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Sleeping less than 6 hours a night destroys your brain and body.

Do these 7 things to get 8 hours of sleep every night:

Not getting enough sleep cripples your brain.

It causes:

• brain fog
• mood swings
• low motivation
• poor judgment
• difficulty learning
• low impulse control
• slower reaction time

You aren't doing your best if you aren't getting enough rest.

Here's how:

1) Reduce light in the evening

Several hours before bed, switch from using white lights to the yellowish "daytime" lights.

Also, dim the brightness of your lights if you're able.

This tells your system the day is coming to a close.

2) Don't eat/drink within 3 hours of bedtime

A big meal right before bed reduces your sleep quality due to digestion.

Alcohol may help you FALL asleep, but it hurts your ability to STAY asleep.

Too much of any liquid may cause bathroom trips in the middle of the night.

Also, be careful how late in the day you have caffeine.

It takes a long time for caffeine to be eliminated from your system.

Stop having it within 12 hours of bedtime.

PS: Watch out for sneaky sources of caffeine like sodas, teas, and chocolate.

3) Stop using screens 60 minutes before bed

Your sleep/wake cycle is regulated by a hormone called melatonin.

The light from screens suppresses the production of melatonin.

This is why you have a hard time falling asleep right after you've been using a screen.

Blue blockers and dark modes don't stop this.

Blue light suppresses melatonin more than other shades of light - but ALL light does.

Also, the content ON screens keeps the brain wound up.

That's another reason why late-night screen use makes it hard to sleep.

4) Do a brain dump

Have a hard time falling asleep because you have so much on your mind?

To-dos?

Ideas?

Fears?

Brain dumping will help.

Simply grab a pen and paper and write down everything on your mind.

Your mind will be clearer and you'll fall asleep easier.

What if you suddenly have an idea, thought, or question while you're trying to fall asleep?

Use your notebook instead of your phone.

Write it down, get it out of your head, and deal with it tomorrow.

This'll prevent "minutes" of screen use from turning into hours of insomnia.

5) Make your bedroom cool and dark

Aim to make your bedroom like a cave at night.

Get your bedroom temperature to around 60 to 67°F (15.6 to 19.4°C).

If you have bright lights outside of your bedroom window like I do, buy a set of blackout curtains.

More tips for your bedroom:

• White noise like a fan can help you fall asleep

• Charge your phone on the far side of the room so you have to get up to shut off your alarm

• Don't do anything in bed except sleep and sex or your brain will associate your bed with wakefulness

6) Don't snooze your alarm in the morning

Why? Because it

• makes you feel groggier
• confuses your circadian rhythm
• trains you to not get up at the first alarm

Your wake time has a bigger effect on your circadian rhythm than the time you fall asleep.

Keep it consistent.

7) Go outside and get a few minutes of direct sunlight immediately after you wake up

This trains your circadian rhythm.

You'll have an easier time waking up, getting going, and falling asleep.

Light is THE biggest modulator of your sleep/wake cycle.

FAQ about morning sunlight:

• Is light through a window good enough?

No.

• What if it's cloudy out?

It's still brighter outside than inside.

• What if the sun isn't up yet?

Get a studio light like YouTubers use, set it to white, and sit in front of it for a few minutes.

Note on supplements:

Instead of melatonin, consider trying L-theanine, magnesium, and/or ashwagandha.

Ask a medical professional before adding or subtracting a supplement from your diet.

But any supplement won't help much if you're not doing the other stuff in this thread.

Do these 7 things to get 8 hours of sleep every night:

1) Less light in the evening
2) No food/drink < 3 hours before bed
3) Stop screen use 1 hour before bed
4) Brain dump
5) Make your room cool & dark
6) Don't snooze your alarm
7) Get 10 minutes of direct sunlight after waking

Sleep has been the first thing I've worked on with the majority of my clients.

Many business owners struggle with sleep because of high stress, long hours, and poor habits.

They feel like they don't have time to sleep - but being sleep-deprived makes work take more time.

If you're a business owner who wants to:

• improve your sleep
• become more efficient
• scale your business

I can help.

I'll save you at least 2 hours a day - guaranteed.

Answer a few quick questions and I'll reach out to tell you more:

https://t.co/r7yAOhgqnW