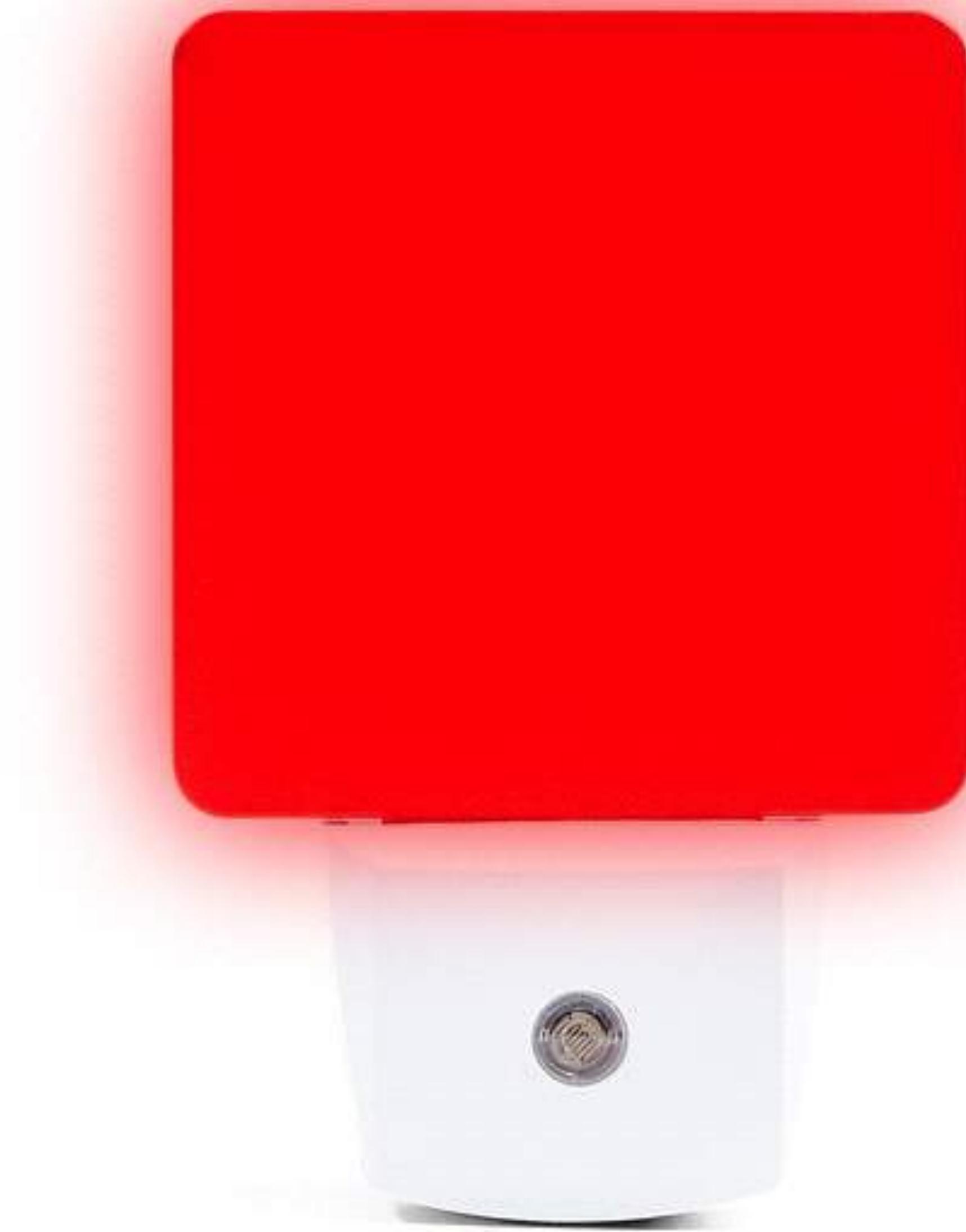
**Use low
wattage
lightbulbs**



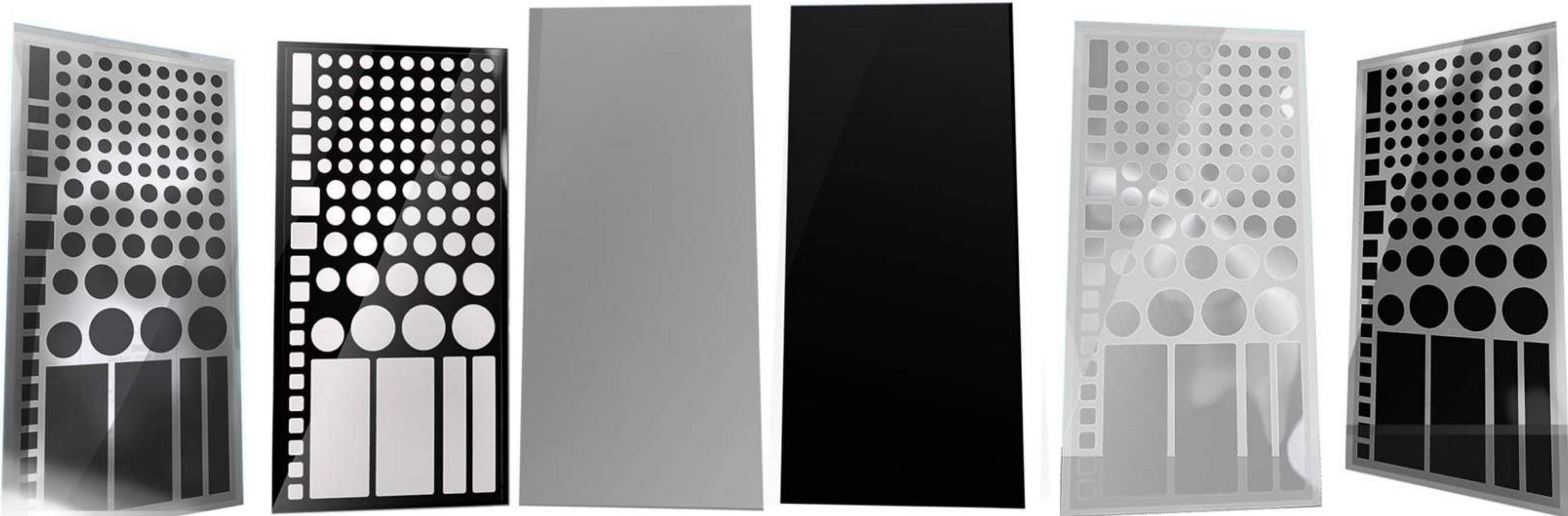
Motion-activated toilet light



**Use a red
nightlight**



Dim electronic lights



Attach a light-blocking strip to your door



**Use a
sleep
mask**



Wrap-around sleep mask



Consider
blackout blinds



A close-up photograph of a person's ear. The ear is light-skinned and has dark brown hair. A blue earbud is inserted into the ear canal. The background is a solid dark brown.

Optimizing
your
bedroom
for SOUND

Consider sound-proof windows

A photograph of a person sitting in a dark room, looking out through a window. The window offers a view of a city at night, with numerous blurred lights visible through the glass. The person's silhouette is visible against the light from the window. The overall atmosphere is quiet and contemplative.

White noise machine



**Use ear
plugs**



Optimizing your bedroom for **TEMPERATURE**



A close-up photograph of a Honeywell smart thermostat mounted on a dark-colored wall. The device is rectangular with a black faceplate. The word "Honeywell" is printed in a small, light-colored font at the top left. In the center, there is a digital display showing the number "68". To the right of the display, the degree symbol and the letter "F" are visible, indicating the temperature is set to 68 degrees Fahrenheit. Below the display, there are three small, horizontal, rectangular buttons. The background shows a portion of a bed with a dark, textured blanket.

Optimizing your
bedroom for
TEMPERATURE

68°F

Adjusting temperature

(when you're not alone)

Adjusting temperature

(when you're not alone)

Use
separate
blankets



Adjusting temperature

(when you're not alone)

Use
separate
blankets

Wear
more/less
clothing



Adjusting temperature

(when you're not alone)

Use
separate
blankets

Wear
more/less
clothing

Use
cooling
sheets

A close-up, low-angle shot of a bed's headboard and a textured, striped blanket or rug.

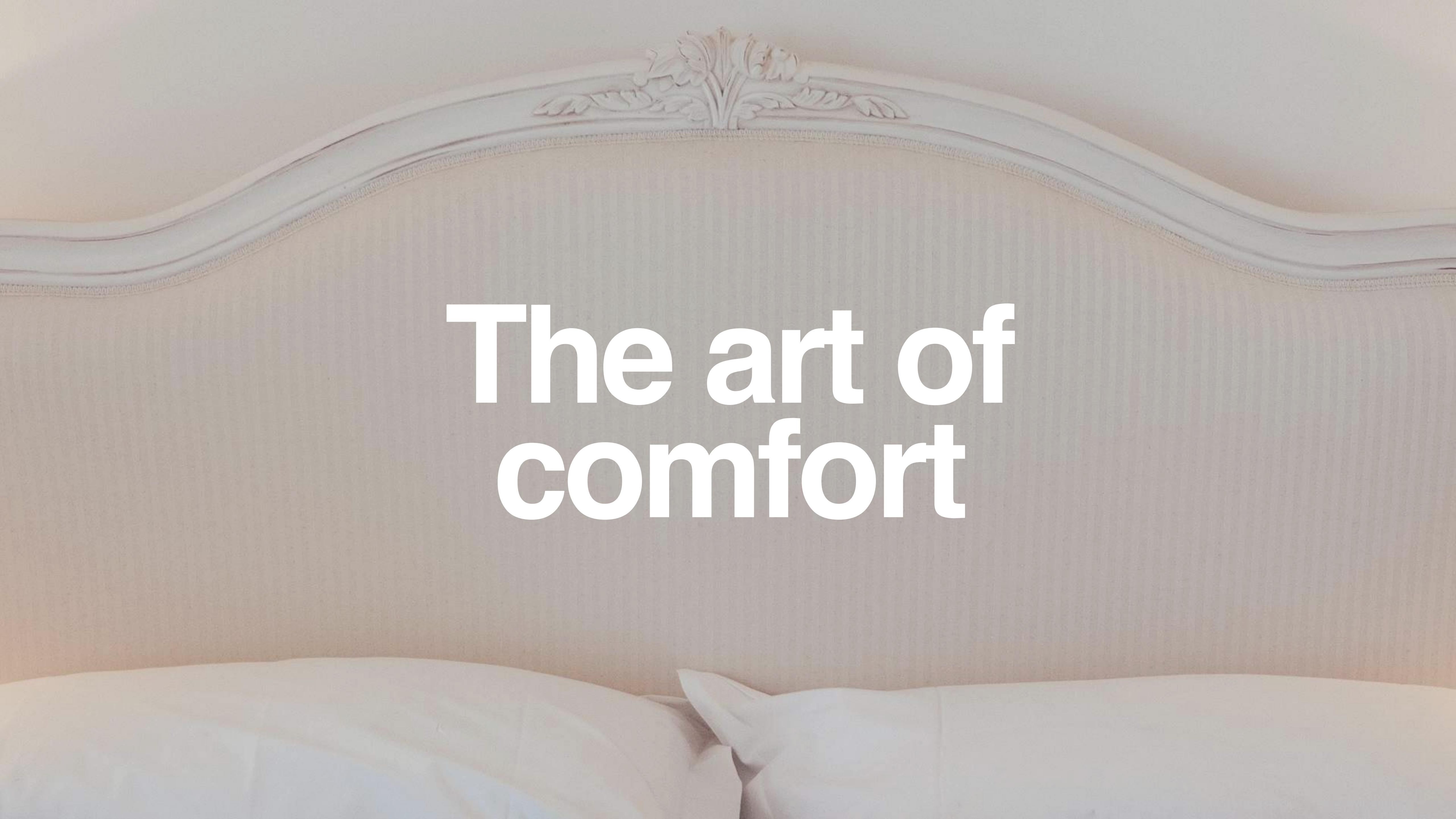
Optimizing your bedroom for **RELAXATION**

A photograph of a bedroom interior. In the foreground, a bed is partially visible with a white sheet and a dark blue blanket featuring a diamond pattern. Behind the bed, there is a wooden dresser with a lamp on top. A large window with orange and white striped curtains is on the left. A doorway leads to another room where a child's play area is visible.

Unclutter your bedroom

A blurred background image of a desk surface with several books and some papers scattered across it, creating a sense of clutter or workspace.

No work
materials in the
bedroom



The art of
comfort

A close-up photograph of a woman's face and hands. She is holding a large, lush bouquet of flowers against her chest. The bouquet includes yellow roses, green olives, and various smaller flowers like carnations and hydrangeas. Her hands are visible at the bottom, one wearing a ring and a watch. The lighting is soft and focused on the bouquet and her hands.

Leverage scent



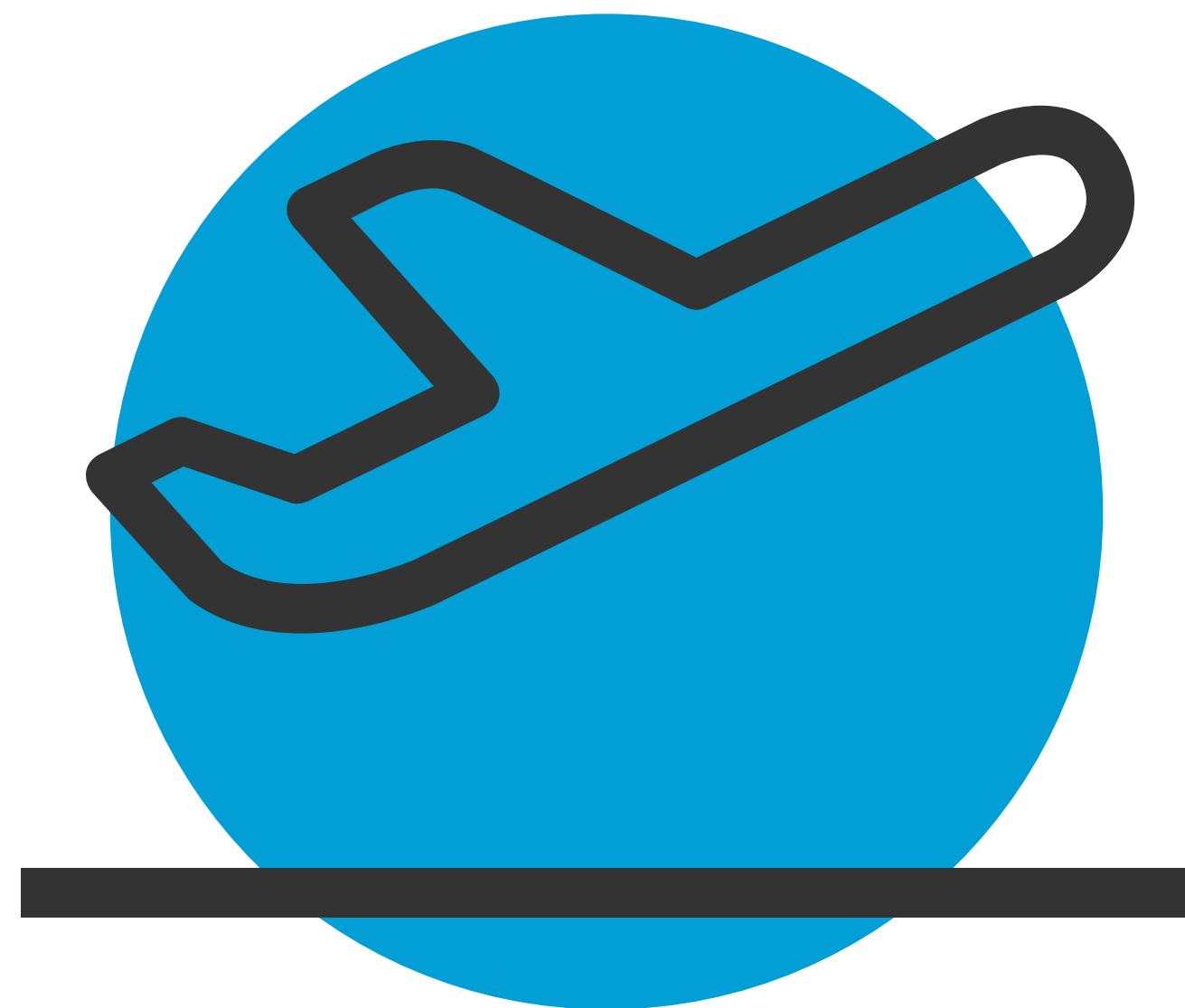
Diffuse
essential oils

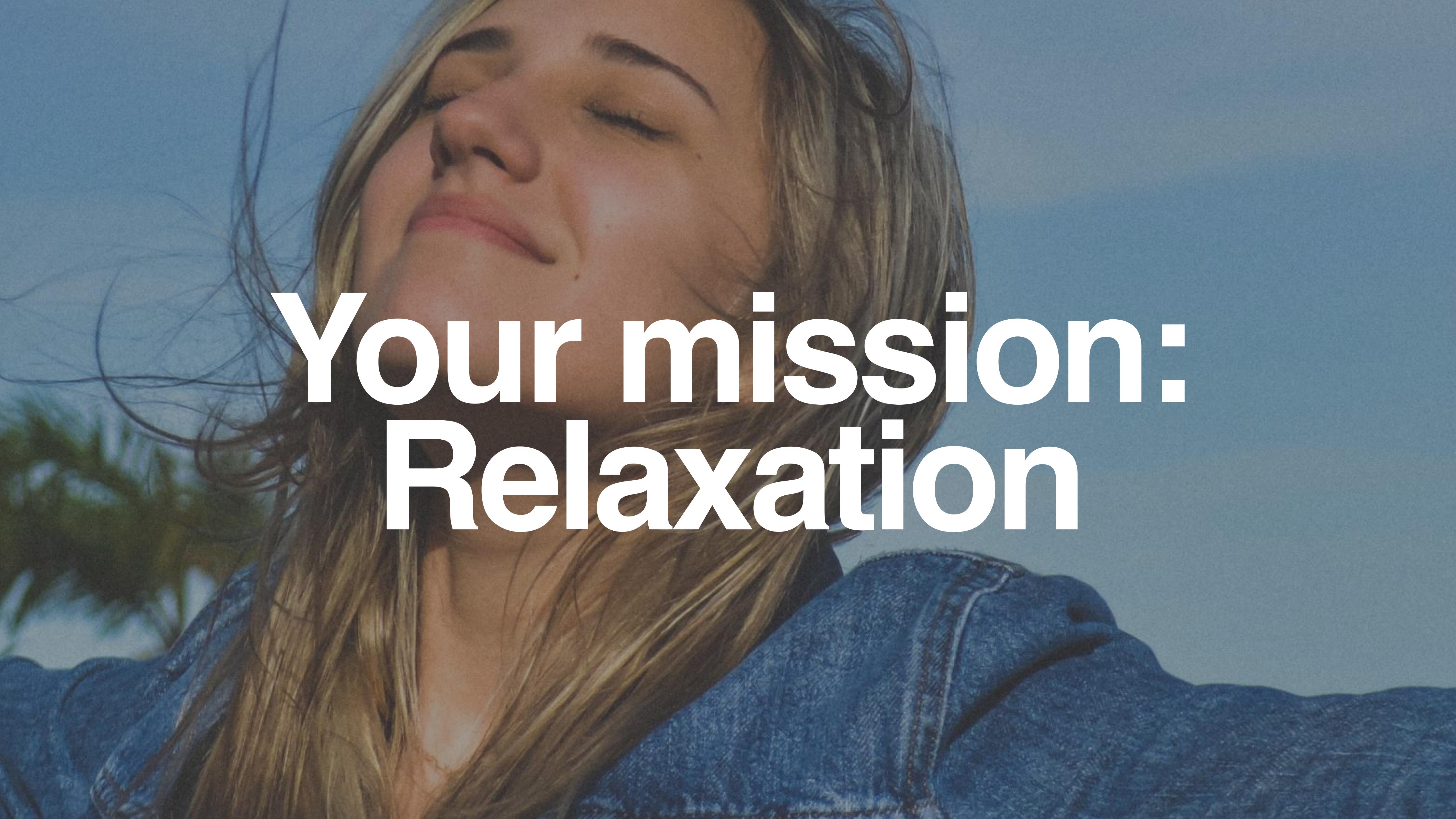
1H 3H 6H ON

LIGHT

MIST

Build your sleep runway



A close-up photograph of a woman with long, wavy brown hair. She is resting her head on what appears to be a soft, blue fabric, possibly a cushion or a sofa. Her eyes are closed, and she has a serene, relaxed expression. The lighting is soft, highlighting the texture of her hair and the contours of her face.

Your mission:
Relaxation

A close-up photograph of a young child sleeping peacefully in a bed. The child's head is resting on a white pillow featuring a cartoon character. A hand is visible, gently holding an open book with colorful illustrations of a train and a soccer ball. The child is wearing patterned pajama bottoms. The background shows more of the bed's colorful, striped bedding.

Bedtime rituals



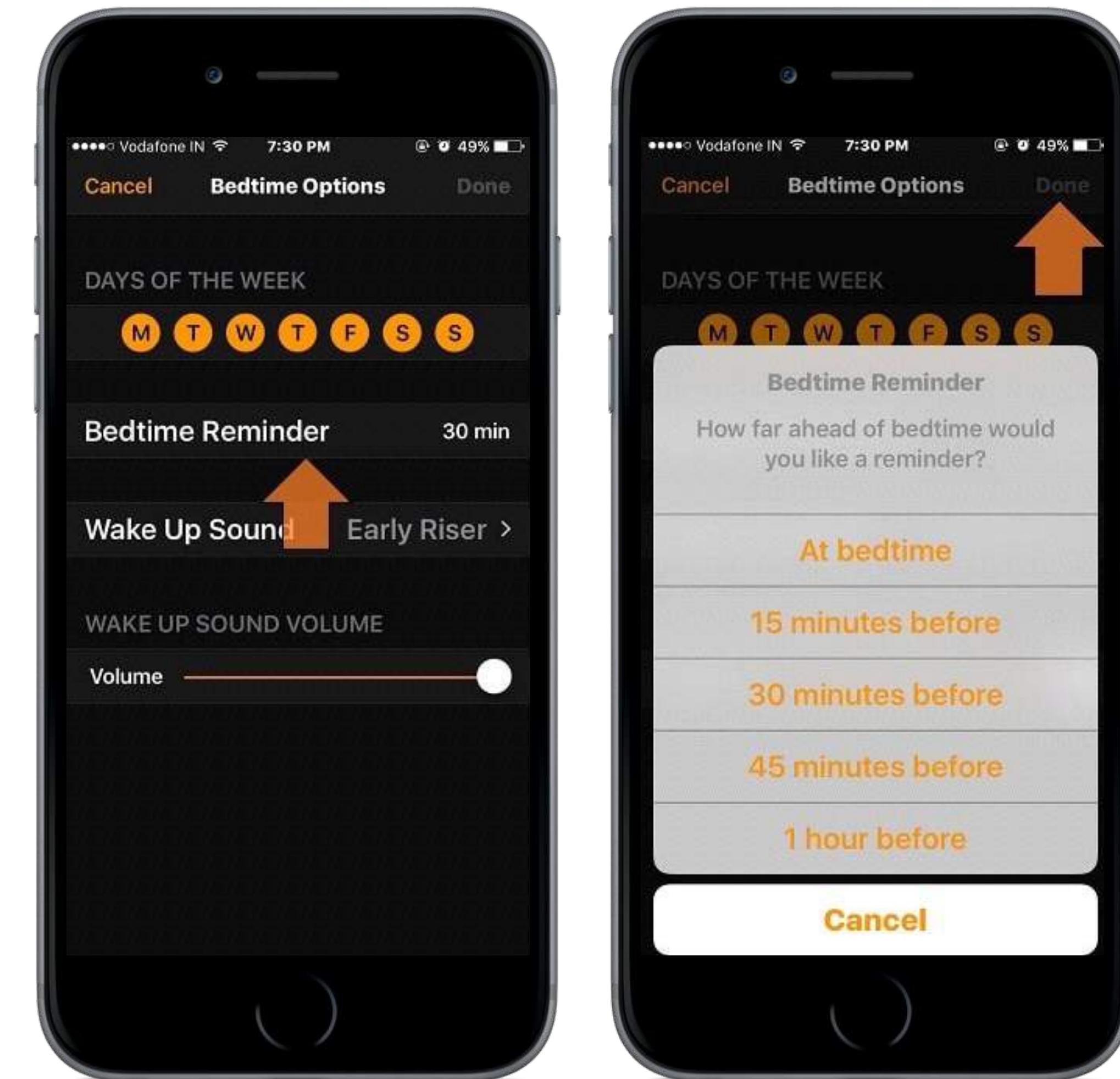
Why this works:

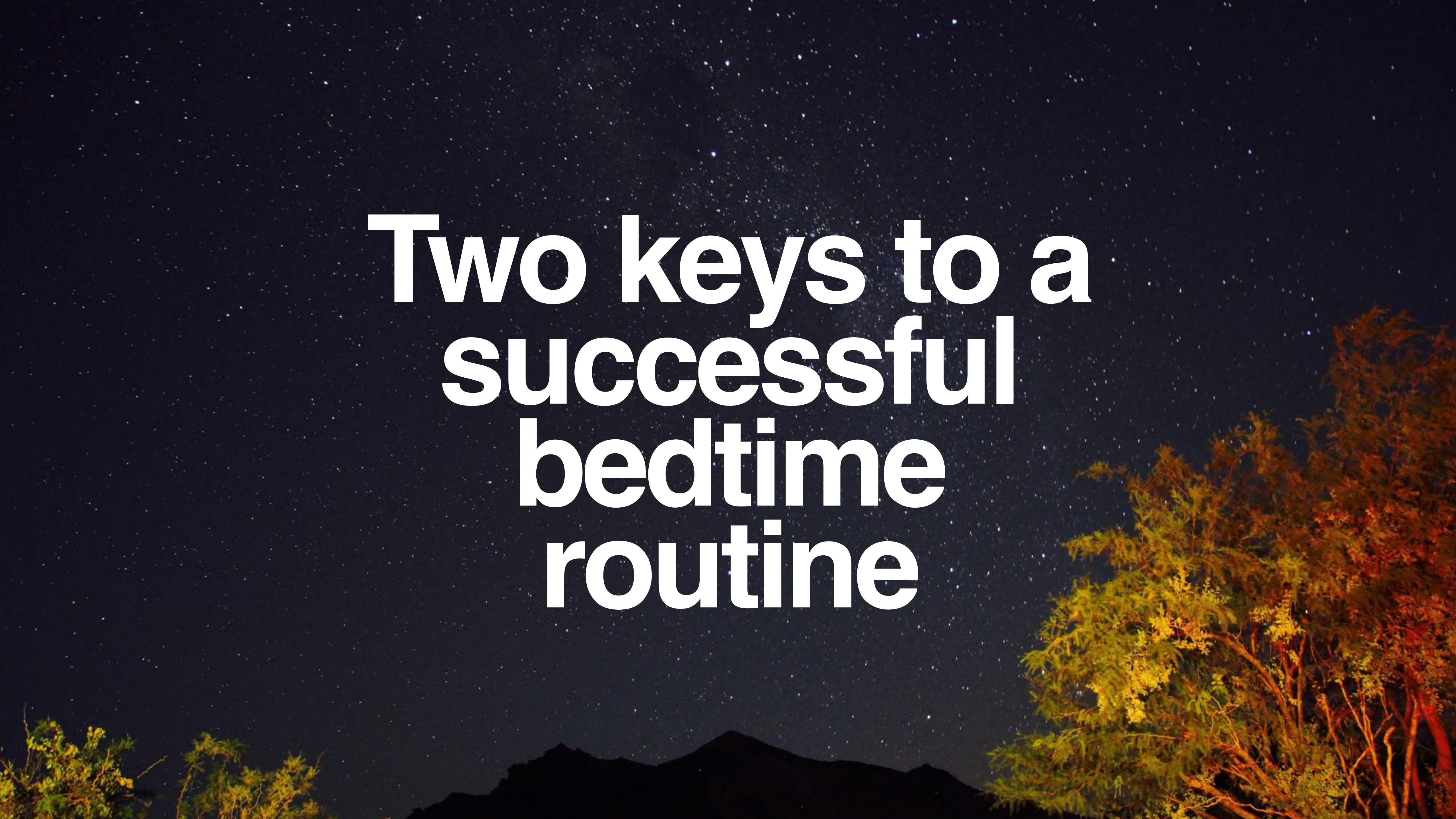
Predictability and
consistency

Set a bedtime reminder



Bedtime Alarms



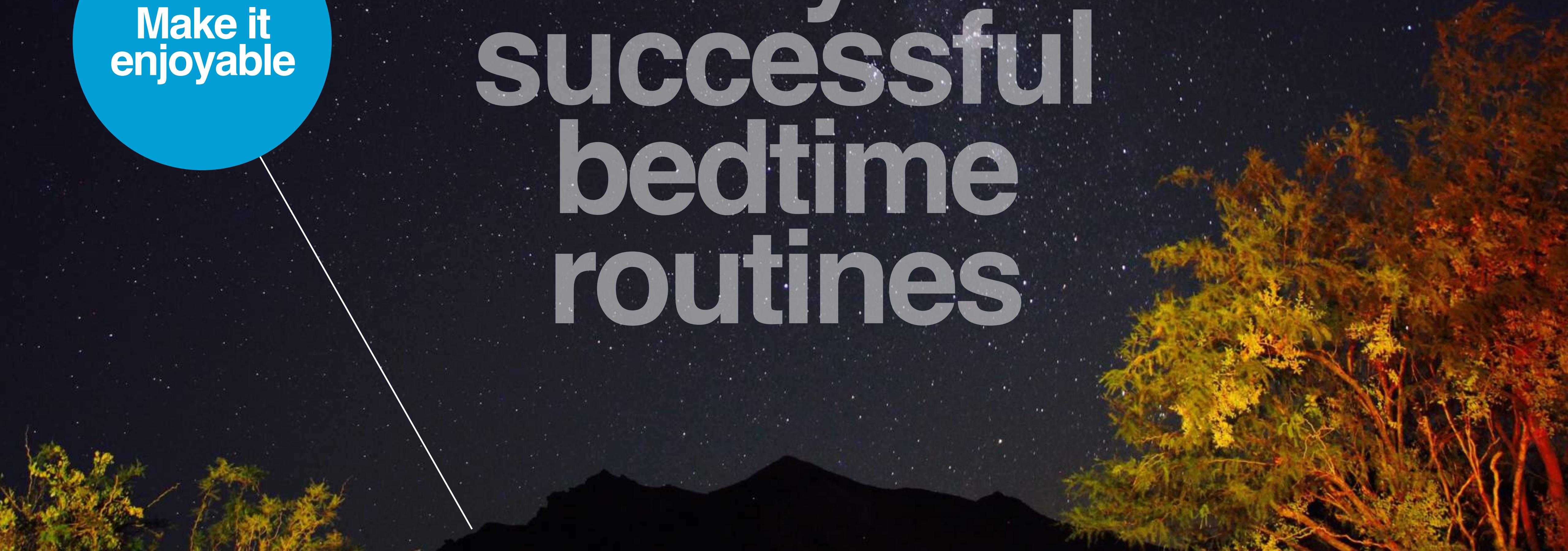


Two keys to a
successful
bedtime
routine



Make it
enjoyable

Two keys to a successful bedtime routines





A blue circle containing the text "Make it enjoyable" is positioned on the left side of the slide, connected by a white line to the main title. Another blue circle containing the text "Avoid surprises" is positioned on the right side, also connected by a white line to the main title.

Make it
enjoyable

Two keys to a successful bedtime routines

Avoid
surprises

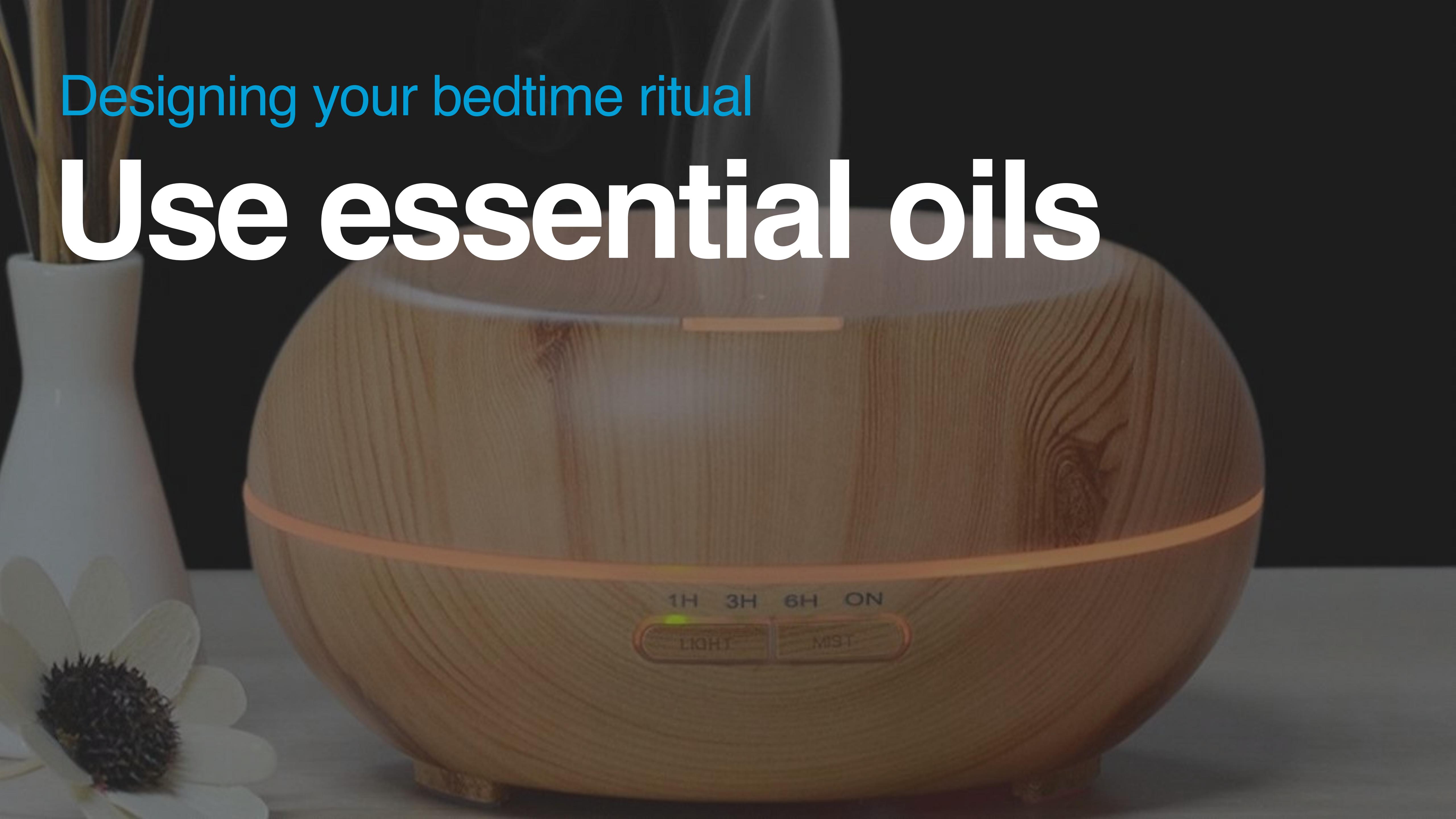
Designing your bedtime ritual

Light a candle



Designing your bedtime ritual

Use essential oils



Designing your bedtime ritual

Play something
relaxing

Designing your bedtime ritual

Read



A close-up photograph of a person's arm and shoulder. The person is wearing a white t-shirt and is stretching their right arm upwards and to the side, with their fingers pointing towards the top left. The background is blurred.

Designing your bedtime ritual

Stretch



Designing your bedtime ritual

Breathing Exercises

Meditation Apps



HEADSPACE



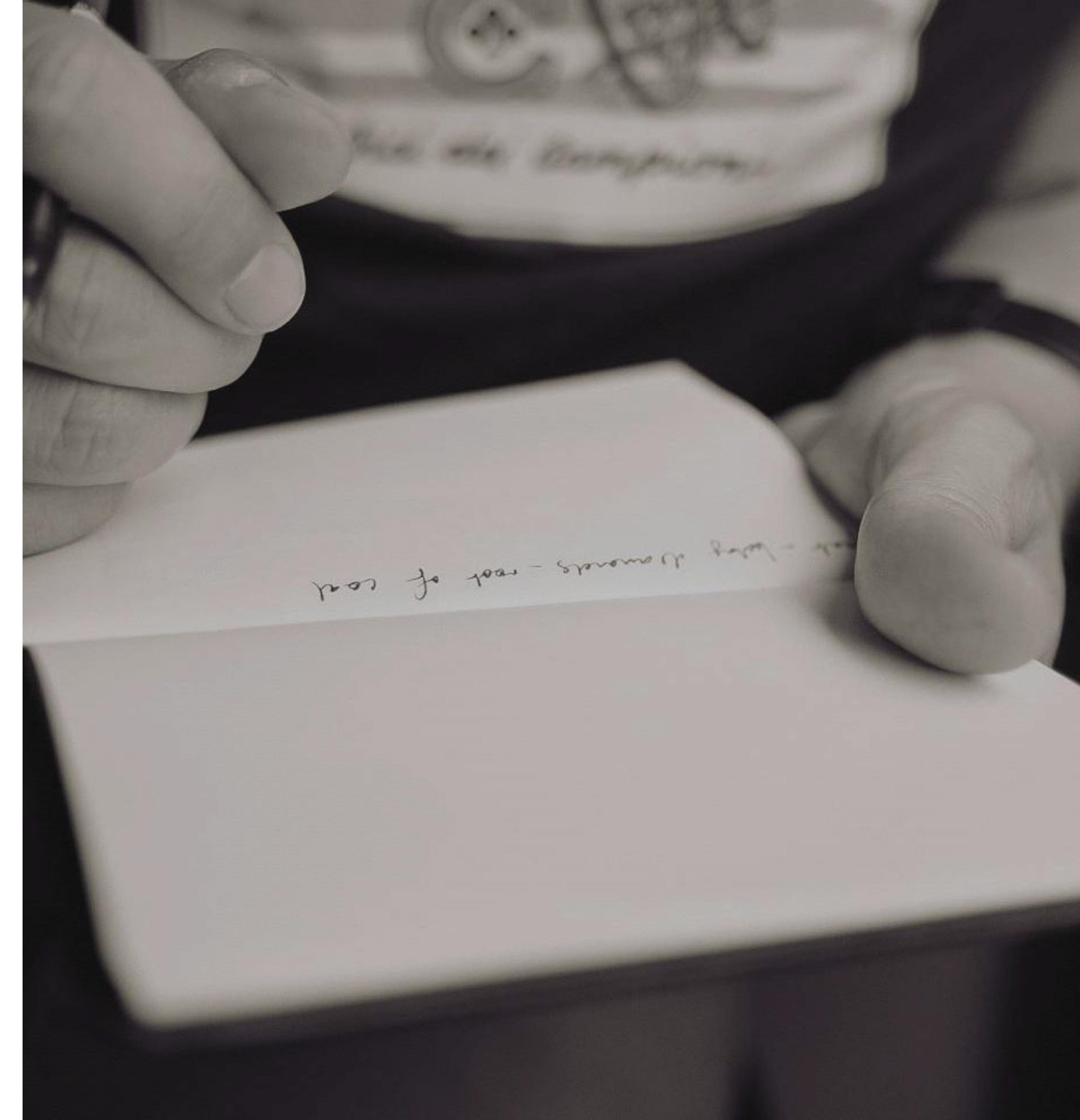
A woman with long brown hair, wearing a dark blue polka-dot dress, is boxing a man in a straw hat and a light-colored button-down shirt. She is wearing black Everlast boxing gloves and has a determined, shouting expression. The man is on the receiving end of her punch, looking surprised or in pain. The background is plain and light-colored.

Avoid negativity before bed

Never set your alarm before bed

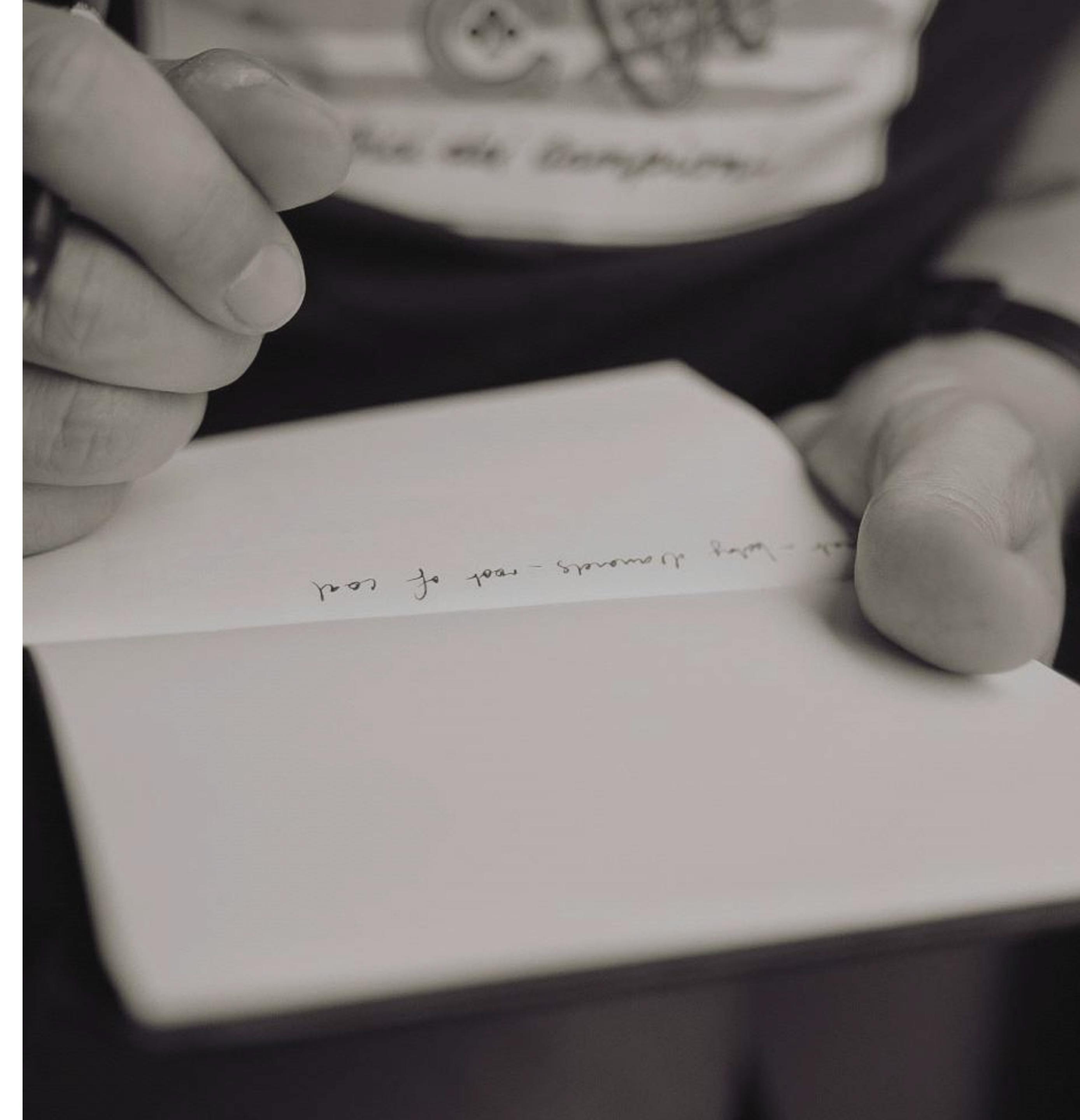


Write a Tomorrow List



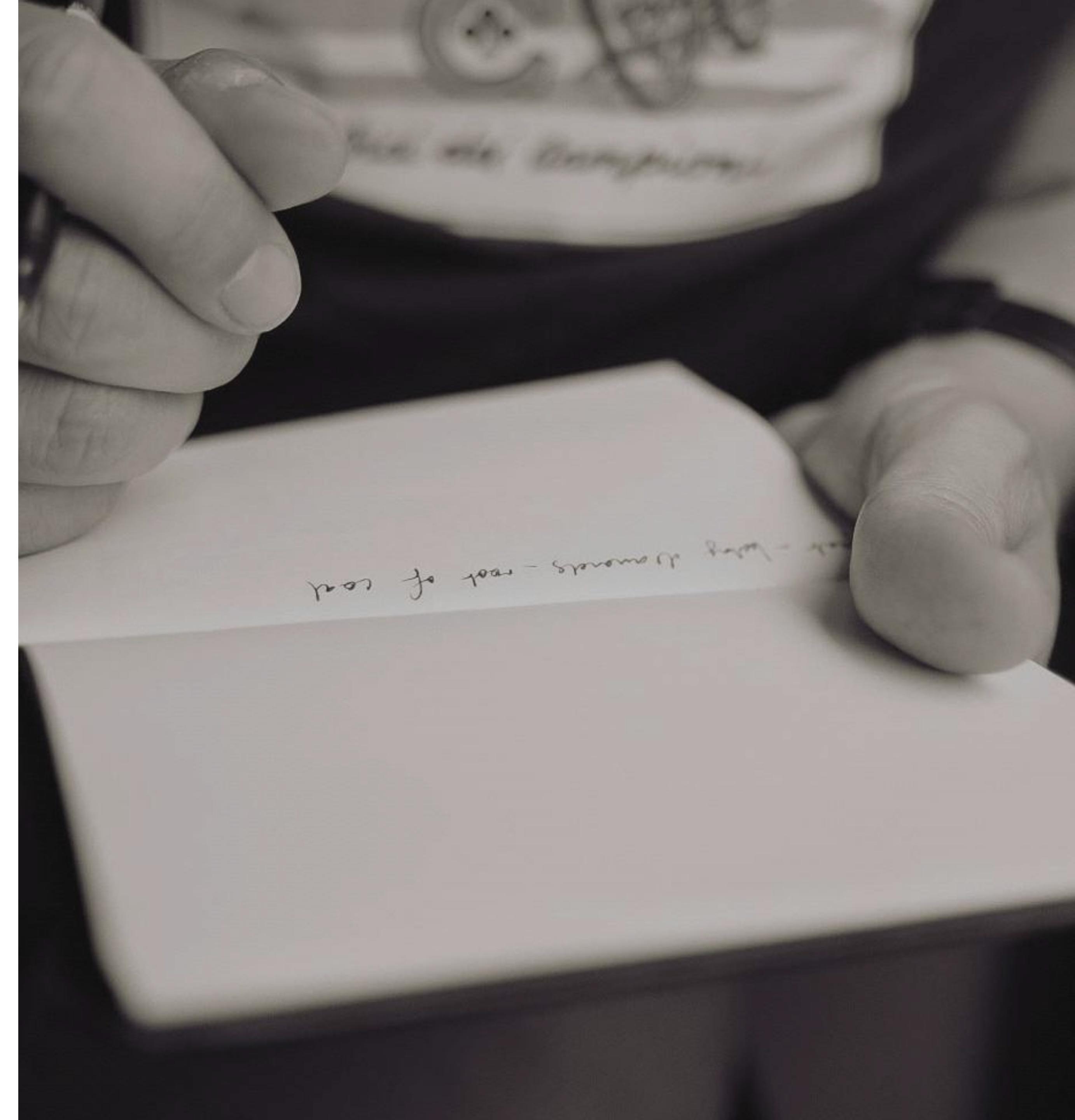
Write a Tomorrow List

- ▶ What would make tomorrow a successful day?



Write a Tomorrow List

- ▶ What would make tomorrow a successful day?
- ▶ Identify 3-5 positive outcomes



Use a nighttime journal



Use a nighttime journal

- ▶ Writing about your day gives you a sense of control



Living without a journal is like painting a portrait all day and not bothering to step back and examine what you've made



What to do when you get to bed



Who falls asleep fastest?

GROUP 1

No instructions

GROUP 2

**Try and forget
concerns**

GROUP 3

**Think pleasant
thoughts**

Who falls asleep fastest?



GROUP 1

No instructions

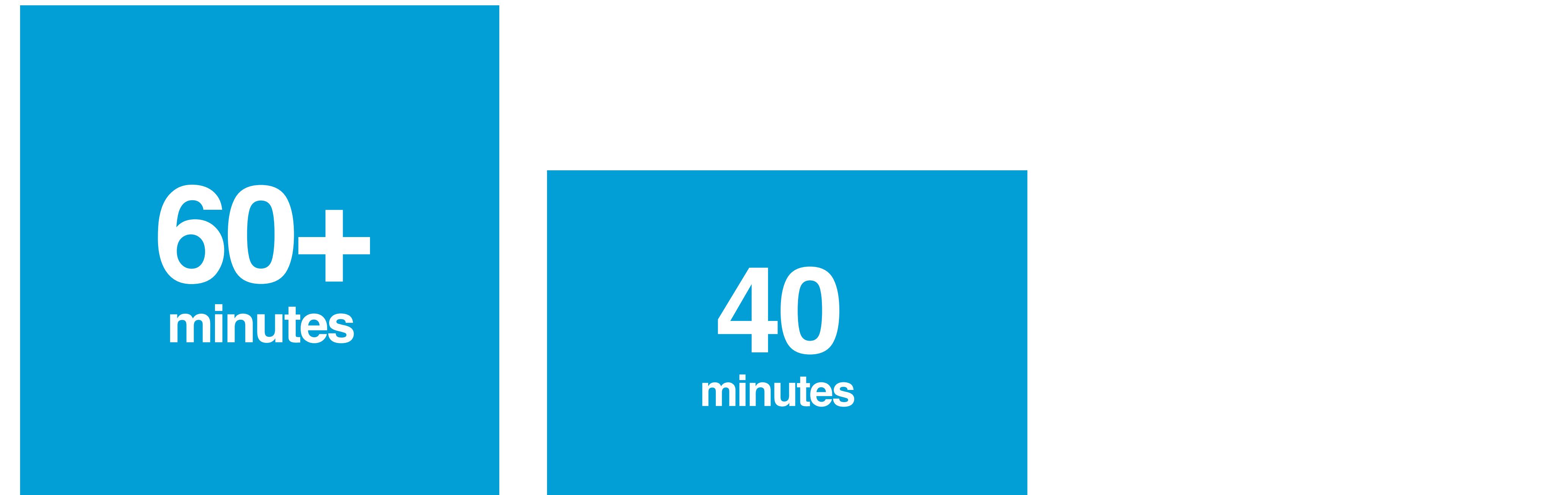
GROUP 2

**Try and forget
concerns**

GROUP 3

**Think pleasant
thoughts**

Who falls asleep fastest?



GROUP 1

No instructions

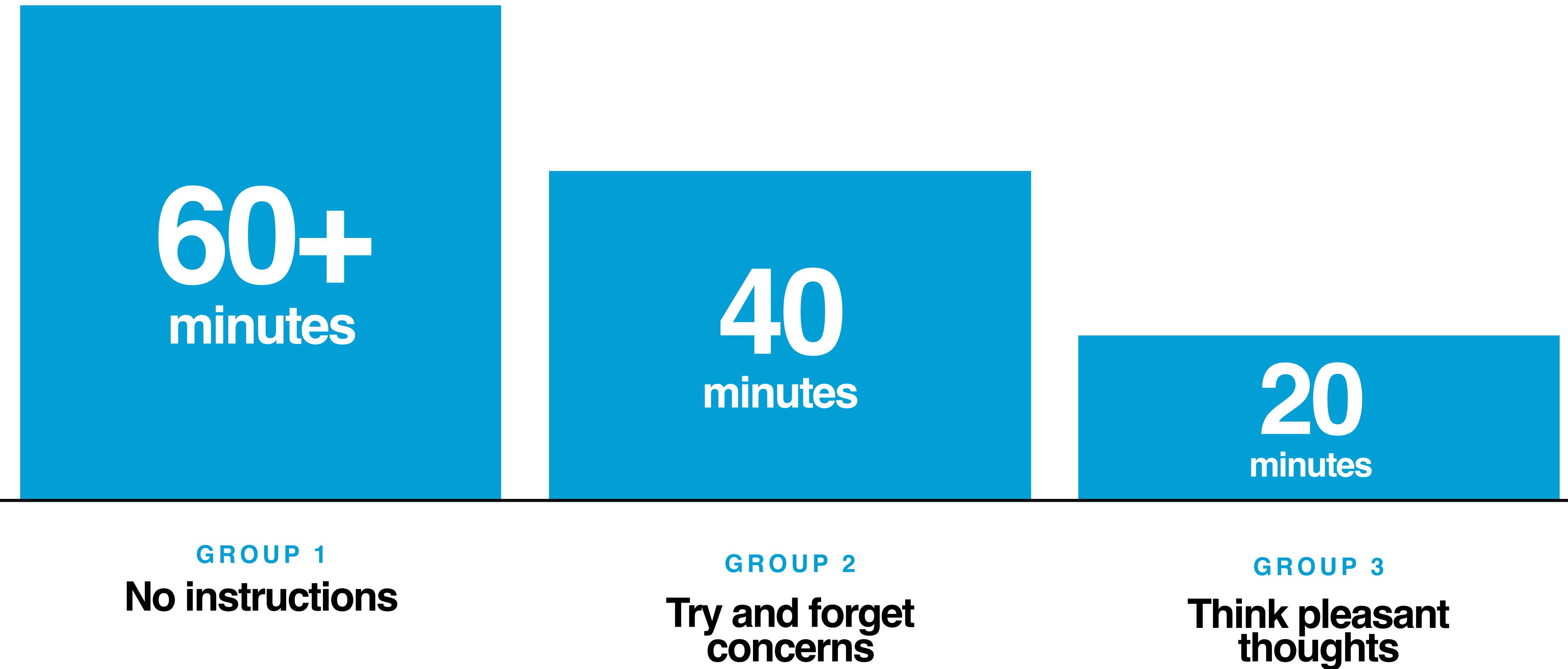
GROUP 2

Try and forget
concerns

GROUP 3

Think pleasant
thoughts

Who falls asleep fastest?



What to do when you get to bed

TAKEAWAYS:

1. Focused thinking can be beneficial

What to do when you get to bed

TAKEAWAYS:

1. Focused thinking can be beneficial
2. Direct your thoughts to something that makes you happy

What to do when you get to bed

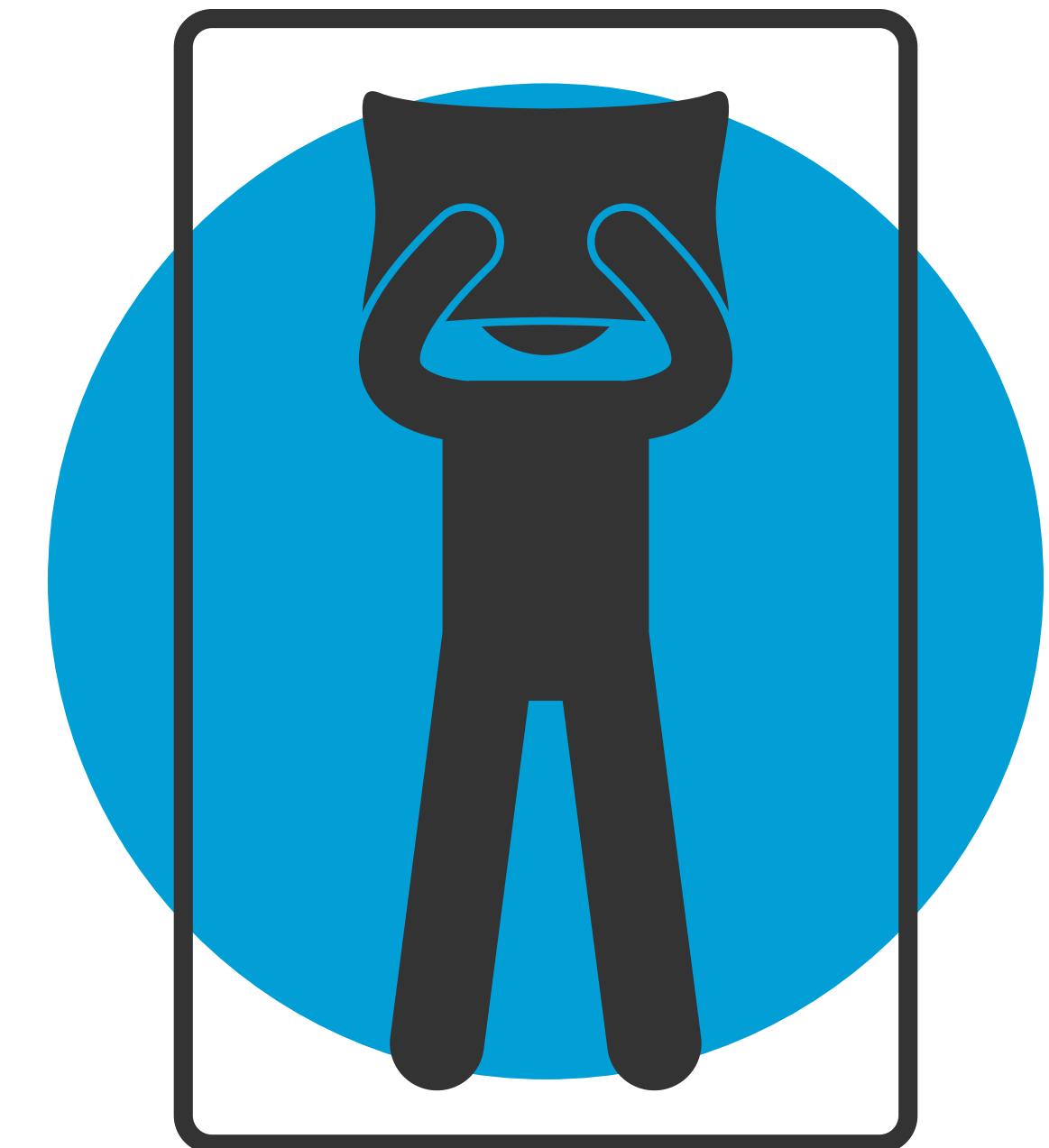
TAKEAWAYS:

- 1. Focused thinking can be beneficial**
- 2. Direct your thoughts to something that makes you happy**
- 3. Use images**

The power of visualization



What to do when you can't sleep



The art of ceiling watching



4 Don'ts and a Do

*Don't
look at
the clock*



4 Don'ts and a Do

*Don't count
sheep,
count
gratitudes*



4 Don'ts and a Do

*Don't try
to fall
asleep*



4 Don'ts and a Do

*Don't
stay in
bed*

4 Don'ts and a Do

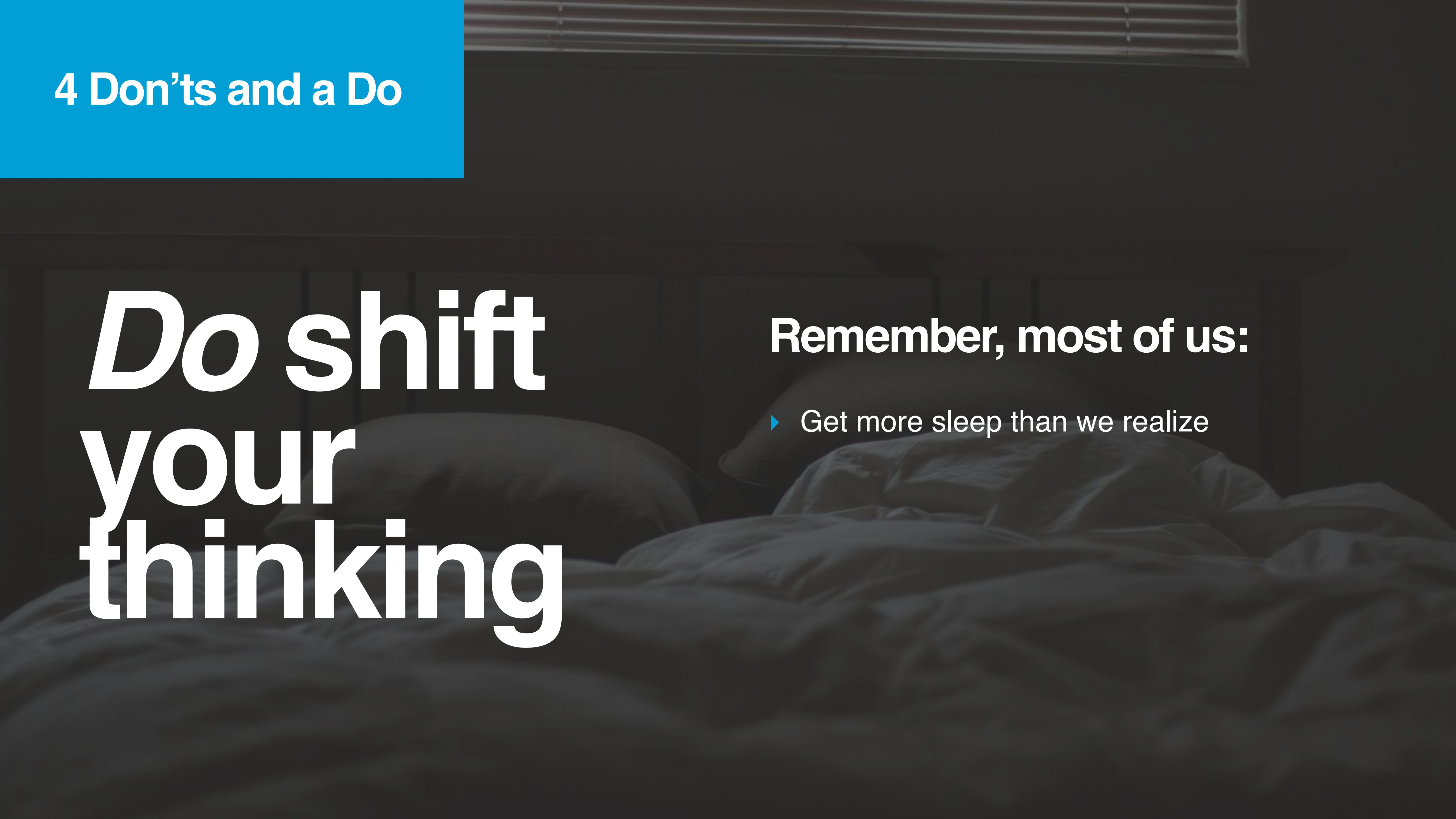
*Do shift
your
thinking*

4 Don'ts and a Do

*Do shift
your
thinking*

Remember, most of us:

4 Don'ts and a Do

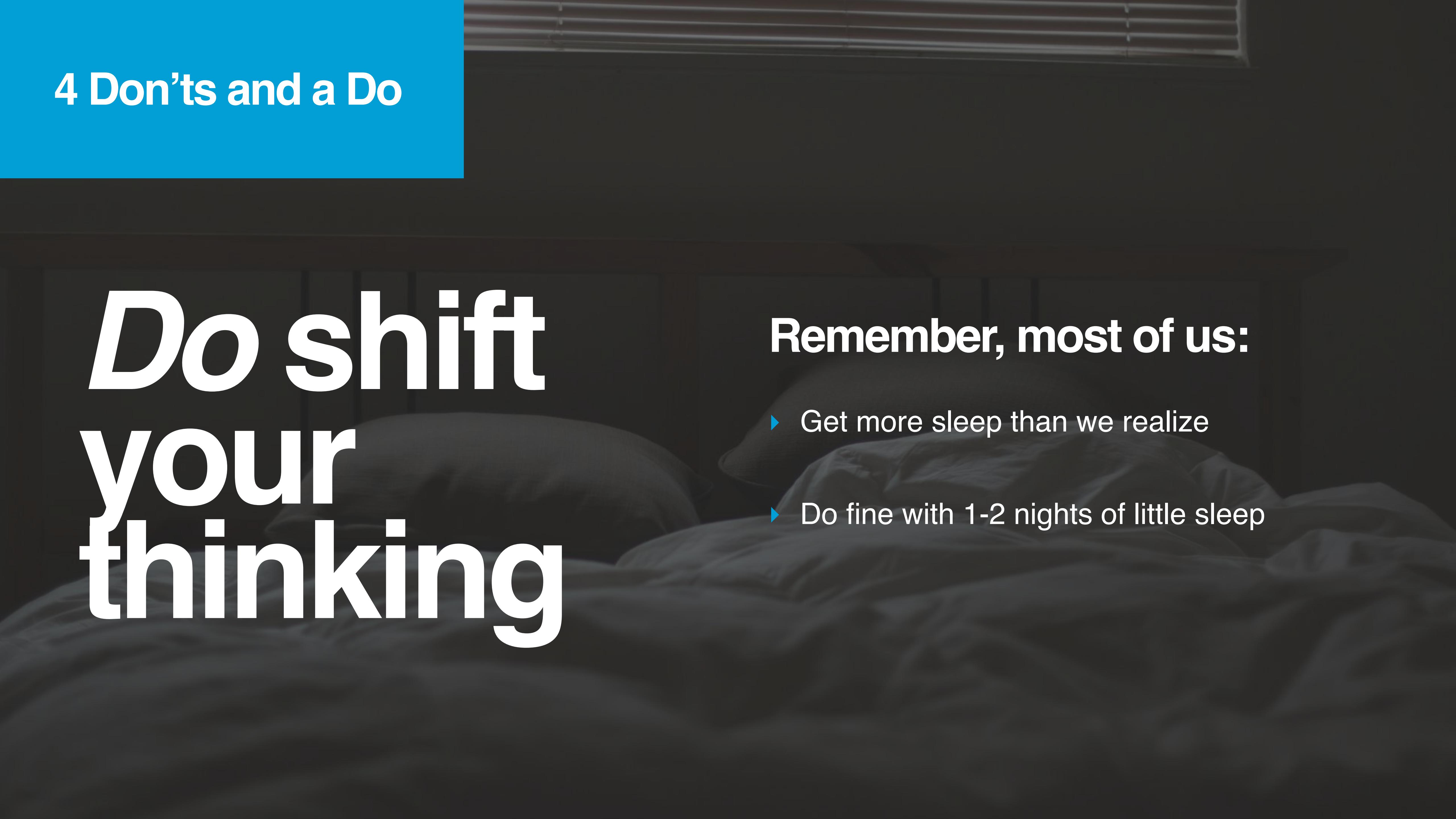


***Do shift
your
thinking***

Remember, most of us:

- ▶ Get more sleep than we realize

4 Don'ts and a Do

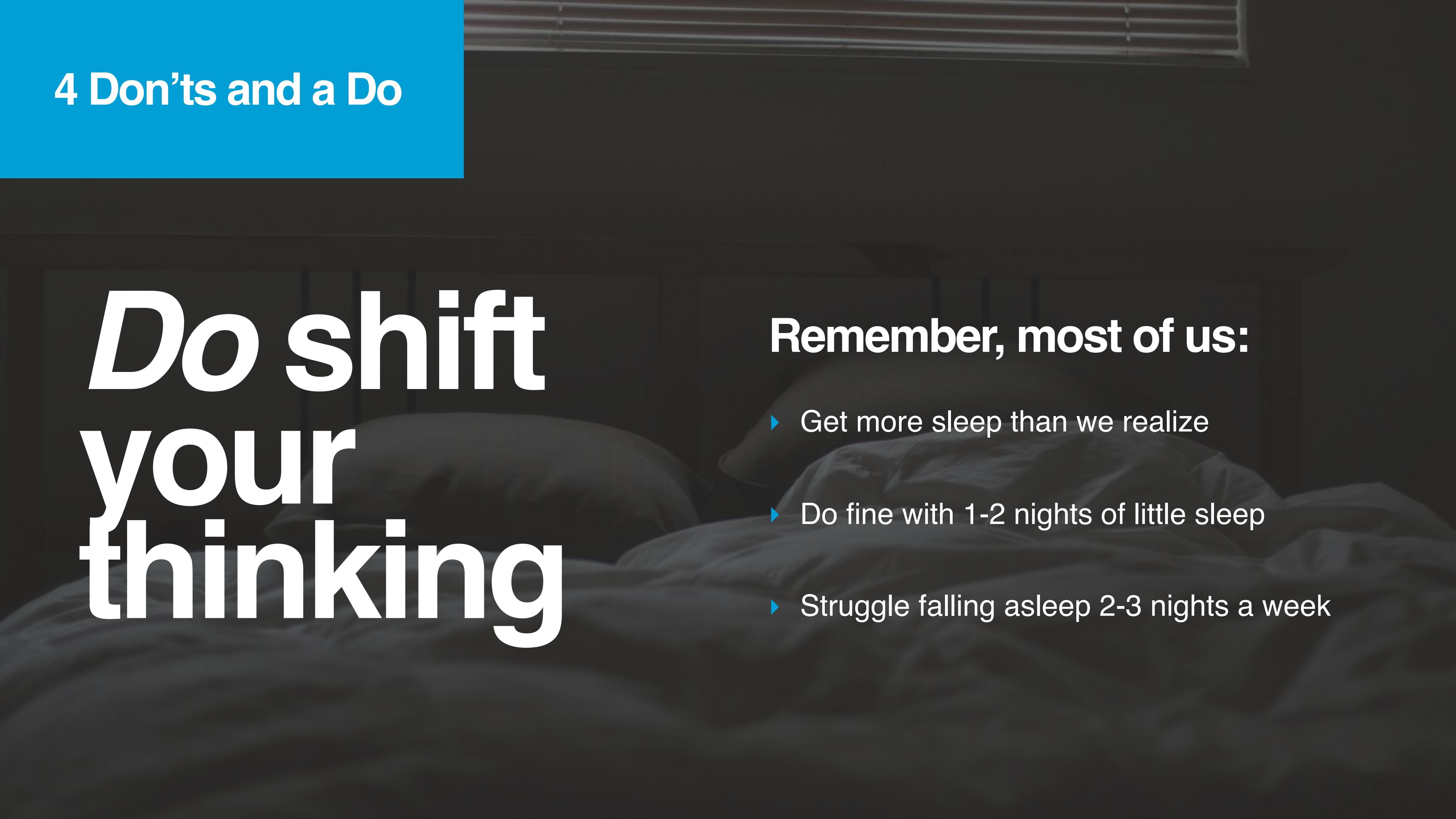


***Do shift
your
thinking***

Remember, most of us:

- ▶ Get more sleep than we realize
- ▶ Do fine with 1-2 nights of little sleep

4 Don'ts and a Do



***Do shift
your
thinking***

Remember, most of us:

- ▶ Get more sleep than we realize
- ▶ Do fine with 1-2 nights of little sleep
- ▶ Struggle falling asleep 2-3 nights a week



Coming up next week

Designing your morning routine