Twitter Thread by Johnny Brown



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How to fall asleep in 2 minutes or less with the Military Method:

Lloyd Bud Winter popularized the Military Method in his book “Relax and Win: Championship Performance.”

This technique was created by the US Navy to help pilots fall asleep anywhere.

It’s a blueprint for achieving total relaxation, and it works for 96% of people:

1. Relax your face

Imagine a scanner going across your entire body.

Starting at the top, relax every muscle in your face (including your tongue and cheeks).

Make sure your jaw is unclenched.

Slowly close your eyes and take slow, deep breaths.

2. Release the tension in your shoulders, arms, and hands.

You should feel your shoulders sink into your bed.

Move down through your biceps, forearms, and fingers, relaxing every muscle on the way.

Continue your deep breathing. It’s crucial for this to work.

3. Relax your chest and stomach

We carry a lot of tension in our chest, back, and abdomen without realizing it.

When you exhale, make sure you are completely relaxing your abdominal muscles.

4. Starting with your right thigh, start relaxing your legs just as you did your arms.

Scan down your leg and let the tension leave your calf, ankle, and foot.

Repeat on your left leg.

5. Now that your entire body is relieved of tension, it's time to do the same with your mind.

Imagine yourself lying surrounded by total darkness.

If you struggle with this, just repeat "don't think" in your head (it really works).

A productive day starts the night before.

You have to sleep like a baby if you want to perform like an athlete.

For more tips on how to build high-performance habits, follow me @johnnyxbrown!

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https://t.co/rt1xqiky3v

> How to fall asleep in 2 minutes or less with the Military Method:
>
> — Johnny Brown (@johnnyxbrown) December 22, 2022

My newsletter dives deeper into high-performance habits. ■■

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