Twitter Thread by Matteo Franceschetti



Matteo Franceschetti
@m_franceschetti

Sleep is always my top priority, and will continue to be in 2021. It is foundational to all health.

I've compiled a list of my top 8 sleep hacks that I use everyday to improve my sleep. If you are trying to improve your sleep in 2021, this thread is for you. ■

1) Thermal shock:

- 2 Hours before bedtime, I will either go into a sauna and immediately follow with an ice-bath or take a hot bath followed by a cold shower
- This helps improve my circulation, reduce inflammation and aid in muscle recovery

2) Normatec boots:

- Muscle relaxation is key for restful sleep
- I use @NTRecovery NormaTec Leg Pulse 2.0s at night to help increase blood flow in my legs & relieve muscle tension

3) Smart lighting

- Bright/harsh lighting delays the production of melatonin & sleep onset time
- I use @tweethue Phillips Hue lights in my home that turn orange & gradually dim starting at 7PM and completely shut off at 9:30PM

4) Mobility exercises:

- 30 mins before bedtime, I do mobility exercises to relax my body
- I use my @Hyperice HyperVolt Plus Massage Gun during this time to relax my hips and massage feet, hands and back

5) Consistency with bedtime and wake up time:

- A consistent sleep schedule is key for improving sleep quality
- I go to bed around 9:30PM and wake up at 6:30AM everyday, even on the weekends

6) Temperature:

- Temperature regulation is key for minimizing sleep disturbances
- I set my @eightsleep Pod temperature to optimize my sleep based on my fitness training, the seasons, and weather
- I set my bedroom temp to 73 degrees

7) Eliminate alcohol:

- I cut out alcohol in April 2019 & have never felt better
- Alcohol can negatively affect your sleep quality & energy levels
- See more stats here: https://t.co/3GeW8eSkYb

> We run an alcohol test with some @eightsleep beta users. On nights when they didn\u2019t drink they experienced on average:
> - 7% fewer tosses and turns per night
> - 6% higher HRV
> - 10% improvement in perceived sleep quality
> - 16% improvement in how rested they felt in the morning
>
> — Matteo Franceschetti (@m_franceschetti) September 14, 2020

8) Tea and supplements:

- I drink a cup of chamomile tea before bed
- Occasionally, I take melatonin-infused gummies to aid in sleep onset if I am having trouble unwinding and magnesium to relax my muscles

Read more about my top 8 hacks for sleep here: https://t.co/H1BWOUhrwM