SLEEP CHEAT SHEET.

my performance doctor

LIVE BETTER. LONGER.

STEP 1. WIN THE MENTAL GAME

Paradoxical intention: Try to stay awake instead of forcing sleep

Scheduled worry time: 15-20 minutes after dinner for concerns/to-do lists

Challenge catastrophic thoughts: "I've functioned on less sleep before"

STEP 2. PREPARE FOR GREAT SLEEP

Cool, dark, quiet: 15-19°C, blackout curtains, earplugs

Consistent wake time: Same time daily, even weekends

No caffeine after midday

Relaxation: Progressive muscle relaxation, mindful breathing

STEP 3. TWO THINGS ONLY RULE [SLEEP & SEX]

Bed = sleep only (no devices, work, reading)

Go to bed when sleepy, not just tired

15-20 minute rule: If no sleep, get up and do a calm activity in dim light

Goal: 85%+ sleep efficiency (time asleep ÷ time in bed)

STEP 4. REBUILD SLEEP PRESSURE

Track sleep for 1 week (bedtime, sleep onset, wake time)

Set sleep window = average sleep time (min. 6 hours)

Example: 5.5 hrs average sleep + 7am wake = 1:30am bedtime

Stay consistent nightly, no naps

Gradually expand by 15-30 min once hitting 85-90% efficiency

RESEARCH:

IN A CLINICAL TRIAL OF 642 ADULTS, 42% IMPROVED WITH SLEEP RESTRICTION THERAPY VS. ONLY 17% WITH STANDARD SLEEP ADVICE ALONE.