



THE BULLETPROOF
SLEEP
GUIDE

BETTER SLEEP - MORE ENERGY - FEEL AMAZING

WHY SLEEP IS SO IMPORTANT



Sleep is an essential function of the body that allows us to recharge our mind and body. Good sleep allows us to fight off diseases, heal, recover and ensures our brain is functioning properly.

There is also a direct correlation between **people who don't sleep enough & weight gain**. This is believed to be the case due to hormones and the desire to exercise

Lack of sleep will play havok on your hormones. Studies have shown that when we don't get enough sleep our **Leptin levels are lowered which increases our appetite**. This results in our brain taking longer than usual to tell us we're feeling full.

WHY SLEEP IS SO IMPORTANT



Gherlin is another appetite hormone affected by lack of sleep. Gherlin tells us when it's time to eat. While Leptin levels drop, **Gherlin levels elevate, making us feel even hungrier**

In essence, you're hungrier and your body takes longer to tell you your full. Not a great combo when trying to lose weight

Other key benefits:

- Increased sport performance
- Improved concentration & productivity
- Reduced inflammation & boosted immune functions
- Reduced risk of strokes & heart disease

HOW TO GET A BETTER NIGHTS SLEEP



Getting the most out of your sleep is crucial. Here are a few tips to help get you off every night

1. **Try and limit tech an hour before bed.**

Our phones and laptops emit blue light which tricks our brains into thinking it's day time. Limiting devices will help your brain switch off.

2. **Alcohol is a poor way to help you sleep.**

Alcohol helps you pass out, not sleep. It will also have you waking up in the early hours when the affects wear off. Try and limit your alcohol intake for better sleep

3. **Avoid caffeine after 4pm**

HOW TO GET A BETTER NIGHTS SLEEP



4. Sticking to your routine and exercise regularly. Exercise boosts sleep hormones such as melatonin which will help you nod off come bed time

5. Keep it comfortable and cool. Make sure your bedroom is a calm environment with sound and light kept at a low level. Also make sure your mattress, covers and pillows are comfortable and allow you to keep cool at night

CHECKLIST:

- Comfy mattress
- Pillows & duvet suitable for you
- Herbal teas to help unwind before bed
- A book instead of any devices

ULTIMATE BEDTIME ROUTINE



Humans are creatures of habit. We thrive off daily routines and our sleep is no different. If we can get into the habit of sleeping soundly every night we'll never have to worry about lack of sleep again

DECIDE ON A SET BEDTIME

Sticking to the same bedtime teaches our brain to start winding down. Picking a set bedtime and sticking to it will allow our brains to start shutting down before bed. This will really help initially falling asleep

CREATE A BEDTIME ROUTINE

Parents read their children stories to help them fall asleep every night, but interesting it's not just the story that helps them nod off. It's the habit of the story. The child subconsciously

ULTIMATE BEDTIME ROUTINE



begins to associate story = sleep. We can create the same ritual to help our brain understand it's wind-down time too. It's individual to everyone so use a few of these examples to help:

- **Having a bedtime herbal tea 30 minutes before bed**
- **Putting pyjamas on 30 minutes before bed**
- **Having a relaxing bath**
- **Listening to soft music**
- **Stretching, breathing or meditating**
- **Reading a book**
- **Prepping your bedroom and clothes for the next day**

Pick and choose the ones above that best suit you and try to incorporate them everyday. Creating a sleep routine can take time but it's always worth it