



10 Day Sleep Reset Plan

Part 1: Understanding The Problem

It has commonly been said that your body needs sleep. While this is true, we will focus on how your brain needs sleep. It is so easy to wake up foggy, groggy or grumpy in the morning even after hours of sleep. This is because your brain did not get the adequate rest it needed. Your brain is a very complex part of your body made up of millions of cells that produce waves. Your brain has 6 basic brainwaves.

- **Theta** - the wave that produces *rest* for the brain. Your brain needs certain amounts of to have healthy rest periods during the evening and night. Too much results in day dreaming. (Children diagnosed with ADHD typically are high in theta/low alpha).
- **Low Alpha** - The brainwave associated with daydreaming/creative problem solving.
- **High Alpha** - The brainwave associated with creativity (can be resulting in humor, imagination, bright ideas, or art)
- **SMR** - Calm/sustainable focus on activities. It regulates the brain between states of rest and stress.
- **Low Beta** - The Brainwave associated with being in a focused state
- **High Beta** - The Brainwave associated with *anxiousness* or stressful activity. (This wave is associated with the brain's natural function of "fight or flight")

Good news! These brain waves can get really out of whack causing all sorts of problems, but they can be reset fairly simply with some consistency & discipline surrounding sleep.

2. Resetting brainwaves (Sleep, breathing, exercise)

When resetting these waves back into their healthy ranges there is some low hanging fruit to implement into your daily rhythms that can show significant improvements in 2-3 weeks. There is technology that exists that works out your brain and helps speed up the process and can specialize in helping certain waves by focusing on different hemispheres of the brain, but that is \$\$\$ and isn't always necessary.

A. Sleep Hygiene

A lot of people think they get a "good night's sleep" with 5-6 hours and waking up a couple times during the night. However, what is interesting is that in the first 4 hours of sleep your body repairs itself, and in the second 4 hours of sleep the brain repairs itself. That's why it is suggested to get 8 hours -- so your cognitive functioning can be at its peak. Dedicating 10 days to 8-10 hours of sleep will help your hormones (testosterone -- see "Testosterone



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Updated" below for reasons why it can decrease), circadian rhythm, and brain waves get closer to the range they need to be in for your body and brain to feel healthy.

B. The Game Changer

Practicing breathing has some amazing benefits that most American's don't have any clue about. Research has also been done on the average American and their breathing. The average american breaths 17-19 breaths a minute this means an inhale/exhale lasts an average of ~6 seconds. In Kenya they take 6-8 breaths a minute and average meaning their inhale and exhale is ~10-11 seconds. The difference is [Diaphragmatic breathing](#). When brain studies have been done their theta/high beta (and heart rate variability --> something you can research in your spare time) waves are WAY healthier than Americans. Essentially, Americans are not getting enough oxygen to the brain. However, fixing this area is easy and can have major implications to anxiety and mental health.

It can,

- Lower your blood pressure
- Release Endorphins
- Lower stress and anxiety
- High Beta wave can lower ("fight or flight" no longer is in control when it should not be)

Practicing Diaphragmatic Breathing 3x's a day for 5 minutes can change the neuroplasticity make up of your brain and actually rewire your brain to process stress in a very different way! Try searching "Diaphragmatic Breathing on YouTube for some good "how to" pointers. Even if you don't have anything "stressful" in front of you, your brain can get in a rut of firing High Beta (fight or flight -- when it shouldn't). Personally, I think many christians struggle with this because they believe their anxiety can be a sinful problem -- which causes more anxiety -- when in all actuality it doesn't have anything to do with that.

(Personal Tip: I use an app called Headspace for this now, and implement breathing into this every morning.)

Part 2: 10 Day Challenge

For 10 days, give yourself about a 30 min window before the time you want to fall asleep. So if you want to try and be asleep by 10, be in by 9:30.

Follow the sleep tips in the other documents I sent you, watch what you eat before bed, don't use your bed as an office or homework station, your bed is for sleeping. If you are not tired, go read a book or something not in your bed.



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Prioritize sleep over a 10 day period, allow for the activities you need to do, work, school social life etc, but the goal is to try and get as close to 9 hours of sleep each night. This may be a lot to ask, but it's what we do with our clients who are serious at Neurocore Pro.

Monday-Sun (yes, even on the weekend)

In Bed by 9 wake up at 5:30

- 1) Breathing exercises 3x a day, for 3-5 mins each.
One in the morning, one in the afternoon and one right before bed...
--My Calm Beat is a free app you can download
set the pacer at 6 breaths per minute. As you inhale, push your stomach out, as you exhale, pull your stomach muscles back in.
- 2) Limit electronic use before bed... no phone, TV or laptop 45 mins before 9pm.
(refer to Week 3 of the sleep info I sent you-the page about Cortisol)
-Read a book instead of using electronics....insane right?
- 3) Use your bed only for sleeping, we want to separate your bed in the sense that it is only for sleep. Changing mindset from sleep being something "we have to do", to "something we get to do". Feel free to read in your bed as you try to fall asleep...if sleep is still difficult get up, go to the couch and read or do deep breathing, then hit the bed when you are tired.
- 4) Each morning when you wake up-,open up the blinds/get some sunlight ASAP.
Ideally get 15-20 mins of sunlight on your face...take a morning walk if you can before work, eat your breakfast outside...sit by the window that sort of thing...this is to replace the blue light therapy. Getting Natural sunlight in the morning and throughout your day will be more beneficial than the blue light.

Recommended Hours of Sleep:

According to [The National Sleep Foundation](#) the amended recommendations are:

- Newborns (0-3 months): Sleep range narrowed to 14-17 hours each day (previously it was 12-18)
- Infants (4-11 months): Sleep range is 12-15 hours
- Toddlers (1-2 years): Sleep range is 11-14 hours
- Preschoolers (3-5): Sleep range is 10-13 hours
- School-age children: Sleep range is (6-13): 9-11 hours



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- Teenagers (14-17): Sleep range is 8-10 hours
- Younger adults (18-25): Sleep range is 7-9 hours
- Adults (26-64): Sleep range is 7-9 hours
- Older adults (65+): Sleep range is 7-8 hours

General Tips For Optimal Sleep

- Sleep in a cool room between 60-65 degrees Fahrenheit.
- No pets or children during sleeping hours.
- Reduce unnecessary noises such as TVs at bedtime. Use soft earplugs if needed.
- Eat a small, high protein snack before bed ex. nuts, yogurt, avocado .
- Supplement with Power to Sleep or extended release melatonin.
- Avoid blue light in the evening (technology), remember your light therapy tips .
- Keep your bedroom free from clutter and change sheets often.
- Take a warm shower or bath before bed.
- Keep naps to less than 60 minutes to avoid initiating REM sleep.
- Practice diaphragmatic breathing at bedtime.
- **Avoid caffeine after 12 PM and alcohol after 6 PM.**
- Remain active throughout the day with at least 10,000 steps.
- Journal your thoughts to wind down from the day....

Diet to enhance brain function/sleep

Avoid the caffeine as shown above

<http://www.marksdailyapple.com/how-to-manufacture-the-best-night-of-sleep-in-your-life/>

This link has some good info about good foods to eat to help promote sleep throughout the day.

Main idea: more protein (eggs, fish, turkey, even some beef) more vegetables, bits of fruit, less carbs until the evening.

This is hard to do at the Caf, but possible. Let's not go too crazy here, but the way we fuel your body is going to help fuel your brain better as well.



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Links to Learn More:

- <https://www.realmenrealstyle.com/benefits-of-sleep/>
- https://www.livestrong.com/slideshow/1011389-11-habits-ruining-sleep-and-fix-them/?utm_campaign=lspin&utm_medium=social&utm_source=pinterest
- <https://www.purewow.com/wellness/nutritionist-sleep-tip>
- <https://www.mindbodygreen.com/0-8649/this-is-your-body-without-sleep-infographic.html>