

# **ESSENTIAL PROGRAMME**

## **HABIT 5**

**Quality Sleep**



*...powerful habits to transform your life!*

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## Quick Guide

Habit 5 is entitled ~ **Quality Sleep.**

**This is absolutely paramount as it affects everything else!!**

Although this seems obvious, we've allowed modern life to play absolute havoc with our sleeping patterns. A good, disciplined sleep regime that is in tune with your body's natural rhythm, will do wonders for your health, energy levels and general wellbeing.

**Please do not underestimate the importance and power of this habit!**



### Disclaimer

All the information and recommended action steps provided in this publication are with the sincerest intentions to genuinely help and inspire you to enhance your health and general wellbeing. It is the culmination of thousands of hours of research into published medical studies and health/wellness/success related publications. The authors accept no liability for the results of any actions the reader takes following the information contained within. We strongly advise you to do your own research prior to adopting any of the suggestions and consult a medical, health or competent professional if in doubt with any aspect of it.

## Habit No 5 ~ Quality Sleep

*“You spend around 30% of your life asleep to recharge your body and the quality of your sleep has a profound effect on how you go through life!”*



### PAY ATTENTION

#### **Quality Sleep**

This is your second most important habit after hydration (habit 1)!

Did you know that poor sleep patterns and lack of sleep are linked to weight gain!!!

#### **Here's how....**

- When you're sleep deprived, your metabolism slows down.
- The level of cortisol is then raised making you want to eat more.
- It also causes up to a 20% imbalance in Ghrelin (your hunger hormone) making you want to eat more.

#### **It gets worse...**

- If you lose 90 mins of regular sleep, it is akin to drinking alcohol before making decisions as you lose up to 30% of your brain power.
- It slows down your reaction time by 33% (think car accidents etc).
- Lack of sleep can affect you on 3 levels, physically, emotionally, and cognitively.

#### **My wake-up call!**

Firstly, I'd like to say that I sleep very well each night because I know (in terms of the environment) how to get a good night's sleep.

This wasn't always the case as I often used my phone and tablet late at night until I became aware of the dangers and then studied the subject in depth.



The blue light emitted from devices is known to affect people's ability to fall asleep by interfering with their natural body clocks.

I discovered this in 2014 and happy to say I've generally had very good sleep since then because I have a cut-off point at 9pm every night. After 9pm I don't watch any screens at all, the TV goes off and any devices are put away until the following morning.

### **What about you?**

**Important:** Do you watch TV, Netflix, Amazon, YouTube etc in the bedroom on a TV set after 9pm, or with your device perched on the bedside table after 9pm?

If you answered Yes, you are setting yourself up for a poor night's sleep and the potential issues highlighted at the start of this section.

### **My home routine**

To maximise the sleep quality for myself and everyone else in the house, here's the routine;

By 9pm latest, all devices are moved to a spot 51 feet from the bedrooms (that's the furthest distance we can get in the house).

We use old fashioned alarm clocks so there's no phone alarms allowed in the bedroom as this would enhance the Wi-Fi signal next to the bed (also disruptive to health).

I'll give you details shortly of the alarm clock I use and recommend (silent sweep).

### **3 activities only**

To help maximise your health and wellbeing with regular good quality sleep, your bedroom should only be used for 3 things...

- ✓ Sleeping
- ✓ Sex
- ✓ Reading (paper-based media only)

It may feel like a trip back in time prior to the 90's 😊 but your health will benefit massively from it. We'll all know this deep down and besides, all the messages, news, and other rubbish we've become so embroiled in, will still be waiting for you in the morning.

### **Look at the additional bonuses...**

- ✓ Your quality and (most likely) duration of sleep will increase.
- ✓ You're likely to read more paper books (great for your mental health)
- ✓ You're likely to talk more and connect with your partner
- ✓ And you're likely to have lots more sex (assuming your partner adopts the routine too) which has multiple health benefits (see habit 11 for more!).



## Improving your sleep quality

Research shows that humans get the most beneficial sleep between **10pm – 2am**. This is the sweet spot and it's all to do with us being connected to mother nature and synchronising her natural cycles with your natural cycles (known as your circadian rhythm, more on that later).

To aid this, your bedroom ideally should be a place of darkness during these hours not lit up like a busy fairground with electronic devices.

When we lived in caves back in the day, we naturally slept in tune with mother nature by going to sleep when it was dark and getting up when the sun came up.

Although technology now allows us the option of 24-hour light/activity, we're still biologically programmed to just rest/sleep when its dark (modern life has gradually reprogrammed us away from our natural sleep cycle 😞).

So, even if you are getting lots of undisturbed sleep between 2am – 9am, you're still missing the quality sweet spot from 10pm – 2am.

Did you know that you generally sleep in 90-minute cycles, so if you can naturally wake up at the end of a 90-minute cycle, you will feel more refreshed!

To put that into perspective, 6 hours sleep = 4 cycles, 7.5 hours sleep = 5 cycles, 9 hours sleep = 6 cycles. The ideal regular sleep duration should equate to a certain number of consecutive 90-minute cycles (for example: 4, 5 or 6) depending on what duration feels best for you.

And we all know that when it comes to sleep, there's no better feeling than naturally waking up and feeling refreshed and energised ready for the day ahead 😊.

## Napping tips

If you're needing a nap to re-energise;

The best time to nap is between **1pm – 3pm**.

The second-best time is **3pm – 5pm**.

If you would like a power boost (trick used by the elite);

Make a fresh black coffee, put some ice cubes in it to cool it down, drink it quickly and take a nap for 25 – 35 minutes. When you wake, you'll be supercharged for the next 4 hours!

## Summary of good sleep practises/habits

- ✓ Keep your bedroom cool.
- ✓ Keep your bedroom as dark as you are comfortable with.



- ✓ Try not to exercise 3 hours before you sleep.
- ✓ Don't drink caffeine after 6pm (or very little).
- ✓ Use a battery alarm clock and not a device (we recommend; [Acctim Model 14112 silent sweep alarm clock](#)).
- ✓ Remove all electronic devices from your bedroom by 9pm.
- ✓ Permanently remove the TV from the bedroom (bad habit!).
- ✓ Get into a routine of falling asleep as near to 10pm as you can.
- ✓ Adopt a sleep duration focused on a specific number of full 90-minute sleep cycles (as opposed to a set number of hours).

## **Circadian Rhythm Synchronising**

Let's go up a notch and talk about the importance of your circadian rhythm.

It was in 2018 when I first discovered that humans, animals, and plants all have a circadian rhythm.

### **What is a circadian rhythm?**

Circadian rhythms (or codes) are physical, mental, and behavioural changes that follow a daily cycle. They respond primarily to light and darkness in the environment of living organisms.

In a nutshell, your body is naturally in tune with the rhythm of mother nature and all the planets and stars (hence astrology affects us all).

This is why we generally sleep at night and are awake during the day. When you synchronise your general routine with your circadian rhythm, you'll feel much more energised and productive!

Conversely, this is why regular night shift workers have a propensity for weight gain and potential health problems as they're very often out of tune with their circadian rhythm.

### **Body clocks**

You have more than one body clock. In fact, every single cell in your body has its own body clock.

Each cell contains a biological clock and is programmed to turn on and off thousands of genes at different times of the day and night to help your body function efficiently. These genes influence every aspect of our health.

For instance, when we are healthy and in tune with our circadian rhythm, we generally have a good night's sleep and, in the morning, we wake up feeling fresh and energised.



We have a healthy appetite and a clear mind. In the afternoon we have a good amount of energy and in the evening, we are tired enough to go to sleep easily.

### **The science behind it**

Before we get into the benefits such as weight loss, good healthy sleep, and healthy digestion, I will touch very briefly on the science aspect, if you want to research it further.

The 2017 Nobel prize recognised the important impact your circadian rhythm has on your health. More importantly, the negative impact if you're out of tune!

The Salk Institute for Biological Studies have carried out a lot of work on the effects of our circadian rhythms and associated health benefits. They have produced many medical articles, notes, and reviews that you can find online.

### **My routine (working in tune with my circadian rhythm)**

After discovering this information, I changed my routine to have it working in my best health interests, as follows;

I don't eat any food after 7pm and don't look at any screens (phone, tablet, laptop, TV) after 9pm.

I'm tucked up in bed by 10pm and awake at 5.30am feeling fresh as a daisy.

### **'Modern day' bad habits and the effect on your health**

It is very easy to put your circadian rhythm out of balance, as follows...

- **You are looking at screens emitting blue light (phone, tablet, laptop, TV) after 9pm and doing it in the bedroom;**

The blue light stimulates parts of your brain the same way daylight does. This gives you a cortisol spike which wakes up many of your body clocks, causing sleep problems. Cortisol spikes in-turn lead to weight gain as they stimulate hunger.

- **You eat after 9pm;**

You wake up thousands of cells and genes that must now go to work to help you digest the food. This will make it harder to go to sleep as parts of your body that naturally want to rest at this time of day, are now stimulated into action.

- **You regularly go to bed quite late;**

As previously mentioned, the sweet spot for quality sleep is between 10pm – 2am in tune with your circadian rhythm. If you are regularly missing out on a lot of this 4-hour window, you deprive your body of quality refreshing sleep which can deplete your energy levels and focus.



## Weight loss

Harvard scientists and Spanish weight loss nutritionists found that individuals who spread their calories over a long period of time (meaning that they eat the same number of calories but later into the night) **did not lose much weight.**

However, people who ate bigger meals during the day and refrained from eating at night (6pm cut off) actually lost a substantial amount of weight.

This means that regardless of which kind of calorie restricting diet you follow...

**WHEN YOU EAT is just as important as WHAT YOU EAT.**

Have you noticed since we have all become addicted to screens, we've collectively become fatter and have worse sleep patterns from all the blue light in our bedrooms 😞.

## Obesity

Disrupting your circadian rhythm is a major contributor to obesity as reduced/poor sleep confuses the brain hormone (ghrelin) that regulates hunger.

Your brain cannot predict how long you are going to stay awake and since being awake requires more energy than sleeping, it produces more of the hunger hormone.

Also, we crave energy dense foods when we are over tired and over eating, and these foods consequently increase the chances of obesity.

Sleep deprivation also makes us lethargic and less active, which also contributes to fat storage.

## Good circadian practises

Think a little like a caveman (generally)...be awake and up when the sun comes up and get to bed and sleep when it gets dark.

5 key daily actions;

1. **Get up around the same time every day** ~ the earlier the better as when daylight hits your eyes in the morning, it stimulates your systems. Just get up and start your day (ever notice that you actually feel more sluggish later in the day after a long lie in at the weekend?).
2. **Have an early eating cut-off time** (say 7pm), the earlier the better.
3. **Don't engage with any blue light emitting device after a certain time** (say 9pm), again, the earlier the better.
4. **Keep all blue light emitting devices out of the bedroom** (no excuses, use an old-fashioned alarm clock).





5. **Get to bed by 10pm or as close to it as possible** (10pm – 2am is when you get the best quality sleep).

### Want an occasional late-night session?

Of course, you do! Just go ahead, there'll be occasions when you're at a party or having a celebration and you don't want to be the boring one 😊. So have fun in moderation and just get back to the routine the day after.

### Final word

Adopt as many of the good sleep practises/habits as you can. Your body, mind and general health will love you for it and you'll feel more energised.

Always work in sync with your circadian rhythm for multiple additional benefits and sleep well 😊.

### Recommended books

['Sleep Smarter'](#), Shawn Stevenson

['The Circadian Code ~ Lose Weight, Supercharge Your Energy & Sleep Well Every Night'](#) ~ Satchin Panda

### References

MacGill, Markus. "Obesity link to lack of sleep suggested by brain scans." Medical News Today, article 264539 written 7<sup>th</sup> Aug 2013.

D. F. Kripke et al "Mortality associated with sleep duration and insomnia." Archives of general psychiatry 59 No2 (2002) 131 – 36.

C. Cajochen et al, "Evening exposure to a light emitting diode (LED) backlit computer screen affects circadian physiology and cognitive performance." Journal of Applied Physiology 110 No5 (2011): 1432 – 38.

### Recommended habit action steps

- ✓ Look at your current routine (around eating, sleeping, and using devices) and adjust your sleeping environment in line with the recommendations.
- ✓ Adjust your daily routine in line with the 5 recommended circadian actions to make it more conducive to quality sleep.
- ✓ Use the additional bedroom time (without electronic stimulation) to nourish your mind and body (read paper-based materials or see habit 11 for inspiration) 😊.

***Here are the related essential programme visual aids....***



# The Rules for Being Human

## 1. You will receive a body.

You may like it or hate it, but it will be yours for life.

## 2. You will learn lessons.

Life is a constant learning experience and everyday provides opportunities to learn lessons.

## 3. There are no mistakes, only lessons.

Your development towards wisdom is a process of experimentation, trial, and error. Compassion is the remedy for harsh judgement of ourselves and others. Forgiveness is not only divine, it's also 'the act of erasing an emotional debt'.

## 4. A lesson is repeated until learned.

A lesson will be presented to you in various forms until you have learned it. What manifests as problems, challenges, irritations, and frustrations are more lessons. They will repeat until you learn them, then you go on to the next lesson. To blame anyone or anything else for your misfortune is an escape and a denial; only you are responsible for you and what happens to you.

## 5. Learning lessons does not end.

While you are alive, there are always lessons to be learned. Surrender to the rhythm of life, don't struggle against it. Be humble enough to always acknowledge your weaknesses and be flexible enough to adapt from what you be accustomed to.

## 6. "There" is no better than "here."

When your "there" has become a "here", you will simply obtain another "there" that will again look better than "here."

## 7. Others are merely mirrors of you.

You cannot love or hate something about another person unless it reflects something you love or hate about yourself. Be tolerant; accept others as they are and strive for clarity and self-awareness. Strive to truly understand and have an objective perception of your own self, your thoughts, and feelings.

## 8. What you make of your life is up to you.

You have all the tools and resources you need. What you do with them is up to you. Take responsibility for yourself. Learn to let go when you cannot change things. Don't get angry about things.

## 9. Life is exactly what you think it is.

You create a life that matches your beliefs and expectations. You get what you think about and dwell on most of the time, it is a precise universal law called the 'Law of Attraction'.

## 10. Your answers lie inside you.

The answers to life's questions lie inside you. All you need to do is trust your instincts and your innermost feelings, whether you hear them as a little voice or a flash of inspiration.

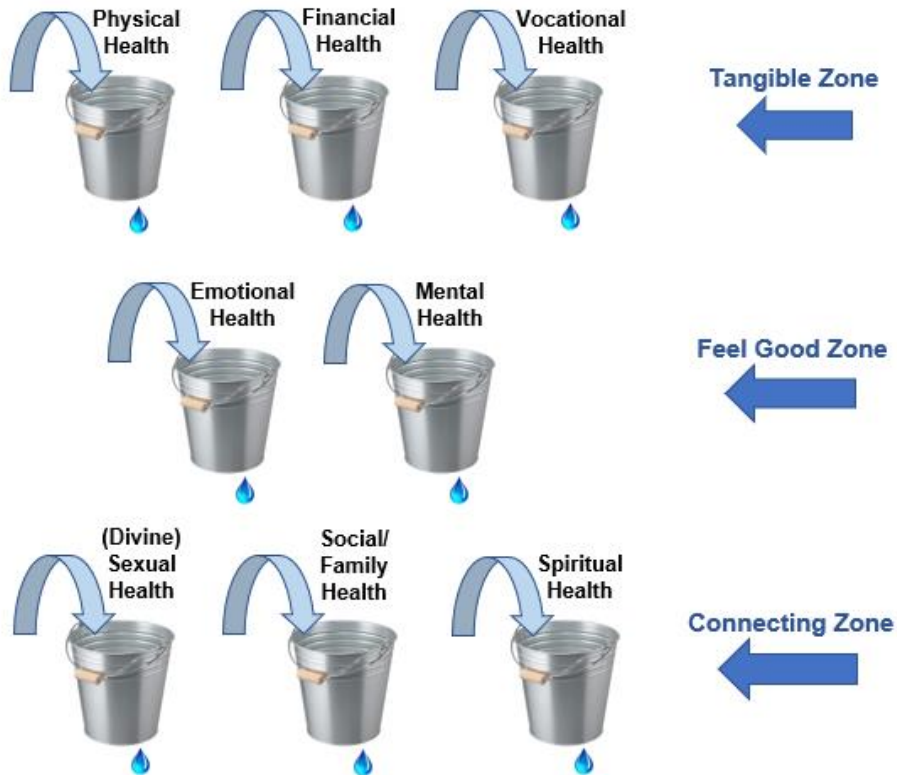
## 11. You will likely forget all this...but you can remember it whenever you want 😊.



## Key Charts & Visual Aids

### Your 8 Health Buckets

(each has a continual, very small leak)



### OMEGA

