

# SLEEP DEEP ACTION PLAN

## ACTION STEPS:

1. Power down an hour before bed
2. Skip the late-night snacking
3. Do High Intensity Interval Training 3 or more times a week
4. Keep your bedroom dark and cool
5. Take a hot bath and do other bed preparation rituals
6. Drink a glass of water (if you have hunger pangs)
7. Supplement with calcium and magnesium
8. Take a B complex early in the day
9. Try **Sleep Candy** for restful sleep

## SUPPLEMENT REGIMEN:

- **Sleep Candy**  
Provides powerful nutrients like melatonin and 5-HTP to fall and sleep in just 2 easy-to-take delicious chewable tablets.
- Chamomile and hops tea also promote restful sleep.

## THE NITTY GRITTY

- 1 **Have your alarm clock remind you about bed.** You're firing off an email and half-watching a TV show when you realize it's 10:15 and time to prepare for bed. Remedy this problem by setting your alarm clock an hour before bedtime as your official warning to put away your laptop, flip off the TV, and power down. Otherwise, it's all too easy to keep working until the last minute.

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- 2 Skip the late-night noshing.** Stop eating about three hours before bed. Let's face it: you're not exactly eating broccoli at bedtime, and that before-bed snack could be seriously stalling your fast fat loss. Impose a kitchen curfew after dinner, keep the dark chocolate (or whatever your enemy is) out of your house, and have a glass of water<sup>2</sup> if you're hungry.
- 3 Exercise hard and early.** Skip the 8 p.m. aerobics class, which will only raise your cortisol (stress) levels and keep you wired right around the time you should be drifting. Keep exercise to morning and early afternoon, and make it count. The most effective exercise for fast fat loss that will also help you sleep better is burst training and weight resistance. You can combine them both with my **Fast Blast Workouts**, which provide a killer full-body workout in just 8 (yes, 8!) minutes.
- 4 Keep your bedroom dark and cool.** Especially during winter you might be tempted to keep your room toasty and let in any light you can get. But the most conducive sleeping environment is a cool, pitch-black room. That means no flashing alarm clocks, cell phones, computers, or other bedroom electronic gizmos. Wear an eye mask and earplugs, and if necessary keep a noise machine to drown out barking dogs and car alarms.
- 5 Develop sleep rituals.** Once your alarm clock reminds you to power down, establish a routine to prepare your mind and body for bed. You make take a hot bath with chamomile tea and read a good (but not great) book. Avoid anything stimulating before bed, lest you go into sensory overload with a fabulous novel or horror movie.
- 6 Have a glass of water.** If you did dinner right, you won't be hungry before bed. Your plate should be lean protein, plenty of green vegetables, good fat, and starchy carbs. If you notice your stomach growl before bed, bypass the fridge for a glass of water. A study at the University of Washington<sup>2</sup> found that one glass of water shut down late-night hunger pangs for almost everyone.

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- 7 Skip the nightcap for these minerals.** You're probably not getting enough magnesium, a mineral that can help you calm down and relax your nervous system. For instance, a study in the journal *Magnesium Research*<sup>1</sup> found that when adults with low magnesium supplement with this mineral, their sleep quality improves. Calcium, on the other hand, helps your body produce melatonin, a hormone your pineal gland secretes to regulate circadian rhythm. Skip the warm milk nightcap for a high-quality calcium/ magnesium supplement (I like **Cal/Mag 1:1 by Designs for Health**) and add Epsom salt to your bath.
- 8 Get your Bs.** Stress and life's daily demands burn up your energy-assisting B vitamins so your body can't make the neurotransmitters you need to sleep well. Stress also lowers serotonin, the feel-good hormone your brain eventually converts to melatonin for good sleep. And you need B6 to make melatonin. Take a B complex early in the day to replenish your supply of these workaholic vitamins. **B-Supreme from Designs for Health** supplies most of the B vitamins in their coenzymated forms, so the body does not have to phosphorylate them in order to be used in biochemical reactions. (You can order direct, just use me as your practitioner referral.)
- 9 Maintain your circadian rhythm.** Melatonin, which regulates circadian rhythm, declines with age. If you suffer jet lag, changing time zones, or lay in bed for hours staring at your alarm clock (remember to keep a pitch-black room!), melatonin could be just your ticket. My **Sleep Candy** combines melatonin with other sleep-boosting nutrients in just 2 delicious chewable tablets.

References:

1. <http://www.ncbi.nlm.nih.gov/pubmed/21199787>

2. University of Washington Study reported in *Integrated and Alternative Medicine Clinical Highlights* 2002 Aug 4;1(16)

