

SLEEK GEEK **HEALTH REVOLUTION**

DAY 3: **SLEEP**

SECRETS OF BODY TRANSFORMATION 4-DAY COURSE

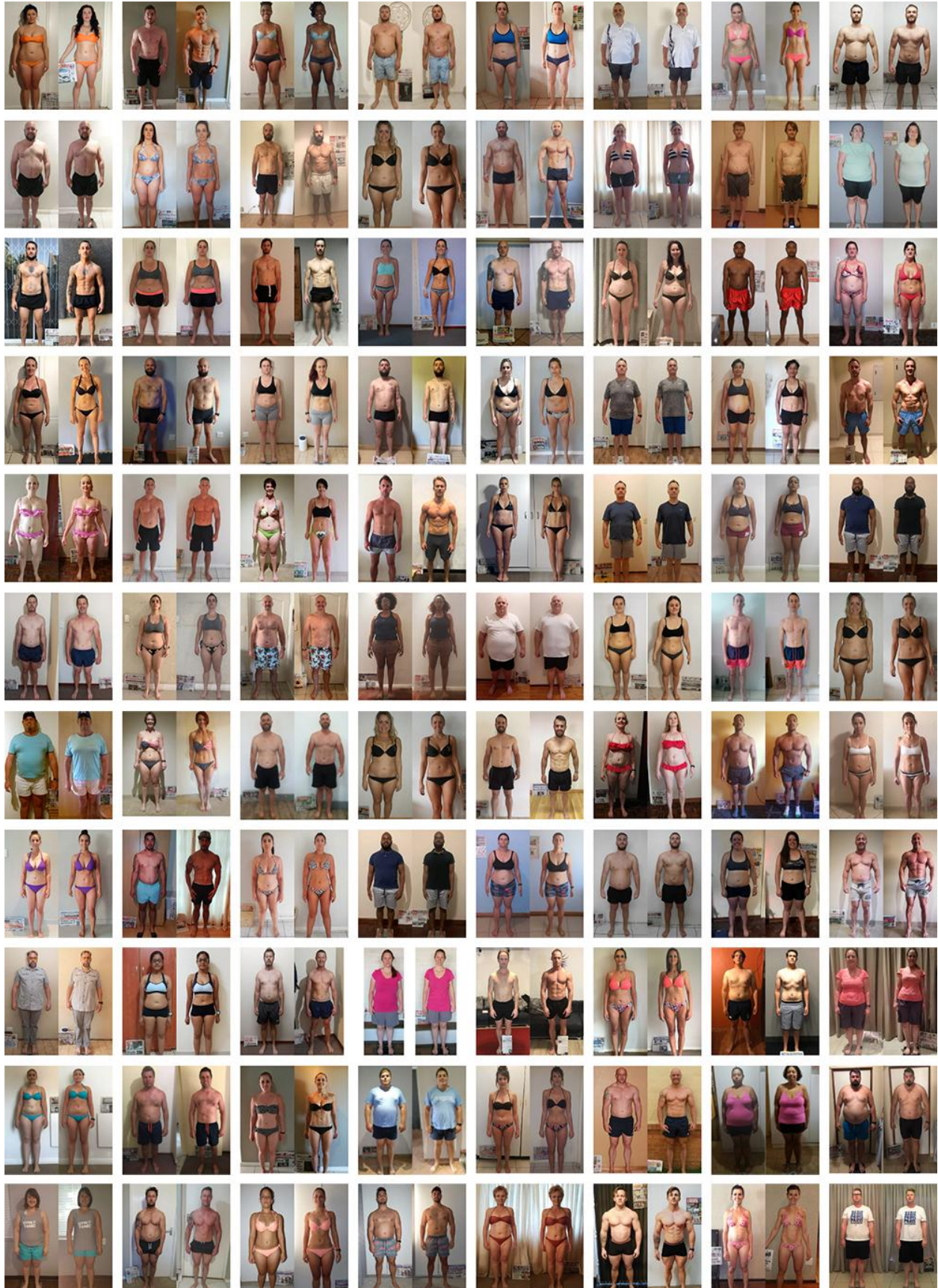


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SECRET #1

**GETTING ENOUGH SLEEP
IS A TRUE LIFE HACK.**

SECRET #1: Getting enough sleep is a true life hack.

Feeling well-rested and energized is a superpower in today's sleep-deprived world.

For many people, sleep (or lack of sleep) is a HUGE limiting factor - something that holds them back from achieving the results that they want.

Most people find that when they **don't** get enough sleep, they:

- Crave more unhealthy foods and eat too much.
- Become more lethargic and less inclined to exercise.
- Feel less motivated and optimistic.



On the other hand, people who **do** get enough sleep:

- Crave less junk food and don't feel the need to constantly eat in order to keep their energy levels up.
- Have more energy to workout and choose more active fun activities too.
- Feel more motivated, optimistic, and that taking on new challenges is much more do-able.



This is just the tip of the iceberg too.

Feeling well rested can improve how you show up in your relationships, how you manage your finances, your ability to be productive and high-performing at work, and your overall ability to enjoy life more.

The bottom line is that getting enough quality sleep can lead to a cascade of other healthy habits.

So before you try and fight an uphill battle of overcoming things like junk food addiction, constant snacking, feeling too lazy to go to the gym, feeling angry all the time, being

unproductive at work, and so on... Maybe it's worth seeing if you can make a few small tweaks to improve your sleep?

It just might be a game-changer that helps you transform every other area of your life more easily...

It's not all-or-nothing:

One of the first many people will say when we talk to them about their sleep is that they "can't".

Maybe they have kids or a crazy work schedule or just too much going on.

That's fine. This is not about being perfect. It's NOT all-or-nothing.

It's about doing better than you are currently, because something is better than nothing. Progress beats perfection.

Some people need to find ways to simply add more sleep to their nights. Others can't do that, so they have to focus on how to improve the quality of the small amounts of sleep that they do get.

Sleep can be about quantity and / or quality.

10 Good Reasons:

Healthline do a great job of outlining [10 Reasons why Good Sleep is Important](#).

- **Poor sleep can make you fat and weight loss harder.** Short sleep duration is associated with a drastically increased risk of weight gain and obesity, in both children and adults.
- **Good sleepers tend to eat fewer calories.** Poor sleep affects hormones that regulate appetite. Those who get adequate sleep tend to eat fewer calories than those who don't.
- **Good sleep can improve concentration and productivity.** Good sleep can maximize problem solving skills and enhance memory. Poor sleep has been shown to impair brain function.
- **Good sleep can maximize athletic performance.** Longer sleep has been shown to improve many aspects of athletic and physical performance.
- **Poor sleepers have a greater risk of heart disease and stroke.** Sleeping less than 7-8 hours per night is linked to an increased risk of heart disease and stroke.

- **Sleep affects glucose metabolism and Type 2 Diabetes risk.** Sleep deprivation can cause pre-diabetes in healthy adults, in as little as 6 days. Many studies show a strong link between short sleep duration and type 2 diabetes risk.
- **Poor sleep is linked to depression.** Poor sleeping patterns are strongly linked to depression, particularly for those with a sleeping disorder.
- **Sleep improves your immune function.** Getting at least 8 hours of sleep can improve immune function and make you 3 times less likely to develop a cold.
- **Poor sleep is linked to increased inflammation.** Sleep affects the body's inflammatory responses. Poor sleep is strongly linked to inflammatory bowel diseases and can increase the risk of disease recurrence.
- **Sleep affects emotions and social interactions.** Sleep loss reduces our ability to interact socially and recognize various expressions of anger, happiness, and important social cues.

Take the first step:

We're going to give you some incredible tactics, strategies, and hacks to improve your sleep below, however, let's start with the very first step that's often overlooked:

GET YOUR BUTT INTO BED!

No matter how many ways you have to improve the quality and quantity of your sleep, you can't do any of them if you don't get into bed early enough.

We know that if you're someone who struggles with falling asleep then you may almost dread and delay getting into bed. But the sooner you take that first step, the sooner you can fall asleep.

There may be exceptions where you have kids or a job or something else important that is keeping you busy into the late hours of the night.

But if you're scrolling on your phone, watching TV, playing games, procrastinating, or even out partying when you shouldn't be – you're not going to get the sleep that you need.

So here's what we want you to do:

- Set a “start shutting down” bedtime alarm to go off 1 hour before you need to be asleep.
- Use the alarm as a cue to remind yourself how terrible you feel when you're sleep deprived and how great you feel when you wake up well rested.
- When the alarm goes off, start getting ready to go to sleep. Try to stop all stimulating and energising activities. Rather, start doing more things that help you to genuinely relax and calm you down.

SECRET #1 TAKEAWAY: Getting enough good quality sleep is one of the most underrated ways to AUTOMATICALLY eat better, crave less junk food, have more energy, and do better workouts. What if you simply needed 1 extra hour of sleep each night to make most of your health and fitness challenges that much easier to overcome?



SECRET #2

**SHARPEN
THE AXE.**

SECRET #2: Sharpen the axe.

Despite all of the benefits of sleep and risks of not getting enough, you may be sitting there thinking to yourself that there is just absolutely no way you can do it...

You are just too busy, there is too much that you need to do, you couldn't possibly go to sleep with so many tasks left undone.

Well, it turns out that people who are sleep deprived are:

- Less productive
- Less efficient
- More likely to make mistakes (which costs them even more time and energy).

You may find that it's a "chicken or the egg" situation where you feel like there is not enough time in the day to get enough sleep, but if you got enough sleep there would be enough time in the day.

Sharpen the axe:

There's a quote by Abraham Lincoln that says: *"Give me six hours to chop down a tree and I will spend the first four sharpening the axe."*



Many of the richest and most successful people in the world are also the biggest advocates of making time to look after their health because they know that a small amount of time invested in their sleep pays back big time in productivity and better overall performance.

When they are well-rested and healthy, they can get more done in a shorter amount of time and do a better job at it too.

How much is enough sleep?

Everyone tends to operate better on a different amount of sleep.

Most people need more sleep while some people actually function better on less.

However, getting **a solid 8 hours is the most commonly beneficial amount** for the average person and is a great goal to aim for.

If in doubt, start with more and see how you feel.

Keeping in mind that if you're very physically active or going through a stressful period in your life, you're likely going to need more sleep than normal.

Someone who lives a frantic work day and trains hard in the gym every night is going to need a lot more sleep than someone who is very sedentary with a relaxed and laid-back job.

SECRET #2 TAKEAWAY: Taking the time to get more sleep or improve the quality of your sleep will help you be more productive, more efficient, and more focused. Make sleep a priority rather than a last-minute thought or following morning regret.



SECRET #3

**LIMIT
CAFFEINE AND ALCOHOL
FOR DEEPER SLEEP.**

SECRET #3: Limit caffeine and alcohol for deeper sleep.

Getting enough good quality sleep is good, we all know that.

Caffeine and alcohol can dramatically reduce both the quality and quantity of your sleep. That is not good.

Sleep is just as important as nutrition and exercise when it comes to transforming your body.

- Good sleep helps our bodies and minds recover, keeping us lean, happy, mentally focused, and healthy.
- But chronically bad sleep packs on body fat, messes with your hormones, speeds up ageing, ramps up risks of chronic illnesses and drains our mental focus.

Genuinely restful and restorative sleep comes from **deep sleep**, which caffeine and alcohol both interfere with.

Alcohol and your sleep:

It may come as a surprise that alcohol negatively affects your sleep.

Yes, we know that many people find alcohol helps them to feel relaxed and even sleepy. BUT... drinking alcohol interferes with your body's ability to go into a deep and restorative sleep.

So even though it might help you feel relaxed and fall asleep quicker, you won't get that really good quality deep sleep that you need to wake up feeling amazing the next morning.



You may want to think twice before having a drink. Is it truly adding value to your life? If so, maybe it's OK and you're willing to accept the tradeoffs. But if it's just a "nice to have" then it may be causing more harm than you think.

Every time you say "yes" to alcohol you might be saying "no" to a really good night of refreshing sleep.



Caffeine and your sleep:

Most people understand that too much caffeine, the stimulant that is found in things like your coffee, can be bad for your sleep.

But what many people don't know is that the "half-life" of caffeine is about **6 hours**.

This means that if you consume 100mg of caffeine from coffee at 4pm, you will still have about 50mg of caffeine in your system 6 hours later at 10pm. That's only half the caffeine gone from your system. The rest will still take a few more hours to work its way out of your system.

So while you may feel that the effect of caffeine wears off shortly after you've downed your cup of coffee, it actually hangs around for quite a long time and can negatively affect the quality of your sleep.



We're not trying to demonise caffeine (because it does have its benefits). Rather, we'd like to help you get the best use out of your caffeine consumption without it negatively affecting your sleep.

You might find it helpful to taper your caffeine intake as the day progresses.

Meaning you could start your day off with your most highly caffeinated beverage and ease up on the caffeine as the morning does on.

As you progress through the day you can switch over to tea or decaffeinated coffee and be comfortably caffeine-free by mid-afternoon or early evening.

Remember: Caffeine is not just in your coffee. It can also be found in energy drinks, certain types of tea, and even some sweets or chocolates. If you take any gym supplements such as pre-workouts or fat-burners then those are likely to contain caffeine too. Read your labels carefully as all products are legally required to tell you if there's caffeine in them.

SECRET #3 TAKEAWAY: Genuinely restful and restorative sleep comes from deep sleep, which caffeine and alcohol both interfere with. Every time you say "yes" to alcohol or caffeine, you might be saying "no" to a really good night of refreshing sleep. Sometimes this is OK, it's up to you to decide if and when the tradeoffs are worth it.

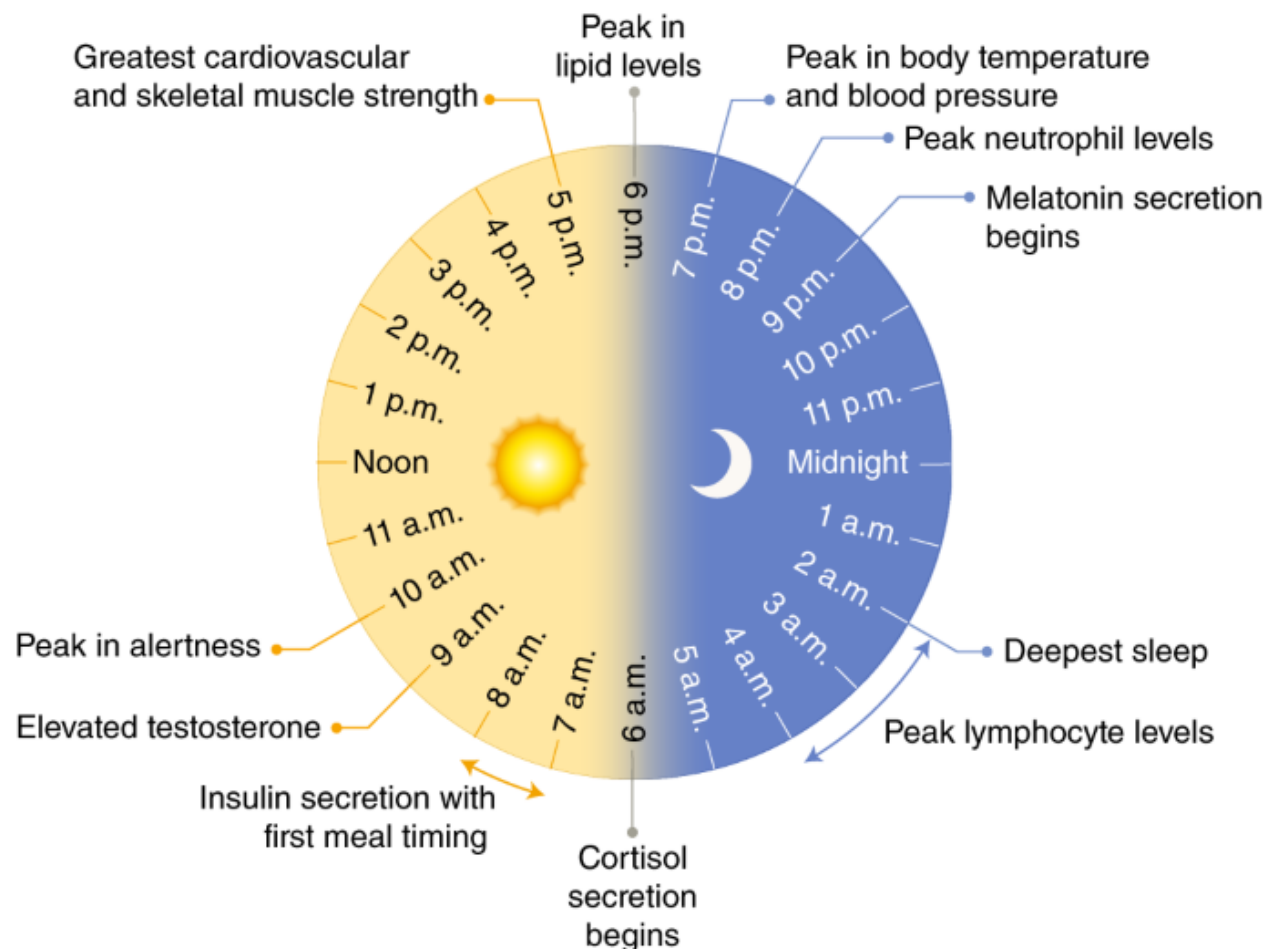


SECRET #4

**AVOID
ELECTRONIC SCREENS
AT NIGHT.**

SECRET #4: Avoid electronic screens at night.

A hormone called melatonin plays a very important role in regulating our internal sleep-wake clock called the circadian rhythm.



When it gets dark, our bodies produce more melatonin which helps us to feel tired and get ready to go to sleep.

However, **when we are exposed to bright light** (particularly blue light from electronic screens, LED bulbs, the sky, etc) **our brains interpret it to mean that it's daytime** so melatonin production gets suppressed.

You can read more about how light negatively affects melatonin your sleep [over here](#).

However, all you really need to know for now is that one of the easiest steps that you can take to “design your environment” for a good night of sleep is to **reduce the amount of bright blue light that you are exposed to from electronic devices in the evening**.

Our recommendation:

Try to avoid all electronic screens and bright light as much as possible in the 2 hours before bedtime.

We know you are thinking that this is going to be really hard...

But remember, quitting cocaine or cigarettes is hard. Beating cancer is hard. Losing a loved one is hard... Making a small change to less than ½ percent of the 24 hours in your day is not hard – it's just uncomfortable and different.

1-2 hours before going to bed:

- Turn off any unnecessary lighting. Opt for softer, warmer, dimmer lights – think “romantic candlelit dinner” if you can.
- Avoid watching TV, being on your computer, looking at your mobile phone or tablet, or anything else that has a bright screen. This is HARD, but it's absolutely critical!
- If you like to read before bed, read a real book or a tablet (like certain Kindles) that do not have any backlighting at all.
- If you don't like to read but still want something to do, how about listening to some relaxing music or grabbing one of those adult colouring books?



SECRET #4 TAKEAWAY: When we are exposed to bright light our brains interpret it to mean that it's daytime so melatonin production gets suppressed. One of the easiest steps that you can take to “design your environment” for a good night of sleep is to reduce the amount of bright blue light that you are exposed to from electronic devices in the evening.



SECRET #5

**GET BETTER SLEEP
WITH A
SLEEP RITUAL.**

SECRET #5: Get better sleep with a sleep ritual.

What happens when you wake up in the morning?

Do you open your eyes and you're immediately ready to jump straight into your day?

We're guessing that the answer is no...

You likely have a few things that you do fairly routinely in the morning to help you wake up and ease into your day.

Just like how you can't go from 0 to 100 first thing in the morning, you can't do the reverse and go from 100 to 0 last thing at night either.

Your body and mind need time to wind down and de-stress, making a slow transition from being super busy and alert to being more calm and relaxed.



A sleep ritual is key:

There are many different obstacles that might get in the way of you getting a good night's sleep, but the biggest one within your control is whether or not you have a good sleep ritual or bedtime routine.

To get better sleep, you often need to build better sleep habits that help with this transition and improve your chances of getting a great night's sleep.

A sleep ritual is a set of behaviours that help to facilitate good sleep. It tells your brain that it's time to calm down, focus less on your to-do list, and focus more on falling asleep.

Another benefit of a sleep ritual is that it will put you in control of your evenings and help protect you from sleep disruptors that may decrease your chance of sleeping restfully.

The 🌞 day-time stages of a sleep ritual:

Ideally, getting a good night's sleep starts in the morning and continues throughout the day.



1) Wake up at the right time:

- Help your body get better at waking up in the morning by getting up at around the same time every morning and avoiding the snooze button.



2) Get some sunlight:

- Sunlight, especially in the morning, helps you feel more alert. Light also helps your body set its daily sleep-wake cycle which will increase how awake you feel during the day as well as how sleepy you feel at night.



3) Do some exercise:

- Doing regular exercise during the day helps to optimise your hormone levels, making you feel more energetic during the day and then calmer and more relaxed at night.



4) Limit caffeine and alcohol intake:

- Caffeine is a stimulant that can stay in your body for up to 8-10 hours. Consuming caffeine after around 1pm can interfere with your efforts to fall asleep at night, even if you can no longer feel the stimulatory effect.
- Similarly, alcohol can decrease the quality of your sleep at night. Even though drinking alcohol may help you feel more relaxed and, in some cases, fall asleep quicker, it interferes with your body's ability to go into a deep and restorative sleep.

These day-time activities all help set you up for a successful night's sleep. But as the day comes to an end, your evening sleep ritual becomes even more important. It has a bigger direct impact on the quality and quantity of your sleep that night.

An 🌙 evening sleep ritual might look like:



1) Decide on a reasonable bedtime:

- Based on the time that you usually wake up at, work backwards to figure out what time you need to be asleep at in order to ideally get 7-8 hours of sleep.



2) Set a gentle “start shutting down” alarm to go off 1 hour before you need to be asleep:

- When this alarm goes off, start getting ready to go to sleep. Stop all stimulating and energising activities and start doing more relaxing or calming activities.



3) Put away the electronic devices once that shutdown alarm goes off:

- Artificial light from these devices can interfere with the production of hormones you need to feel sleepier at night and fall into a deep sleep.
- These devices, such as TV, computer, tablet, cellphone, etc, are also usually highly stimulating and will prevent your body from fully relaxing before going to sleep.
- A brief bit of exposure, such as to check the time or set your watch for sleep mode won't be an issue but try to minimise your time on electronic devices before bed.



4) Dim the lights:

- As you start getting ready for bed, turn off all non-essential lights and show your body that it is actually nighttime outside.



5) Do a “brain dump”:

- It’s hard to relax when your mind is racing and full of thoughts, so get whatever is on your mind onto a piece of paper as you start to prepare for bed.
- Not only will this help you to organise your thoughts and identify what’s on your mind, but it will also help you to relax knowing you can revisit these thoughts in the morning.
- For some people, this might look like a to-do list to take care of the next day, while for others it might be a review of theirs, and for others still, it may just be random memories, worries, or stray thoughts that are floating around.



6) Do something that truly calms you down:

- After a busy day, it’s tempting to do things that help you “unwind”, such as watching TV, playing a computer game, browsing social media, or going out and having fun with your friends.
- Those activities may have their time and place, but your sleep ritual should focus on calming and relaxing activities that will make you feel sleepier and less stimulated. This might be taking a bath, reading a book, listening to relaxing music, journaling, doing gentle stretches, meditation, or deep breathing exercise.



7) Go to bed on time.

- When done repeatedly over time, sticking to a reasonable and consistent bedtime teaches your body when to release the right hormones to help you fall asleep.
- You can have the world's best sleep ritual and bedtime routine, but if you don't actually get into bed on time and make an effort to fall asleep, it won't help.

What's YOUR routine?

The most important thing with a sleep ritual is making it work for you.

You may not be able to do every single one of these recommendations, and that's OK. Start where you are and do what you can. Small incremental changes will make a big difference to your transformation journey.

In the beginning, maybe you're adding in only 1 thing, like listening to some calming music before bed. Or maybe making a small tweak during the day like swapping your coffees after 1pm to decaf. Experiment and notice what works for you, then do more of that more consistently.

SECRET #5 TAKEAWAY: There are many different obstacles that might get in the way of you getting a good night's sleep, but the biggest one within your control is whether or not you have a good sleep ritual or bedtime routine. Approach your bedtime with the deliberate intention of unwinding and relaxing so that you can get a great night's sleep.

Next Steps:

Stay tuned for Day 4's lesson on the Secrets of Body Transformation.

In the meantime, come put your new knowledge to the test in the [Sleekgeek 8-Week Transformation Challenge](#)!



We've been running this challenge 3 times a year since 2012 with **34 challenges** run to date with over **30,000 challengers** taken part, over **34 tonnes** of weight lost, and over **R3.5 million** in prizes given away!

The 4 x 1st place prizes are R10,000 cash each. You could be the next winner!

The next 8 weeks are going to pass whether you like it or not, so why not use the time to get leaner, fitter, healthier, and happier?

Plus, you'll get so much more content just like this in our full Transformation System.

Click the button below to become an official Challenger in the [Sleekgeek 8-Week Challenge](#)!

 Sign Up

