



Suzie Senk

The Reason You Hit A Wall In The Afternoon And How To Conquer It

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Hello, welcome back to the optimal performance summit. I'm your host, Dr. Patrick Porter. And I have a very special guest today. She's a holistic wellness specialist. She's also a sleep sleep specialist. I've I've known her for quite a while now I've actually I'm one of her summit's. She's an expert in the field of helping people kind of like a biohacker, if you will, and helping people to get cut through the noise that's out there and what's going on today. She's going to help us to conquer the afternoon wall and stay productive throughout the day. So I want to welcome Suzie, Senk to the call to the summit here. Hello Suzie hi

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Patrick. I'm so happy to be here with you. It's always just such a pleasure to chat with you and hang out.

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First, can you can you let us know what's going on physiologically that everybody seems to be hitting the wall near to noon? I mean, in the in the UK, they have tea time. You know people make the run for Starbucks or whatever what's going on. It's causing it to happen,



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right? So it's important to know that in We have a biological design to have a energy dip in the afternoon. And in a more historical cultures, they honored that with something called the siesta time where they would, you know, go and take a rest in the afternoon because they knew that that's what was going on. But we live in this GO GO GO society where we're supposed to work throughout the day, and be productive in the afternoon. And it really actually goes against our biology to do that.

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What what kind of, if you want to call health hacks or whatever, what do you what do you do to increase this energy in the middle of the day?

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So the first thing obviously, I'm a sleep specialist. And the reason why I think that sleep is so important is because it really is the master doctor will say of the entire body so if a person isn't sleeping sleeping well at night, if they're not getting enough quality sleep, or even if they're not getting enough quantity of sleep, then their body can't do all the things that it needs to do in order to make sure that we have enough energy to get through the day. And you'll notice a big difference if you've slept well, the night before about how you're able to handle having enough energy to get through your day or whether you feel like you have to go for that fourth or fifth cup of coffee, coffee. So that's the first thing you need to make sure that you're getting quality sleep and we can go into how to do that. Another thing to do is to make sure that your body is in rhythm with the cycles of nature, because again, this is something that we have set up in our biology that is a evolutionary mechanism that we have evolved with over the course of millennium. So if you wake up and you don't go out and get natural sunlight in the morning, then your body isn't going to know how to regulate itself and it's not going to be in rhythm with your your, your body isn't going to be in rhythm with itself. And so if you can go out and get natural sunlight in the morning, then that will let your body know that it's time to wake up. And that it's you know that and it'll help you get started on your day. Another thing to do is to eat, the way that you eat is really, really important. So, generally, we're hearing a lot about the keto diet lately. And the reason why people are having such success with the keto diet, is because a lot of people are eating too much sugar and too many simple carbohydrates in their diet. And what that causes is it causes blood sugar spikes, and when a person has blood sugar spikes, they'll get a lot of energy for a short period of time, and then they'll crash. And so oftentimes, if people are either not eating a good breakfast in the morning or if they're eating a crappy breakfast or something lunch, then they're going to have this really short burst of energy and then they're going to crash hard. So it's really important to eat food that has a lot of high quality protein and high quality fat in order to keep the blood sugar levels stable.



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That's great. Well, let's go back to the first one because I know sleep, our our viewers, especially in my group Brain Tap. They're really into sleep, because that's one of the reasons they get the Brain Tap is they're not sleeping well. And with the population in America anyway, they say two thirds of Americans not sleeping well. One third is not even getting six hours of sleep. So tell us how can we improve the sleep program?

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Sure. So first of all, let's uh, some people will say, Oh, I do fine on five or six hours of sleep. And that's generally a misnomer or a misunderstanding. And it's, it's not accurate for like 99.99% of the population, the people who can do well on a shorter amount of sleep like five to six hours of sleep, they actually have a genetic marker that indicates that. So if you're one of those people out there who's like, No, I do fine on six hours, I would actually ask you to try getting more sleep and see if you can compare how you feel. Because you might, you might be surprised to learn that, wow, when I get eight hours of sleep, I consistently I actually do better. And there's a caveat to that. Because if you're used to getting six hours of sleep, and then you get one night of eight hours of sleep, it might make you feel groggy and not feel great. It's actually doing it repetitively. And really getting into a rhythm where you're having better self care, that you'll be able to notice the difference. Another thing is that a lot of people again, push themselves so hard, especially in our culture, and we have jobs and we have kids and we have an exercise regimen and we have all these things that we're trying to fit into A day. And so that means that people Oh, and then we have our Netflix show or whatever it is that we do at night. And so most people, you know, have dinner at six or seven or eight o'clock at night, and then they don't end up going to bed until 11 o'clock after they watch the news or watch some sort of a TV show. And we truly have this rhythm that our bodies evolved to over time. And even for people who say, Oh, I'm a night owl, I really in my experience, and in my research, when a person gets back in sync with the rhythms of light and dark of the sun, they'll find that they're not actually a night owl that it was just that they were kind of tricking their body with a natural light. So when I say that we need to be more in rhythm with nature. If you think about the way that just the sun in the in the in the earth is the sun, you know, rises around six in the morning and it sets around sev depending on where you are, obviously, this isn't the case if you're in the far northern latitudes, but for most of the population, it sets around six or seven or eight o'clock at night. And what happens is that when the sun rises, we have this natural spike in cortisol, which tells our body that it's time to wake up. And when the sun sets, when it gets dark outside, we have a cue from our body that triggers melatonin. And melatonin tells our body that it's time to go to sleep at night. But now we have all these unnatural sources of light and blue light in particular is really disruptive to our circadian rhythm. Because blue light is a light frequency that's present during the day, but it's not supposed to be present at night, if you think about it when we didn't have



unnatural sources of power. The only light that we had at night was the campfire or a torch light. And that's how our bodies evolved. So when we expose our bodies to unnatural sources of light at night, it makes our bodies not be able to be in a natural cycle. And it spikes cortisol, which keeps us awake when we shouldn't be. So in order to sleep the best, your body really needs to be getting early morning sunlight, and then in the evening, you need to shut down the lights and the electronics and try to minimize the amount of unnatural light that your body is getting so that it can actually get the cues that it is intended to get from melatonin in order to say, Okay, now it's time to sleep.

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When you're when we're thinking about electronic fatigue, like you're talking about, could that play a role in what's happening in the middle of the afternoon? I mean, we're, we're looking at screens all day or we're sitting tell us a little bit about activity levels and how that plays a role.

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Absolutely. So there's a couple different parts of this answer that I want to say the first part is in relationship to electronics, the second part is just in relation to decision making fatigue. So our brains take up so much energy with the so ATP is what is the energy?

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currency?

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Yeah, the currency of our of our energy in our body, and it's created by the mitochondria. And so much like 20% of all of our energy production, I'm sure you know this because of who you are, goes to running our brain. And so, normally, you know, again, if you compare our crazy lives with all the decisions that we have to make on a daily basis, it's way way more and way more frequent than it was 100 or 200 years ago, the pace of our life is so fast. So just our brains having to process that much information can lead to decision fatigue, and then we also are now being bombarded with electromagnetic frequencies, all, you know, we're on our computers all day, we're being bombarded from our screens from blue light, which is also, it's part of the natural spectrum of light. So it's a misunderstanding to think that we should wear blue blockers during the day. But what we should really be doing is wearing glasses that will reproduce a natural spectrum of light that goes into our eyes. But all of these things that we're doing better out of sync with nature, cause us to be exhausted. And you know, how big of a fan I am of the Brain Tap technology. And I think that one of the things that people can do, you know, for, for everybody, it's kind of an experiment to figure out what's gonna work for you and what you need to do in order to make it through the day and to feel like you have energy. But one of the things



that you guys have created, which I think is so great, and I remember when I interviewed you, and I loved that you said that This, you said, you know, we have all these problems in our modern world with the technology that we've created. But now we have the technology to kind of counter those problems. And the Brain Tap technology is one of those ways. If you're feeling like you're exhausted, take a five to 10 to 15 to 20 minute break and either meditate or rest or go outside and get you know, some sunlight or put on a Brain Tap Set, and you'll feel better because, again, we're you're going to have that natural dip in the afternoon and to just push through, it isn't going to work because it's going to cause your body even if it's not exhausted the first day you try to push through it. After a while it's gonna build up and become more and more difficult for your body to overcome that because if you're listening to your body, it's saying, Hey, I actually need you to slow down for a little bit like we'll get more energy in the late afternoon but right now, I need you to take a break so that I can process all of the stuff that That happened this morning. And that's one of the wonderful things that Brain Tap does. And I know that you can explain more about how it works and why it's so magical, but it's definitely something to try.

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Yeah, thank you for that. The one of our speakers is Dr. Bruce. He's the quote, sleep doctor for Dr. Oz. And he's also our science advisor. And he was saying it's blue light is bad, of course at night, but also any light that we should start a sleep hygiene like maybe depending upon who you are, you might need to start shutting down the lights, because like you're in Hawaii, so your nighttime happens earlier. Like when I lived in Phoenix, it was like six o'clock your drive home work, it's dark out, but where we're at in North Carolina, it's dark at 9:30 10 o'clock. So and then, so we have to start. What's the reason for that for well, maybe you have some other sleep hygiene tips for people just to get themselves prepared because a lot of people think I'm going to watch this scary movie or I'm going to have this argument with my spouse or I'm going to balance my checkbook. When I'm going to go to sleep, what do you recommend?

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Yes. So it is so important and I will speak for from personal experience. So, for those of you who may not know, I actually the reason I became I've always, my whole career has been focused on holistic wellness. But after the birth of my son, I became an insomniac. And it was really, really hard and I didn't sleep through the night for years. And so that's why I know from experience how important sleep is, and even now even though I have my sleep, so dialed in, if I cheat if I you know, if I'm like, I want to stay up and watch a movie or something like that, I know that I'm going to have a much more difficult time sleeping, and I'm probably going to wake up in the middle of the night and have a hard time falling back asleep because my body is just so sensitive that way so absolutely. One of the sleep hygiene, you need to sleep in a pitch black



room. It needs to be as dark as possible as dark as a cave because any light Whether it's the light from your alarm clock or the light that's bleeding through from the lamp outside your window, or even I have these, you know, the like the wall switches that have the light, the luminescence. And then even that all of that can disrupt your sleep or if you have a smoke alarm, a smoke detector in your room, that little light that's shining down, can really really disrupt sleep. I'm, I'm kind of, I go to extremes and when I travel, I hate sleeping in hotel rooms because there's so much ambient light, and I actually travel with painters tape and I will go around the room and cover up all the lights because it really does affect my sleep. Another thing is that you need to sleep in a cool environment between 64 and 68 degrees is what's recommended for sleep and that might be cooler than some people expect. But again, when we if you think about the about nature, when the sun goes down, that pools and that has been forever a trigger for our bodies that it's time to sleep. And so if you have a warm too warm of an environment, you won't get good sleep. Another thing is is eating or not eating and what you should eat and when you should eat. Definitely we need to regulate our caffeine intake. Some people are really really sensitive and they have to cut out caffeine entirely. And there's ways to there's there's hacks that you can do to replace your caffeine. I know Brain Tap actually has some some energy tracks. One thing that I do in the morning instead of drinking caffeine, I'll have a glass of sea salt with half of a fresh squeezed lemon and a glass of warm water. And that is a great way to start your day because it will actually trigger your liver to wake up, which will trigger your body's natural wake up. Symptoms are whatever you want to say. And for some people that They find that they get more energy from doing that then from drinking a cup of coffee. And also here's the thing about caffeine. Some people depending on their their genetics can handle caffeine just fine I have I lived in Italy and I watched people over there and drink espresso at nine o'clock at night and then have no trouble going to bed my fiance is this way, I can't touch it. I will have heart palpitations if I have like a spoonful of coffee ice cream. So it really depends on your body type and knowing that about yourself, but in general for people who are sensitive to caffeine, they should not be consuming any caffeine after like 2pm in the afternoon, because caffeine, caffeine has a long Half Life, which means that it stays in your system and it stays active in your system for quite a long time. So if you drink a cup of coffee at four in the afternoon or if you have dark chocolate at you know after dinner if you have a bowl full of chocolate ice cream before bed, That could really be something that kills your sleep. Another thing and this is more related to like being able to have enough energy and also, the way that your body is able like that the quality of sleep that you can get is it's a good idea to limit your eating window. And this is, again, if you're tuning into a lot of these summits, or you're just kind of on the listening to people, you'll he'll hear a lot about intermittent fasting these days. And again, this is something that's been practiced for a long, long time, but it's become popular again. The reason that it's so helpful is for two reasons. First of all, if we eat too late in the day, then our bodies can't do the work that they need to do in order to do all of the healing work and



all of the detoxification work that they would normally do at night while we're sleeping because they're too busy. digesting digesting because digestion takes up a whole ton of energy to do. And the other thing is that if you narrow your eating window, then you'll have more energy in the day. So for some people, if you could have like a, you know, a dinner meal at like 6pm, and then not eat until nine or 10 in the morning, you do a lot better than snacking into the night and eating just before bed and then eating breakfast as well.

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Right, we had one of our summit, speakers say that it takes 12 hours minimum for the gut to heal. And if we don't give it that time, so they got brain access there they're talking about and what's happening there. So when we're talking about energy during the day, and you kind of talked about food windows, what is what is a way that we can eat to give us energy in the afternoon? What do you what do you think are you talked about keto? But is there any other way to do that?

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Yeah, so again, I don't I don't support any particular Diet I've tried almost everything throughout the course of my life at different times. And I really think that any diet can work for any person for a certain period of time and be really successful. But what it really comes down to is tuning into your body. I do think that if you're if you're starving first thing in the morning, eat, if you're, you know if you're not hungry, and but you just think that you're supposed to eat because that's what people tell you to do. Don't eat until you're actually hungry. It's totally okay to not eat until 10 or 11 in the morning. And when you do eat, make sure that you're eating something that has high quality protein that has good fats and that has if you're going to have carbs have complex carbs don't have a bowl of cereal to start your day with that has a bunch of sugar in it. Don't have you know, the the crappy toast that you're going to get the with wood that's loaded with sugar. Another thing to be aware of is whether or not You have any food sensitivities or food allergies, which most people unfortunately do, because of the way that the food is processed these days. And so it's this is more of a lengthy process to figure out, but it's good to just see, wow, every time maybe you know, every time I eat this particular food, I noticed that I, you know, have a huge afternoon crash and just kind of start to pay attention to when you have those energy dips in the day and what you ate earlier in the day because there really might be a strong correlation between what you're eating and whether your body is having a severe reaction to it. And it could even be something that you are reacting to from the day or the day before. food sensitivities are are tricky, and they're they're kind of difficult to figure out but it's definitely worth figuring out if you are having problems because it could make the difference between feeling horrible and having all sorts of symptoms and not having any issues.



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Yeah, I mean if people are wondering what's wrong with food sensitivities The main thing is it's going to overwork your immune system, we have a circulating immune system and that means it's actually doing a lot of work which means you're tired because you have an immune deficiency You know, a lot of these are so most people if they're honest with themselves know if they eat something in the can bother wrapper with ingredients they can't read, you know, they shouldn't be eating them. But is there any other foods that you recommend to people that they should just avoid altogether that are that are that are robbing them of their energy.

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So any

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and gluten is is an interesting one. It's it's one of the things that is problematic for a whole lot of people. And also, dairy is is difficult for a lot of people eggs are difficult for a lot of people. And we also have to be aware of where our food is coming from. Because unfortunately, we have We have chemicals in our food supply that cause us to get sick. And so I know that for some people eating organic is challenging because of the expense of it. And so I would recommend even if you don't buy organic try to buy locally, you know, the whether your food was shipped from halfway across the country, and is days are, you know, weeks old or whether you got it from a farmer who picked it yesterday makes a huge difference in how your body's able to process that.

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Let me see another thing to

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avoid. While you're thinking there is my my wife, she couldn't eat eggs couldn't figure it out. And then somebody we found out through one of the one of the summit's actually I think it was Robert Kennedy Jr. He was talking about how vaccines used eggs and so the body started mimicking The epstein barr virus because of the eggs and then the but then they recommend eating duck eggs. And we get those right at the local grocery store she has no problem with them. It's really different at first it was like a little spooky eating duck eggs. But just something simple like that in her energy did change because just eating those eggs robbed her of her energy. So there's different things like that that happen.

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Yeah, and duck eggs are great for baking too.



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I would also say that people probably already know this but trans fats any any hydrogenated oils are really really horrible and they might not make you feel bad. Well, they probably will make you feel bad The first time you eat them, but the more you eat them, the more they're gonna make you feel worse.

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I'm trying to think if there's anything else that comes to mind,

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I think that's good. So they they started either limit or eliminate a gluten. I mean, in America, especially when we were on a river cruise last year and we had all the breads because somebody said they don't use the same kind of wheat and I didn't I don't have that. Not that sensitive to it, but my wife is she's like a canary in the mine. She she'll be done for the day, she won't be able to go on the excursions or anything. She had no problems there. And so we get rid of that we limit our dairy right, there's a lot of substitutes for dairy that people might not know. Like, although, I know that dairy farmers made a lot of fun of like almond milk, things like that. But you really just want the texture and the feeling of that you can't really bake with some of those. And then getting rid of the high refined foods and things like that the sugars and things of that nature and the

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high fructose corn syrup horrible.

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Yeah.

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So I mean, the thing is that they put sugar in almost everything these days, like if you actually read labels, you Oh, and then there's also the all of the excitotoxin. So anything that says yeast, or flavoring is probably got MSG in it or something close to it. That's going to cause your body to again get into an inflammatory state.

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Yeah, one of the things that we noticed and maybe you have another way to notice it If you have enough time between eating and you eat a certain food and then your eyes start to water or your nose starts to run, that's probably a pretty good sign something in that meal is causing you to have a reaction. And that happens a lot with dairy. I mean, I had to convince my



daughter in law that because the kids were just always congested, and then I said, just do it for one day. Now they're now they take the enzymes for it, they don't eat, you know, cow's milk, and they, they have the substitutes because it can affect us and all of that. Remember out there, it's gonna take your energy, all of that can take your energy. What?

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Oh, I just wanted, I remembered one other thing I wanted to say. So we also have to unfortunately, just choose to take to choose to supplement and I know that people are like, I just I don't like taking pills. I want to get all of my nutrients from my food. But unfortunately, we have mineral depleted soil these days, and so even if you eat perfectly even If you eat all organic all the time, you're still going to have issues with making sure that you get the right the optimal amount of nutrients in your body. So taking a high quality multivitamin is really, really important.

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Right? In the 90s, we started realizing that I had so many friends that were vegan, vegan, and they're getting sick, I'm going you're eating somewhat healthy. But the problem was their food didn't have any nutrients. I mean, they're they're using like three different kind of growing factors for the for the foods instead of 15, or 16, which we should have. So we're not getting the phytonutrients and all of those things we need. So back, and also in when you put things into your body, that you have to upgrade them really, through through supplementation and that what role do you feel exercise comes in because a lot of people, they don't exercise and they feel like I don't have enough energy to exercise and they kind of play that game with themselves. What do you say to them?

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Yeah. So for someone who is chronically sleep deprived or has serious chronic fatigue. I don't think that, you know, really intense exercise is the best thing for them because it's just going to stress out their bodies more. But most of us don't move enough. And so that contributes to not having enough energy because we have to move our body we're designed to move. And when we sit for too long, we become sedentary and then our bodies it's like they start to calcify and just rrr. And so it's really, really important to to exercise for having enough energy and also for sleeping well, I again, I am the canary in the coal mine and if I don't exercise, guess what my sleep is off, I don't get I don't sleep as well. I don't sleep as deeply it's possible that I'll wake up in the middle of the night I really have to make sure that I get out and I get in the sun and I move my body every day or else I have problems.

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I know most people watching this obviously has a smartphone a way to time themselves. They



say that sitting is the new smoking in people sitting doing their job sitting all day doing things. What do you recommend that they do? I mean, if they can't get out and do a real physical exercise, is there anything they can do to get moving?

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Yeah. So, you know, a lot of this has to do with what we prioritize in our lives and the habits that the ruts that we get into because we just are overwhelmed with life, right? There's a lot to do as a modern human. And so first of all, I don't recommend exercising in the evening, because what that's going to do is it's going to spike your cortisol and it's going to make it harder for you to fall asleep. But early morning activity early morning, exercise, finding a way I was watching actually a documentary on the making of the movie Frozen, and it was like the month before crunch time and the one of the producers had to get into the office at three or four in the morning, but he would still get a half an hour. on the treadmill before he got in, and I was like, good for you. So you know, there's a way to make sure that even if you just get out in the morning and go walk for 10 minutes, that's going to do you a whole lot of good because you're going to be getting the early morning sunlight, which has a specific, a specific feature frequency of light that's really, really good for your body. So wake up, go outside, stretch, get some movement, and then again, you know, you have the time to take 10 minutes after lunch and take a walk from your desk and go move, go do something, do some gentle stretching, do something, or even breathing, right so breathing is a great way to get energy and they Yogi's from thousands of years ago knew that you can just breathe in certain patterns in order to re energize the body. And so most of us because we're so tired Because we're so stressed out, we're not even breathing properly. So it's so important to even just take five minutes and breathe deeply and inhale and exhale and focus on your breath.

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Being a health coach, you get to work with people, whether they're there in person I know now, a lot of tele Tela coaching is going on, they're not able to see you one on one. But when somebody comes to you and says, Hey, Suzie, I just don't have any energy. I just don't think I can do this. What do you how do you assess them? What is the first steps? Not becoming a total biohacker but just what do they do? Because we're gonna have a lot of people in the summit that that maybe they just didn't take a baby step or just start in that direction because they're not, they're not fully bought in yet to do what's

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right. So when anybody works with me, they have to fill out a extensive they get to fill out an extensive 35 page intake form. And I described myself sometimes as a sleep detective because What a person needs might be really what what any individual person needs might be really,



really different than any other person. And so, some and And oftentimes, it's not one thing, right? So we all want the magic pill, we want the quick fix. And that's just not the way it works. If someone is suffering from a lack of energy, it didn't happen overnight. It's something that's been building and growing in their lives, unless they, you know, just had a new baby or something where all of a sudden, they're like not getting the sleep that they used to. That's also a possibility. But for most of us, it's the way that we've been living our lives for a long period of time. And then all of a sudden, we're like, Whoa, I'll give you an example. When I was dealing with the insomnia. Even like three years ago, I would have times in the day where I would need to go and it was during that after that natural afternoon dip. My children got out of school at 2pm and I'm I would absolutely hit a wall. And I would be like, Oh my gosh, I'm afraid that I'm going to like pass out driving to school to get my kids. And so at that time, I would, I would rest I would, you know, I would, I would make sure that right before I went to pick them up, I took a rest. I would also sometimes have to eat, like chocolate or sugar or something just to get through the drive to make sure that I was safe. But that wasn't the answer. The answer was all the things that I needed to do to support my foundation of health to bring it back into balance. And so for someone who wants a quick fix, or wants to know where to start, I would definitely say start with your sleep. Because if you're not getting good quality sleep, then there's no way that you're going to have enough energy to get through your day. And so, you know, maybe it's determining whether or not you are prioritizing your sleep. Do you really really need to watch that that nightly news? Do you Really, really need to watch that last, you know, that extra episode of Netflix? And if not, maybe you could try putting yourself to bed earlier. And you might be like, well, even if I go to bed earlier, I can't fall asleep. And that might be true for a while. But the more that you have a rhythm of your day, and oh, this is also really important. Having a routine that you follow on a consistent basis, where you're going to bed at a regular time every night and waking up at a regular time and eating at regular intervals, all of those things will help to regulate your body and bring it back into balance.

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That's great. What about the when we're talking about sleep, we're talking about foods, where do you fall in the psychological realm or how they self care? What kind of self care regimen do you do you prescribe or recommend for your counseling

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so for anyone Especially if they're, if they have a very stressful job where they manage a lot of other people, or if they are the head of household and they have other people that they're caring for, it's very easy for us to put our own self care needs aside and to take care of everything else. And to feel like everything else, is more important than our own needs. And that's absolutely the opposite. Because I like to say that we're the drivers of the bus. And if we aren't taking care of



ourselves, then we're not going to be able to actually, you know, navigate where we're going. So, again, this is something that's hard, because I think also a lot of people are taught that to take care of oneself is to be selfish, right or to be self centered, and that that's a bad thing. And so it really involves taking stock of what's working for you and what's not working for you and really being honest about that. And then making some changes about what you prioritize. And you know, we have a short time on this planet and if we're sick, we're not going to be able to do all the things that we are here to do. And so we really do have to prioritize our health and prioritize our self care in order to do that. And what that looks like for any individual person. is is is unique you know, so it's it's finding that finding what what that is for that person?

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I know I think it's great to use the analogy of the bus might one of my mentors, Richard bandler. He used to say, most people are running around handcuffed to the back of the bus and Freddy Krueger is driving, you know that we need to, we need to kick him off. So I think you hit the nail on the head. What do you think about people that basically they're like a leaf in the wind? somebody tells him do this, do that. I mean, you're talking about patterns or setting up routines. How should they when it comes to their own time? self care. What kind of attitude do you recommend for people?

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Can you ask that question in another way? I'm not sure.

36:07

So I mean, some people, they, they don't stick up for themselves. So they don't know they don't have any Northern Star. Let's say they don't know where they're going. They don't have a direction. They don't really have an outcome or a means. And somebody says, hey, go do a keto. So they go keto for a week. They go do play. paleo, I go do paleo for a week. They never stick with anything. How long do you think it takes for someone to start something to really do their own self examination from start to hey, This is working for me. Because some people fail too quickly. Some people never give themselves a chance.

36:40

Yeah, so first of all, I think that it's really important. So in general, we have information overload, right? Like there's so much information out there and there's so many people, talking different ways and different ideas about the right way to do things. And when I work with clients, what I'm really trying to do is to support them and listening to and honoring their own inner wisdom. I think that we all somewhere deep inside of us know what's true for us and what's not true and what works for us and what doesn't. And maybe it does involve like, learning about something



like a keto diet that we didn't even, you know, like our consciousness wasn't even aware of. But then we hear about the keto diet, and then we can ask, like, Oh, is that really gonna work for me? Or maybe we try it for a while, but health is a journey. You know, it's not like one day a person wakes up and they're like, Oh, I'm better. It's, it's, it's a process, and especially these days, with all of the toxicity in our environment and all of the stress. It's about ongoing maintenance and ongoing self awareness and continue. It's you know, I live in Hawaii. And so when you talk about truenorth, it makes me think of the canoeists that would journey and that they would use the the North Star as a guide. But it wasn't like they were always on the right course, you know, you have you go slightly off course. And then you have to redirect and you go slightly off course, and eventually, you get to where you're going, but it's not like you're always going there in the exact right direction. So a person might try something for a while and realize, oh, there were parts of that that worked for me. And then there's other parts of that, that that don't and so you really have to just keep trying and and and trust that you're that you're that you're the intentions that you're making in order to feel better are working and that every little, every little baby step counts.

38:54

So as we wrap up this summit talk now, is there any question about energy and the body Did that I haven't asked do you think that are or summit people need to learn about or know about?

39:05

Has anybody talked about naps

39:07

yet on the event? No, no one's okay.

39:09

So I think that it's important actually speaking of self care, I'm going to take a drink of water. I think that naps are something to consider. Because it's it's kind of this this big ball of wax right? Like some people say I tried napping. I feel horrible. Some people say naps are, you know the best thing in the world that you could possibly give yourself. And so naps can be helpful. It depends on when you woke up, how tired you are, what type what time of day you take the nap for and how long you take the nap for. And so what I would say is that if you feel like you want to nap It's totally okay. Don't take it within three to four hours of bedtime, because that's going to reduce the sleep pressure that your body your body actually has something called sleep pressure. And it builds throughout the course of the day. But if you take a nap, it reduces that. So you have to know that and know that that can affect your nighttime sleep if you sleep for too long or too late in the afternoon. And then some people will say, I tried napping and I woke up



and I felt so groggy. And so normally that that happens because a person is waking up during the the phase of sleep, that is deep sleep. So for a power nap, it you can nap for, you know, 20 minutes or so. And you can wake up and feel pretty refreshed. If you're really, really sleep deprived sleeping for a full sleep cycle is is better, which would be a 90 minute cycle. But here's the thing, even when you're in this This is why one of the reasons that I think that Brain Tap is so awesome, because when we slip out of the conscious, and you could tell me better what is the frequency that our brain is during the day I always forget this.

41:14

Usually it's in high beta weren't all of them should be in all of them. But primary brainwave should be beta,

41:19

right? So when we slip out of beta into a different frequency of slower state, then our brains do something magical that I don't even really fully, fully understand. But it's like, it's like defragging your computer. And then all of a sudden, when you wake up, it's like, oh, my gosh, my, everything works better. Like all the decision fatigue that you were experiencing, kind of simmers and goes away and then you have more energy. And then the other thing to know is that, at least according to Sarah madniks work, whether you nap earlier in the day or you nap later in the day will depend on Will will dictate whether you're getting more creativity out of your nap or whether you're getting more energy out of your nap. And so if you nap within six hours of your waking time, you'll get more creativity out of your nap because you'll have more REM sleep. And if you nap after the six hour mark, then you'll get just more energy, which is most what most people want if they're having to push through that afternoon wall.

42:25

Right? That's great. Yeah, research actually shows and we kind of correlated that with Brain Tap that if you do a session in the middle of the afternoon, whether it be a power nap or Brain Tap whatever or meditation, whatever you're doing, if you can get those states are talking about they've actually said you can reclaim 80% of the energy from the morning so that there's research out there that shows that so that's a very powerful tip for getting that in. It's kind of like what covey says where he says sharpen the saw, you've got to stop cutting down the trees and sharpen the saw you get through a lot quicker so they should take it like that. So that's very good tip. Now I know you have a gift for our summit attendees. So why don't you tell us a little bit about what they can learn from your gift and they can go over to the VIP section and get that but tell us a little bit about what your gifts about.

43:09

Sure, it's called the fountain of youth. And it's a few easy, quick tips to just help you recharge



your energy and do the things that are going to allow you the most return on your investment of time in order to be able to feel youthful and and recharge,

43:32

that's great. So they can go over to the VIP section and do that. Now. They'll also have your information there if they want to tap into some of the things you're doing and and maybe find out more of what you're doing. So tell us a little bit about what you have planned for it once we're back doing everything that we can do. I mean now we're kind of limited to what those things but once all this is lifted and we're able to function in our new whatever that new normal is in, we're able to do these things. What is your plans for the next six months a year, five years down the road? For me, personally? For your business for you, whatever you want to share with the summit people,

44:05

yeah, so sleep is is absolutely the most important thing for me professionally. And I intend to educate as many people and help as many people as I can. With that, I'm going to be setting up a foundation to help people that don't have the financial capacities to be able to afford my services to be able to get them more easily. I also am planning on writing a book and what else? There's there's other wonderful things on the horizon. I

44:40

can't think of them at the moment. Okay, well, that's great. Now for those of you watching the summit today, remember this summit. This video is available for the next 24 hours for free. So if you have family members, friends, co workers, you know, you've seen them hit the wall. They haven't had the energy, you know they're not sleeping well just send them a link to this video. Having joined the summit They can watch this video, they can learn all about what Susie's telling us today, they can start to benefit from her wisdom and her her studies about sleep and start improving their sleep. And then if they choose, they can go over there and get that, that VIP gift and start using those tips. So again, thank you, Susie for being part of the summit. And we look forward to hearing more about your book and everything else you got going on in the future.

45:23

Yay. Thank you so much, Patrick. It's It's such a delight and it's always My pleasure.

45:28

Great. Now if you're waiting for the next summit speaker, please just tune in. There'll be right right with you. We want to thank you again. God bless you and we'll talk to you soon.

