HOW TO HACK YOUR SLEEP

The Art & Science of Sleeping

1/3 OF OUR LIVES are spent in 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 F.lux on your computer
- Sleep in a pitch-black room (if it emits light, cover it — your bed should be invisible in front of you)
- Avoid big meals right before bed

Why Sleep?

Sleep helps your muscles and organs to rest and recover.

Supplements & Sleep

- GABA: Good for its natural calming and relaxation effects
- Kava: Like Valerian, but less intense
- Passion Flower: Like Chamomile on steroids
- Glutathione: Essential nutrient for sleep
- Magnesium: Stimulates natural melatonin production
- 5-HTP: Essential nutrient for sleep

Food & Sleep

- Eat low-mercury fish and seafood at dinner, or take low-mercury supplements
- Try 1 Tbsp of Upgraded™ 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 Upgraded™ Collagen protein before bed.

Sleep Cleanses Your Brain of Toxins

Sleep helps your muscles and organs to rest and recover.

Sleep Series

SLEEPHACK ARTICLES

CREATIVE LIVE: THE BULLETPROOF LIFE

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Download Sleep Cycle App

Use every night to track your sleep quality.

Use the smart alarm feature that only wakes you up in a light stage of sleep.

Use sleep notes to quantify the results of your sleep hacks.

Track & Hack

SLEEP INDUCTION MAT

Fall asleep FASTER. Improved sleep QUALITY. Better MENTAL RELAXATION. ENERGY. SUPPORTS healthy hormones & reduces anxiety, inflammation, headache, and mood of stress.

SLEEP SERIES

CREATIVE LIVE: THE BULLETPROOF LIFE