

# SLEEP: SCIENCE

CIRCADIAN CYCLES ARE A BIOLOGICAL REALITY WITH 3 BILLION YEARS OF EVOLUTIONARY WISDOM.

Good sleep is critical to recovery and performance.  
Good sleep is a cornerstone of physical, emotional and mental wellbeing. This is true for individuals, families, teams and society.



## RISKS OF POOR SLEEP

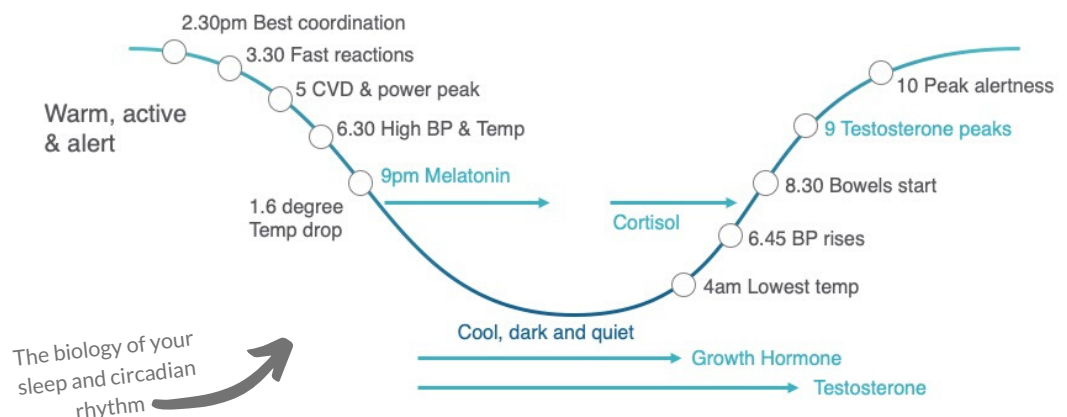
- 30% decrease in performance – alertness, executive functions, memory, speed, strength and jump height
- 60% increase in injury
- Consumption of 300-450 extra calories per day – 8kg per year. A major contributor to obesity and diabetes
- Increased Alzheimers, heart disease, cancer (bowel, breast and prostate), abdominal disease and inflammation
- Gene disruption – at least 711 genes
- Leadership fails – charisma, motivation, empathy, expressiveness, ethics and altruism

## GAINS FROM GOOD SLEEP

- Energy conservation, rest and recovery, prevents metabolic disease
- Resolve complex problems, remove toxins from brain
- Restoration of immunity, strength, fitness, postural stability, metabolism, inflammatory response, hormone regulation
- Emotional insight, regulation, empathy, expressiveness
- Rewiring and repair of neurons to consolidate learning, memory, alertness, problem solving and optimism
- Preparation for optimal performance (flow), morality, compassion, altruism and wisdom

## THREE FOUNDATIONS OF SLEEP

1. Sleep Need
2. Sleep Timing
3. Sleep Quality



Watch: Joe Rogan Experience #1109 with Matthew Walker  
Read: *Why We Sleep* by Matthew Walker

# SLEEP: PRACTICE

OUR DAYTIME EFFECTIVENESS DEPENDS ON REGULAR, DISCIPLINED AND STRUCTURED SLEEP.

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## 1. Sleep Need

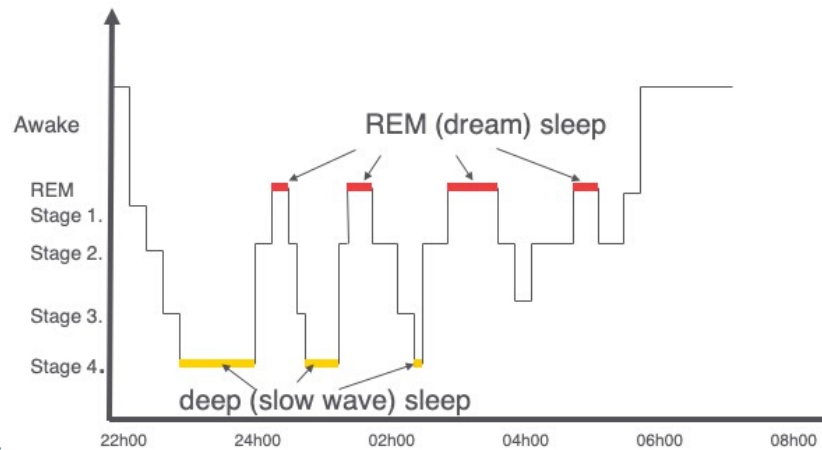
- Aim for 7 to 8 hours of sleep
- Go to bed early

## 2. Sleep Timing

- Commit to a regular wake up with blue dawn light.
- Force consistency into your wake up time.
- Never sleep in

## 3. Sleep Quality

- Get out in bright daylight for at least 20 minutes a day.
- Exercise every day - the earlier the better.
- Build a 90 minute cool-down into your evening: switch off devices, read, relax, practice tactical calm.
- Cool, dark and quiet bedroom with no technology.
- Use earplugs and eye mask if needed.
- Small, early dinner, no caffeine after 2pm, limit alcohol and protein.
- When you feel tiredness go straight to bed.
- Take the time to relax body, heart and mind before sleep.



## OVERACTIVE MIND?

**ANXIETY:** Thinking loops of worry about the future or an event

**HOSTILITY:** Vengeful loops of resentment and anger at someone or something

**SADNESS:** Regret and disappointment at one's own actions or self

**HYPERVIGILANCE:** Hyperactive mind at night (often worry)

### Quieting the mind:

1. Notice when the mind becomes overactive and define what you are thinking about (insight).
2. Recognise that these mental loops are futile and resolve to let them drop away (release).
3. Relax your body and lengthen your breath to a slow, easy rhythm. Exhale fully.
4. If anxious or worried, let yourself relax into the present moment and contentment.
5. If angry or frustrated, be generous, appreciate what is good. Radiate forgiveness.
6. Practice gratitude. The "three blessings" exercise works well for some.
7. Imagine your body and mind sinking into peace and quiet.

Problem?  
Sleep on it. REM  
(dreaming) sleep  
enhances creativity  
and problem solving.

### Tactical Calm Night Practice:

1. Lengthen your spine, lying flat and relaxed on your back
2. Relax your face, neck and shoulders.
3. Breathe out long and slow (6 seconds) with a slight pause (2 seconds)
4. Inhale low and slow (4 seconds)
5. Repeat as needed breathing through nose
6. Anchor on positive experience, loved ones or simply enjoy the moment
7. Let yourself drop away

