HOW TO HACK YOUR SLEEP

The Art & Science of Sleeping

1/3 OF OUR LIVES are spent on SLEEP

26 YEARS THAT MEANS OF YOUR LIFE ARE SPENT IN BED

The Basics of Sleep That Don’t Cost Anything

- No caffeine after 2 p.m.
- Avoid bright lights and use FLUX on your computer
- Put phone on airplane mode and use EMF filters
- Take a magnesium supplement
- Don’t workout within two hours of going to bed

Why Sleep?

Sleep helps your muscles and organs to REST and RECOVER.

Food & Sleep

- Eat low-mercury fish and seafood at dinner, or take krill oil before bedtime.
- Try 1 Tbsp of Brain Octane, before bedtime to provide stable brain energy during sleep.
- Try up to 1 Tbsp of raw honey before bed on an empty stomach (Read the How to Hack Your Sleep blog post for more information).
- Try taking 1-2 tablespoons of Collagen protein before bed.

Supplements & Sleep

- GABA: Good for its natural calming and relaxation effects
- GLUTATHIONE: Detoxifies your body during sleep
- KAVA TEA: Like Valerian, but less intense
- PASSION FLOWER: Like Chamomile on steroids
- 5-HTP: Essential nutrient for sleep

Sleep Induction Mat

Sleep cleanses your brain of toxins, REM sleep helps your brain consolidate memories.

Ways to Improve Your Sleep

- New pillow helps your head be in the same position
- Sleep-be-your-messengers and organs to REST and RECOVER
- Sleep clears your brain of toxins

SLEEP QUALITY

QUALITY

QUALITY

QUALITY

QUALITY

SLEEP SERIES

SLEEPHACK ARTICLES

CREATIVE LIVE: THE BULLETPROOF LIFE

DOWNLOAD SLEEP CYCLE APP

- Use every night to track your sleep quality
- You can set your sleep duration; the app tells you if you’ve slept too long or not enough

SLEEP INDUCTION MAT

- Full-spectrum FASTER
- Upgraded sleep
- Quality
- More relaxation
- ENERGY
- SUPPORTS healthy hormones & encourages release
- Maintains healthy levels of stress
- Muscle relaxation
- Supports healthy endorphin & oxytocin release
- Maintenance of sleep

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60% of the largest sleep study conducted shows that sleep is more important than quantity.

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