



THE SLEEP PERFORMANCE COACH

OPTIMISE YOUR SLEEP. OPTIMISE YOUR PERFORMANCE

Create Your Wind Down Evening Routine

Your morning starts the evening before, so an effective evening routine is vital to optimizing your sleep. Importantly you must create a routine that you look forward to, and helps you wind down to drop straight off at your desired time.

If you do not currently have an evening routine, then I suggest keeping it simple and if you currently have one, then consider ramping it up with some of the recommendations below.

We are all very unique in our ways, so think about picking a small number of items to start with is suggested, to continually review and add more items each week until you are happy with the quality and consistency of your sleep. The last tweaks and optimizations are usually down to the environment, so this is a big factor.

- Recommended 30-60 minutes
- Allocate hygiene into this time - 15 minutes for wash, teeth etc
- Meditation/Mindfulness at least 15 minutes in the hour before bed.
 - Journaling, but not right before bed
 - Light yoga stretches or progressive muscle relaxation
 - Drop bedroom temperature 1 hour before bed - 16-18C
 - Listen to an audiobook
 - Listen to relaxing music
 - Put lavender in your bedroom
- Have a warm bath or shower to help drop your body temperature
- Program your phone to “do not disturb” and “dark mode” for your planned evening routine.

We are all very unique, so make your evening routine your own, below are some items that can help you plan your evening routine to set yourself up for an amazing night's sleep!

Meditation - Emily Fletcher - Senses

This is an excellent way to engage your senses each morning. You can either go into a deeper meditation or stop at 5 minutes.

<https://www.youtube.com/watch?v=ynzHRz2hciQ&t=31s>

Box Breathing

An excellent way to stimulate your mind and body each morning to improve blood flow and oxygen around the brain and body, very quick and easy.

https://www.youtube.com/watch?v=FJJazKtH_9I

Wim Hof Breathing Technique

Wim is a legend who has climbed mountains in just a pair of shorts and proven science wrong with how powerful the mind is. If you are a more spiritual person and believe in the mind, body connection then give this 11-minute technique a go, it might just change your life!

<https://www.youtube.com/watch?v=tybOi4hjZFO>

Yoga With Adriene

Adriene is awesome! If you are into yoga, new, or never considered yoga, she is a great free resource to start. She has a 30-day yoga challenge to practice between 10-40 minutes per day and if you complete it your body will be stronger, more flexible and your mind may even be clearer!

<https://www.youtube.com/user/yogawithadriene>

Progressive muscle relaxation

This is not for everyone but it's a great way to physically and mentally wind down before bed, slow your heartbeat and get your brain waves slowing to help ready for bedtime! <https://www.youtube.com/watch?v=86HUcX8ZtAk>

Evening Routine Apps

Flux - Screen dimmer

Awesome app to help reduce your screen temperature to help wind down during the evening - <https://justgetflux.com/>

Do not disturb on your mobile phone

You can put a setting to not be disturbed by any messages, emails, notifications or phone calls during a period of time. For peace of mind, you can use a setting that in case of an emergency someone can break your DND if they call twice in a short period of time, so you can sleep easily if it's an emergency someone will likely call again, so you can pick it up and sleep easy if it's not urgent you can reply tomorrow!

Dark/ Night mode on your mobile phone

We suggest not looking at a screen 90 minutes before bed, and around 2 hours before bed to dim your screen light to a warmer temperature. Make sure it's back to full brightness in the morning when blue light promotes wakefulness!

Brain Stimulation/ Study - Audible

Great way to study in the morning or listen to a motivational book to get your day started! And a great way to wind down as your last activity before sleep to listen to a fun book and avoid a screen just before bed.

30-day free trial when you sign up, a must-have! www.audible.co.uk

Breathwork - 21 breaths in Oura app

The morning 8 minute 21 breath's breathing exercise in the Oura app, will help you obtain an accurate reading of your HRV, so you can address your body's recovery and plan your day effectively.

Meditation - Oura app

When it comes to meditation we are all very individual as to whether we prefer guided, unguided, music, no music.

So explore the Oura app to find your preference, some great setting to have rainfall, or music in the background to help you control your breath, thoughts and relax.