HACK YOUR SLEEP

A BEGINNER'S GUIDE TO ENJOYING QUALITY SLEEP

Introduction

Sleep is the golden chain that ties health and our bodies together.

~ Thomas Dekker

Every one of us suffers from insomnia at some point in our lives. It could be triggered by stressful periods in our careers, a personal crisis, fear of an upcoming event or worrying about finances may keep us awake and restless. Feelings of guilt or grief are another culprit.

Whatever the reasons that keep you tossing and turning, you know how it feels to drag yourself out of bed in the morning. You are sapped of energy. Your body aches and your brain is foggy. You feel irritable and grumpy. Your sleepless night is going to reflect on your whole day – and not for the better.

Over time, sleep issues can become extremely debilitating. Persistent lack of sleep will negatively impact your career, social life, and personal relationships. At times, they may challenge your very sanity.

For some people, insomnia is a chronic issue. For others, it comes and goes sometimes. While for most people, insomnia may be closely related to the quality or length of sleeping hours. Sleep deprivation can really take its toll on our mind and physical health.

It can lead to serious issues such as depression, high blood pressure and an out of control hormone system. This puts our body at a higher risk of chronic illnesses and speeds up the aging process.

Since you are reading this book, you probably have a sleep problem and want to do something about it. You may have tried countless remedies (the warm glass of milk before bed or counting sheep). You may have resorted to prescription medication, adding to your problem the risk of addiction.

And yet, nothing seems to work. Are you then doomed to live with your sleep problems for the rest of your life? Absolutely not.

Biohacking is the solution to beating sleep deprivation issues once and for all. It's totally safe, easy, relatively cost-free and guaranteed to help you overcome stubborn sleep issues.

The biohacking tools you're about to discover will help you easily change and regulate your individual sleep patterns. They will help you tailor a plan that will result in concrete changes to optimize sleep, and improve your overall health and wellbeing.

Incorporating these biohacking techniques into your lifestyle will make the changes permanent so that you can always be assured of sound, restful sleep.

If you want better brain health, click on the link : bit.ly/3n7OULa

Chapter 1: Biohacking Briefly Explained

Do you eat a lot of fatty fish to improve your brain health? Do you use essential oils to relieve stress and boost your mood? Perhaps you follow a diet high in antioxidants or work out regularly to improve your cardiovascular health. If that's the case, then you are already a biohacker! In fact, most of us are biohackers in some form or another without even knowing it.

What is Biohacking?

Biohacking is the process of making changes to your lifestyle habits in order to "hack" the body's biological functions and achieve positive health changes.

- Biohacking is simply "do-it-yourself" biology. Simple changes (such as in diet, exercise and sleep habits) are made to improve health, safeguard from disease and overcome issues like sleep deprivation.

- It is a fairly new practice and although it has its basis in biology, is not considered a science per se. However, its potentials could be huge. Studies on the field are ongoing and the findings are very promising. Biohacking has been already shown to have a major impact on many areas of physical and mental health.

- Biohacking is an experimental process because not all body cycles and rhythms are the same. Some people may respond to certain "hacks" while others will not. Therefore, it's a process of trying out different hacks to find out which one works best for you. This absolutely does not mean experimenting with your body in any way that can cause harm. The tools are perfectly safe to play

around with and see which ones - if not all of them - improve your sleep.

- The main experts in the field of biohacking are Dave Asprey and Ben Greenfield. They experiment on themselves, develop new products and hacks in the field of nutrition and fitness and share them with the world.

There are three categories of biohacking:

1. **Nutrigenomics** is related to nutrition, stress management and hacking your surrounding environment, such as sound and light.

2. **DIYBIO** or do-it-yourself biology. This is where non-professional scientists conduct experiments in biohacking and share the results with likeminded people. The goal is to prove that the average laymen can become a successful biohacker.

3. **Grinder biohacking** focuses on technology such as implants and chemical supplements for hacking the

body's biology. This is absolutely NOT recommended as the risks may be far greater than the benefits. This is better left to the total fanatics.

What should you focus on?

Sleep scientists tell us that it's not the number of hours that matter. It is the quality of your sleep that is essential for physical and mental health.

Many people sleep for 7 – 8 hours a night but still wake up feeling drained and unrested. This is because the quality of their sleep is poor. They are unable to enter into the state of deep sleep that relaxes and rejuvenates the body. Quality sleep means waking up energized and filled with vitality, regardless of how many hours you have slept. This needs to be your main focus; not just falling asleep, but sleeping well.

We can use a number of safe and natural biohacking techniques to improve our overall sleep quality. The following chapters will discuss some of the most popular and successful sleep hacks. These will help you:

- Overcome insomnia
- Fall asleep faster
- Improve the duration of sleep
- Improve the quality of sleep
- Promote deep, restful sleep

Some so-called experts claim that biohacking requires various gadgets and complex measurements to monitor brain waves and other responses. Honestly, this is completely unnecessary.

Always remember that nobody knows your body better than you. You will know what works best for you by how you feel. You will be able to measure the results by how much your sleep improves.

You may find that you enjoy biohacking so much that you want to delve deeper. As your knowledge and skill increases, you may want to try gadgets and measuring tools. But for now, let's keep things simple.

Chapter 2: Banish Blue Light

Science tells us that light from the blue side of the spectrum disturbs the brain's production of melatonin, a hormone that regulates sleeping and waking. Exposure to blue light sources, especially in the evening, can drastically disturb your sleep.

Blue light can be light coming in through the window, as well as light from regular and LED bulbs. Digital screens including PCs, laptops, tablets, and TV screens are also huge emitter of blue light.

This hack is simple. Keeping all light out of your bedroom is the fastest and most effective ways to improve sleep.

There are several ways you can do this:

- **Use blackout curtains** to completely block out any daylight from filtering in. This is especially beneficial for

late sleepers and people who work night shifts and sleep during the day.

- **A low-intensity amber night light** is fine if you absolutely cannot sleep in a totally dark room. These types of bulbs do not give off blue light. A good idea is to install dim amber lights in the hallway as well for those trips to the bathroom. This will help you quickly fall asleep again when you are back in bed.

- **Invest in a blue light-filtering sleep mask.** However, note that your whole body absorbs blue light through the skin. If this hack doesn't work for you, you will need to try the blackout curtains.

- **Ensure that your home lighting is sleep-friendly**. Our body starts producing melatonin a couple of hours before we go to bed, making us feel sleepy. However, too-bright lighting in the home, as well as television and computer screens, can inhibit the production of melatonin. Keep your home lighting dim (amber or red and yellow spectrum lighting is the best choice)- and don't watch TV or sit in front of the computer directly before going to bed.

This is because when your skin absorbs blue light, it starts producing cortisol, a hormone that increases alertness and weakens the effect of sleep-inducing melatonin.

- **Wear amber-tinted glasses** during the last 3-4 hours of daylight. This is another simple hack that supports "dim light melatonin production". This technical term means the production of melatonin during evening hours. Amber-tinted glasses are glasses that have yellow or orange lenses and are very inexpensive – but they could be just the hack you need for better sleep. They are available on Amazon in a variety of styles, as well as elsewhere online.

Become aware of the blue light sources surrounding you during the evening and banish them. This hack should give you fast results where you induce an improvement in your sleep in a few days.

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Chapter 3: Invest in a Sleep App

Sleep apps are scientifically designed to give you a good night's sleep. They are easy to use and contain diverse features to choose from and experiment with, which is what we are recommended to do when biohacking.

They are crafted specifically to calm your brainwaves and create a relaxing experience that helps you drift into restful sleep. Optimally, it will help maintain restful sleep throughout the night.

Sleep apps typically give you a choice of audio recordings of soothing sounds that calm the brain and induce sleep. These include the sound of soft rain, ocean waves, wind rustling through trees and other nature sounds. Some apps offer guided meditation, white noise, and various ambient sounds.

Some apps also offer a wide range of relaxing classical and contemporary music so there's something for all tastes and

preferences. It's fun to experiment with these different sounds and find the ones that best hack your sleep. Other features include:

- Dashboards that display sleep patterns and percentage of quality sleep. Some apps can even measure snoring.

- If you are artistically inclined, apps like Recolor allow you to create brain-relaxing artwork. You are provided with a specific color palette designed to calm anxiety and promote sleep.

- A number of apps contain hypnosis tracks to calm and relax the brain.

- Some contain alarms to help you synchronize short naps during the day.

Popular apps on the market include Sleep Cycle, Pillow, Digipill, Recolor and Sleep Time. Most sleep apps are free for both android and iPhones. Those with more sophisticated features range from $3 to $9.99.

Helpful tip: White noise, in general, is a great sleep-inducer and numerous studies back this up. It keeps your brainwaves steady helps maintain sound asleep all night. If you choose not to use a sleep app, you can easily access white noise with a fan. A ceiling fan or a regular fan will work equally well. Simply keep it on all night. The sound will lull you to sleep and the consistent whirring will help sleep deeply throughout the night.

Try out a couple of the free apps ones first. If you enjoy using it and get good results, great! If not, you haven't needlessly wasted any money.

Chapter 4: Seek Out the Sun

This is a case in which blue light from the sun can actually help us sleep better! Staying away from blue light in the evening is necessary as discussed in chapter 1. However, exposure to blue light during the daytime is another matter, so don't get confused.

Exposure to sunlight helps our body maintain its circadian rhythm by sending signals to our pituitary gland and hypothalamus. Circadian rhythm simply means our body's internal clock. Keeping it balanced and stable is essential for quality sleep. Our circadian rhythm also regulates a number of important hormones, including melatonin. As mentioned earlier, melatonin is vital for sleep. It also combats depression, which could affect sleep quality.

It works like this: exposure to sunlight during the day boosts 'dim light melatonin production' which begins after sunset. Spending time in the sun prepares your body for peaceful sleep by boosting din-light melatonin production.

This one of the simplest sleep hacks you can use – and it's completely free! It's as easy as a walk in the park during lunch break, or having a smoothie at an outdoor café. No matter how busy your day, there are still many opportunities to grab some sin.

How much time should you spend in the sun? Ideally, 15 – 20 minutes a day at least. Of course, this also depends on several factors, such as the climate you live in, the season, the time of day, how sensitive your skin is, and how much of your skin is exposed.

Studies show that sitting near a well-lit window is another way to expose your skin to blue light during the daytime. This is the perfect hack for rainy days or when it's too cold to go outside.

Use a Light Therapy Box

If it is difficult for you to get into the sun on a regular basis, a light therapy box is a good alternative. This is a device that emits blue wavelength light. It is designed to balance your

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