

# THE SLEEP PROTOCOL

*A complete system for consistently great sleep. The more you stack, the better you sleep.*

## 1 SCHEDULE

- Bed by 9:30pm, asleep by ~10pm, wake at 6am — every day
- Consistency is the single most powerful sleep tool

## 2 SUPPLEMENTS

- Creatine 4.5g — morning (supports deep sleep)
- Magnesium glycinate — before bed (promotes relaxation)

## 3 NUTRITION & LIFESTYLE

- Stop eating 3 hours before bed
- 15-hour overnight fast (last meal by 7pm, first meal at 10am)
- Reduce liquids in the evening to minimize wake-ups
- No alcohol, no smoking, no drugs, no caffeine

## 4 EXERCISE, RECOVERY & LIGHT

- Surf 4–5x/week, MTB 2–3x/week or pickleball, plus regular swims
- Functional core training Mon/Wed/Fri
- At least 9,000 steps every day
- 15–20 min/week vigorous training in Zone 4–5 (HR >160)
- Mondays: infrared sauna 40 min, cold pool, warm pool, cryotherapy
- Wednesdays: hyperbaric chamber or steam sauna + cold/warm x3
- Recovery days create a healthy tiredness by 9pm
- Sunlight in your face within 30 minutes of waking
- Big morning walk — sets your circadian clock for the day

## 5 EVENING WIND-DOWN

- Stop all devices 1–1.5 hours before bed
- No porn, no computer games, minimal TV — just a few YouTube videos
- Wind-down activities: piano, stretching, warm shower
- Journal in bed — clear the mind
- Read in bed — let sleep come naturally

## 6 SLEEP ENVIRONMENT & POSITION

- Room as cool as possible — use aircon if needed before bed
- Phone/devices out of arm's reach
- No screens or clocks visible from bed
- Light-blocking eye mask
- Sleep on your side with a pillow between your legs
- Hug a pillow for extra comfort

## 7 NIGHT WAKING TOOLKIT

*Use these techniques in order when you wake at night:*

- **Temperature Check:** If warm, cool the room (aircon), then turn cooling off.
- **5-to-1 Breathing:** Inhale counting 5 down to 1, hold 7s, exhale 8s. Repeat 4 rounds.
- **Muscle Relaxation:** Tense each muscle group 5s, relax 10s. Feet to head.
- **Rolling Eye Exercise:** Look left, right, up, down, rotate — 5s each direction.
- **Letter Word Game:** Pick a 7+ letter word, find a word starting with each letter.