

Nightshift Protocol Sleep Cheat Sheet

Goal

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Consistent Optimal REM+DEEP Sleep

*****Make it a Routine*****

- Temperature control room, best about 60 degrees
- Phone on airplane mode
- Noise canceling devices, I use two fan
- No blue light before bed, use Red light therapy
- Wear nighttime blue blockers two hours before bed
- Blackout room, black out curtains
- Do not eat within two hours of bedtime
- Find ways to reduce cortisol (relax): read, massages, workout, cold shower, hot therapy (sauna), etc
- Support system: make sure the people you live with respect your bedtime during the day
- Watch what you drink near bedtime (alcohol or caffeine)
- CBD helps
- Molecular Hydrogen
- Magnesium Before bed
- Weighted blanket
- Handle your life crisis before bed

Basic principles, available for coaching for targeted needs and broader topics after assessment



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