

Sleep Checklist

Environmental cues

- **Wake up at the same time daily, this includes weekends.**
This practice will set your circadian rhythm to trigger automatically and help reduce insomnia (1)
- **Go to bed within the same hour block each day; rhythm is everything for sleep.**
For every one-hour change in how long someone sleeps from night to night, there was a 27% higher chance of developing metabolic syndrome (1).
- **Once up, get sun exposure to your eyes and skin within 15 to 30 minutes.**
Sunlight is the single greatest tool for setting and maintaining your circadian rhythm, even on a cloudy day (1).
- **After sunlight comes breakfast.**
Those who skip breakfast repeatedly report poorer sleep than those who eat earlier in their day (1).
- **Keep a regular meal pattern.**
Irregular meal consumption negatively impacts all layers of sleep (1).
- **Aim for an eating window of about 12 hours**
If you choose to fast, skip dinner, not breakfast, to improve your sleep (1).
- **Avoid consuming large meals 3 hours or less before bed.**
This type of eating is associated with poor sleep (1).

Sleep disruptors

- **Stop caffeine consumption 8-10 hours before going to sleep.**
The level of caffeine in your blood peaks one hour after consumption and stays at this level for several hours. Half of the caffeine is still in your body six hours after it is consumed. It can take up to 12 hours to completely clear caffeine from your bloodstream (2). Even if 20% is still in your system, it can disturb your sleep (3).
- **Minimize bright artificial light and screen time 2 hours before bed.**
Luminous artificial light exposure between 9 pm and 11 pm disrupt melatonin release and dopamine regulation (1).

Sleep enablers:

- **Your bedroom: Keep your bedroom clutter free, dark, and cold.**

A cold bedroom is one of the most profound and uncomplicated methods to increase sleep quality and quantity (1). Shoot for 65-68 °F.

- **Exercise**

Zone 2 cardio (exercise performed within a heart rate zone that represents 60% to 70% of the maximum heart rate (MHR)) can dramatically improve your sleep quality (1,2).

- **Warm shower/bath**

An evening shower or bath in water between 104 and 108.5 degrees Fahrenheit 1-2 hours before bed improves sleep quality and decreases sleep latency (time to fall asleep) by an average of 10 minutes (1).

- **Take magnesium malate, magnesium citrate, or magnesium glycinate at least 400 mg daily 1 hour prior to bed (1)**

A mineral involved with over 300 enzymatic bodily processes, this one nutrient profoundly affects health and sleep.

Magnesium increases slow-wave sleep by about 60%, increases sleep efficiency (time sleeping divided by time in bed) and decreases sleep latency (time it takes to fall asleep) (1,2)

Minimum dose: 7 hours of daily sleep is necessary to maintain proper cognitive and behavioral function, recovery and endocrine health (1).

KEY TAKEAWAY: The relationship between sleep and testosterone is profound. Increase your sleep quantity and quality through setting your internal clock with environmental cues and focusing on sleep enablers while avoiding sleep disruptors.