

The Dream On Project is designed for those claiming poor unrested sleep. It offers proven strategies for influencing maximum rejuvenation from nutritious sleep. The Dream On Project clearly defines reasons for poor sleep, the detrimental influence of repeated inefficient sleep, and lists practical 24-hour strategies leading to rebooting one's 'best' and 'normal' sleep habits.

Top 5 effects of Sleep Deprivation.

1. Amplified cortisol and other stress hormones - driving change in behaviour.
2. Weakening & vulnerable immune system - undermanned T-Killer cells activating cold & flus.
3. Appetite Imbalance - namely; insulin imbalance leading to poor pick-up choices.
4. Increased inflammation - hello annoying joint and tendon niggles.
5. The decline in thermoregulation - particularly feelings of cold extremities.

Do any of these sound familiar??

- o Reduced cardiovascular output (reduced fitness).
- o Reduced muscular strength (slumping posture).
- o Depressed (reduced management of challenges).
- o Intolerant and easily angered.
- o Respond to stress with little thought.
- o Lowered sexual interest.
- o Increased interest in sugar hits.
- o Sniffling or irritating head colds.
- o Require caffeine to function.
- o Flakey skin & dry lips.
- o Sore eyes around 3 pm.
- o Low interest in exercise.
- o Warm temples and oily scalp.
- o Annoying joint or muscle niggles.
- o Weight gain around the belly.
- o Athletes suffer from upper-respiratory infections.

A healthy Circadian Rhythm – explained!

6 am

- 6 am marks the release of the hormone, cortisol, which triggers your brain and body into action.
- Cortisol is fired in the 'fight & flight' stress response, and, while too much cortisol can lead to ill-health, a small, timely hit is critical.
- Along with cortisol, another key wakening hormone, Vasoactive Intestinal Polypeptide (VIP), sparks into gear providing an increase in heart rate, breathing rate, blood vessel widening, and importantly, drives glycogenolysis. This process amps up a much-needed spike in blood sugar to get things moving for the day.
- VIP also promotes bowel movements, with, at this time of day, being best for such practice.
- I've found about 300mg of magnesium and a strong black coffee (about 150mg caffeine) does the trick should your pipes be somewhat unresponsive.

7-8am

- Between 7 -8 am your body should receive a hit of the hormone, ghrelin.
- Ghrelin is responsible for making you feel hungry. Consuming a 'nutritious' breakfast is vital in resetting your circadian clock.
- Key point; Ignoring the feelings caused by ghrelin will likely mess up your metabolic & sleeping cycle later in the day.
- Sleep deprivation will also drive ghrelin. Meaning, tiredness drives hunger, and usually for all the wrong choices [namely; sugar & trans fat].
- A good breakfast practised daily drives good sleep.
- Based on 30 years experience, I know a breakfast ratio offering 50% of total cals coming from 'good' fats to be best, for most people.
- Importantly, exercise, performed at 'your' relative 60-70% of max sustainable effort is best at this time. Thumping harder sessions, for most, work against your best functioning circadian rhythm. You'd be best saving harder sessions for later in the day (more on this later).

9 -10am

- Here comes the sun - direct sunlight is now King in activating your healthy best circadian rhythm.
- As little as 5 minutes will drive a perfect balance of cortisol & serotonin, which, control much of a ticktock circadian clock.
- Classically, one's mood, behaviour, and attitude dips in shorter winter days.
- Coffee, green tea, and adaptogenic herbs can mimic 'some' of the sun's good influence.
- Europeans are now using a device called The Human Charger (15 minutes a day) which sends a light through the ear towards the brain.

10am

- Sex hormones are at their peak, which seems an odd time of the day, but hey, if it's on, it's on!
- It's important to note, a healthy circadian rhythm, has one, 'up for it'. This is normal!
- So far, if you've moved easily, grabbed a few rays, visit the bathroom, and perhaps got lucky! You're on circadian course for a great sleep.

- You're now on high alert. Concentration is at full tilt.
- Alpha Waves are neural oscillations providing mental clarity.
- Now is the time to write your #1 hit song.
- Performing your most complex intellectual tasks should be performed now!
- Save all your easy stuff for later in the day.

2pm

- Around 2 pm signals your peak muscle reaction, coordination & balance time.
- While logistically challenging for most people, between 2-3 pm marks an excellent athletic opportunity.
- Nerves are firing best, muscle, tendon & ligament temperature is optimum, and brain waves are still sharply ranging between alpha & theta.

5pm

- Around 5 pm marks your optimum cardiovascular efficiency, best body temperature, muscle repair, protein synthesis, and workout-recovery capability peak, so this is an even better time of day to exercise, especially if your workout is intense.
- I'm not a fan of training hard in the morning, preferring to 'thump it', when appropriate, for this time in the day. I guess I feel there's more bang for my buck - see The Dream On Project for more info.
- I recommend a minimum of 4 hours post evening training sessions before hitting the sack - for best sleeping conditions. The body requires adequate cooling time.
- If you've read my thoughts on nutrition, or checked out the [10 Day Gut Reboot](#), you'll know I strongly believe in higher 'good' fat choices for breakfast & lunch being best. And, consuming appropriate carbohydrate choices best kept for later in the evening. This way, if you've trained a little harder, carbs food choices will be used for energy with little influence on insulin balance - this is good. Equally, what happens 40 minutes after a sweet bomb insulin coma? You crash!

6-7pm

- With the sun setting you can expect your blood pressure to be at its highest. So, in the event of a frustrating 5 pm meeting, don't assess your blood pressure now!
- Sunset also promotes the hormone leptin. Leptin's job is to break down stored body fat and use it as your preferred fuel source for the next 12 hours - so you don't have to break your sleep to eat. We like leptin! More leptin more fat loss!
- It's important to note; An overdrive of nighttime lights and a big heavy meat meals limit leptin release - this is not good. Late night snacks with your head slapped up against a screen is a circadian rhythm nightmare.
- Leptin should continue to elevate, suppressing your appetite and ripping into your fat reserves - till about 3 am.
- Boosting insulin balance right before bed with sweet fixes, or excessive alcohol will again limit leptin and another fat driving helper, the hormone, Adiponectin.
- A caveat to the whole sugar spike thing is the fructose factor; Meaning, some fruits, like Kiwi fruit, loaded with fructose, consumed in the evening will help your sleep. You should feel sleepy about 20 minutes after consumption. The fructose won't disrupt insulin or leptin balance.
- I also found 200mg of magnesium before bed contributed to fat loss and better night sleep.
- I'll outline what I believe is your the best circadian-friendly evening meal later The Dream On Project. But know, I do favour a few 'selected carbs at this time of the day!

9pm

- Around 9 pm your body temperature will be at its highest - exercise aside! This is why, males mainly, kick sheets off early and blanket hog in the early hours of the morning.
- OK, let's assume you've followed the ideal sleeping conditions listed in The Dream On Project, you should experience heavy-set eyes sometime between 9-11pm.
- This is the hormone melatonin kicking into overdrive.
- Melatonin slows the heart rate, lowers adrenalin & cortisol, lowers blood pressure, lowers body temperature, and should shut down your gastric system. The last thing your circadian rhythm needs during sleep time is being broken with bathroom stops.

11pm

- Around 11 pm, leptin really cranks up, so, please, if you'd like to reach your ideal weight, be asleep when Santa rocks up.
- Around 12-1pm melatonin shuts off brain firing, allowing for ultimate filtering & repair. Delta brainwaves will now drive Sleeping Phases 3-4 - this is the key to a good night of sleep.
- 1-2 am brings HGH (Human Growth Hormone) central. It's time to repair, everything. No deep sleep - no repair - this is a problem.
- Between 2 am - 6am your core temperature falls most drastically.
- This is time for ultimate neural rejuvenation, which sometimes can cause muscle cramping. A pinch of Himalayan salt in water before bed can fix this.
- Perhaps most importantly, around 3 am your T cell [killer cells] gain strength and numbers. This is key for continued wellness.
- Also, this is the time your anti-inflammatory system kicks into overdrive. If you're carrying an injury, you want to be asleep at this time.
- Around 4 -5 am your bodies core temperature is at it's lowest - so, prepare accordingly (more on this later).
- Cortisol starts kicking in around 5.30 am, which raises your temperature, and bingo, you start again.

Top 10 Reasons for Poor Sleep!

In no particular order;

1. **No Breakfast** - for most, minimal breakfast or a poor breakfast will disrupt digestion & metabolism later in the day, and night! The best scenario and one that may require practice is; a hearty 'good' fat breakfast, a little more of the same for lunch, and light appropriate carbs of dinner.
2. **Heavy Evening (and late) meal** - Evening meals consumed within 3 hours of sleeping, and loaded with heavy (hard to digest) meats, will, likely, lead to disrupted sleep. Ideally, your brain would like to switch off digestion, not, rev it up! Heavy meaty meals might make it difficult falling to sleep. Beware!
3. **Blue Lights** - Sensitive sleepers beware! The last 20 years have seen an increase in bedroom electronics. Mobiles, PC's, Fans, TV's, Fire alarms, and security sensors has annoying lights on the rise. Sleeping brains require dark places, and, the sight of lights sparks waking hormones into action.

4. Emotional Stress - From personal challenges to focussing on work tomorrow, if pre-sleep thoughts are focussed on fight or flight, bingo, again, all the wrong hormones kick into gear. This may offer sleep in phases 1 & 2 (see more on this later), but will likely drive active brain waves around 1 am. This will cause drowsiness preventing quality Sleep Phase 3&4. There are strategies to overcome these challenges.

5. Starting too hot, and finishing too cold - Our body temperature changes, systematically, throughout sleep. And, male & female temperatures can offer vast differences. Preparing for these changes is critical in assuring quality sleep.

6. Snoring - Now, for both; the offending snorer, and the poor sod dealing with the tones of a beached whale, there presents a sleeping problem. If the snoring pitch becomes deafening and wheeze-like, it could be a sign of low oxygen. A Physician would be a right place to start. As for the lighter sleeper, well, from earplugs (bluetack) to hypnosis courses, there are options – see The Dream On Project.

7. Minimal sunlight - To maximise sleep benefit, most of us require direct sunlight throughout the day, with just 5 minutes hitting the spot. In balancing our circadian rhythm, sunlight drives hormonal harmony, and thus, stimulates the best sleep. See The Dream Project for tips.

8. Fresh Brain & Body - If your brain hasn't been asked to drive complex work, and, similarly, your heart, muscles & bones, have performed little effort, then it's likely there is no need for rest. Thinking and exercise (structured or incidental), drive good sleep.

9. Dust mites - here in Australia, dust mites rule. Sheets, and particularly pillowcases should be washed weekly. Pillows, also, should be aired in direct sunlight routinely and retired yearly.

10. Frequent travel - From varying time zones, planes, changes in beds & cuisine, travelling usually disrupts one's circadian rhythm. See Jet-Lag tips in The Dream On Project.

ATHLETES BEWARE! Athletes training 'hard', and by that I mean, 2-3 hours + of high-intensity training sessions, can expect difficulty sleeping. While you'd expect training-induced exhaustion and tiredness driving knock out sleep, continuous neural firing from long training sessions amplifies adrenalin, noradrenalin & cortisol. It can take up to 8 hours for these hormones to be sufficiently buffered. See 'The Dream On Project' for counter sleep tactics.

How much sleep do you need?

Well, it depends!

Age, activity, genetics, environment, mental strain & stress, can all determine one's optimum rest time. And, of course, it can change from day to day.

However, the National Sleep Foundations 'general' guide provides a good reference.

Click below for the full report.

What is your Chronobiology?

Interestingly, the work of world renown 'Sleep Doctor', Dr Michael Breus, suggests people fall into one of four chronobiology when it comes to their ideal circadian rhythm.

Dr Breus studies suggest the world's population fall into defined categories: Dolphins: 10% - Lions: 15-20% - Bears: 50% - Wolves: 15-20%

Ultimately, while most us are 'Bears', it's wrong to believe everyone will perform their best bouncing out of bed, hammering away till 3 pm, then, start unwinding mentally & physically and be tucked up ready for 8 nutritious hours of sleep from 10 pm.

Click to determine 'your' chronobiology type;

Score yourself/10.

Rescore yourself after the 'Dream On Project'

1. You struggle to fall to sleep.
2. You're woken easily (sound, light, movement).
3. If woken, your mind & thoughts kick in quickly.
4. If woken, you find it difficult returning to sleep quickly.
5. You visit the bathroom at night!
6. You snore for Australia.
7. You wake to feel unsatisfied with recovery.
8. You need coffee before communication.
9. You don't feel like breakfast.
10. You meet 3 boofheads before 11 am.

The Dream On Project!

SECTION 1

PURPOSE: Reset your ideal Circadian Rhythm and live at your best courtesy of uninterrupted nutritious sleep!

IMPORTANT: If you haven't already, checking out, [PART A - Your Circadian Rhythm](#), will help explain much of the following direction. Some direction may seem a little odd; please know there is proven reason for all direction.

DIRECTIONS: Scroll through recommendations noting tips & choices for your 24 hour Dream On Project.

'About' 5.30 am - 6.30 am

- The night before starting your 24-hour project: Set your alarm for your 'normal' waking time, pending exercise interests.
- Wake up – most probably via your alarm.
- While still in bed, immediately check your emails, news of the day, and of course overnight football scores.
- Spend no longer than 3 minutes.
- Know our goal today is to suitably tire both your brain & body, resulting in knock out nutritious rest tonight.

Get Up!

- As you're rolling out of bed; Strip the Sheets & Pillowcases, throwing them in the wash.
- Ideally, place your pillows out in the sun. If not, air undercover.
- Life permitting, I'd also love your mattress drawing some rays! Bed bugs hate light & heat. Tip: After a few hours of baking in the sun, consider throwing a sheet of black plastic over your bed heating the mattress surface to an extreme temperature killing bed bugs for good.
- Treat yourself: Consider a new [Neck Contour \(memory foam\) Pillow](#).

6 am - 8 am

Structured Exercise

Type: Anything [rhythmic & continuous](#).

Time: 20-40 minutes.

Intensity: Do not exceed 'your' perceived 60% of maximal effort. So, it should feel 'easy'.

Choices: While exercising outdoors is best (re sunlight), as nature intended, if indoors is more appropriate, go for it!

Again, anything offering continuous movement; Walk, Run, Ride, Swim, Stepper, Elliptical machine, Rower etc.

Key Exercise Points

- Warming Up is vital – start super slowly and build up to your 60 % - no spikes, and certainly no rushed starts.
- Strictly no harder training!
- ATT; Athletes, your chance to thump it out will come later in the day – for good circadian reason.
- Avoid hill runs, punching, carrying logs, or locked in a confined dark room with people wearing lycra.
- Rehydrate with a small pinch of Himalayan pink salt in a water bottle, during & after your session.
- Oh, and as for [pre-workout supplements](#) like; Beta-Alanine, Creatine, Citruline Malate, L-Arginine, well, they're all unnecessary and out!

A warm shower and get on with your day.

[FYI Organic soap rocks.](#)

Incidental Movement

- In the event structured rhythmic exercise is not possible, amp up your output incidentally.
- Take the stairs, park a distance from work, mail it yourself, get up and talk to the person on the other side of the office, etc
- Remember, we're after leaving your brain & body tired enough at days end it craves nutritious quality sleep.

Don't forget your linen!

Ideally sundry. Alternatively, pop them in the dryer.

Breakfast

- 1-2 Eggs, 1/3 Avo, 2 cubes Feta, Dash of Sea Salt, Drizzle of Olive Oil on Soy & Linseed toast (1-2) – [► Gut Reboot ‘Green Eggs’ Breakfast choice.](#)
- Variations: Bacon, Leg Ham, Holumi, Green beans, Garlic.
- No commercial sauces!
- Check out: [Key Principles for Gut Health & Fat burning.](#)

Hot drink

- Coffee; best taken in this order:
- Black – as in brewed or shot, no sugar.
- Classic Choices – as in Cap, Flat, or however fancy you get! I strongly recommend full cream milk!
- [Bullet Proof Coffee](#) – not for the faint-hearted, but if you’d like to experience what all this whole Keto Diet thing is all about, give it a crack!
- Black Tea, Green Tea, Herbal Tea!
- Hot water/ Fresh Lemon.

Avoid ‘Energy Drinks’, forever! Drinking energy drinks contribute to the reason you’re on this website in the first place! While health-conscious media points to excessive caffeine & sugar as reasons driving poor public health, I believe, it’s the synthetic additions & preservatives that challenge our good health most!

[500mg Magnesium Chelate](#): 1 tablet.

While I usually drive optimum magnesium balance from real foods, like; Green leafy veg, figs, banana’s & seeds, in this reprogramming program, a consolidated hit may offer up an improved sleep.

8.30 - 9.30 am

- Hopefully, if you’ve followed the program to a tee, you’ve likely reset your (digestive) movements!
- If you’re still struggling, try, along with your black coffee & magnesium, consuming two tablets of [Triphala](#) (Herbs). This should do the trick.

7 am -12.30 – Work & work hard!

- If you’re on the tools go hard, employing safety of course!
- If you’re a desk jockey, set the alarm reminding you to stand up every 30 minutes – kick your legs out, arch your back, sit down and continue hammering away!
- Perhaps consider giving the [‘Stand Up Desk’](#) thing a crack! I’d start with standing for 30 minutes/ Sitting for 30 minutes max stints.
- While not possible for many, consider the circadian value just 2 minutes barefoot time, even while sitting. Allowing your feet to feel the surface does wonders for your posture, coordination & balance.
- Ideally, leaving your desk, taking the stairs, leaving the building, staring into the sun for 5-10 seconds, without your sunglasses, and then returning to your desk, via the stairs, would be circadian heaven.
- The more vitamin D early in the day, the more significant the drop towards sleepy melatonin later in your day.

Desk jocks; should you be locked into your work requiring little communication, throw on some headphones ([Noise cancelling headphones are the bomb](#)), and dial into one of these youtube links;

- ✓ [Ultimate concentration, binaural white noise focus beat](#)
- ✓ [Driving definitive alpha brain wave overdrive!](#)

I've had more than 1000 clients claiming higher concentration when listening, or more so, hearing this sound!

10.30 am – 11.30 pm

ATTENTION: This is the last choice and last chance for another black one. Once 11.30 clicks over, you’re done, you’ve missed your window! While I believe in the health value of [coffee and caffeine](#), I also believe when consumed excessively, it can influence circadian rhythm negatively, mainly when consumed after lunchtime.

Lunch 12.30 – 2 pm

- Protein choices: Red or Pink Salmon, Pre-cooked & contained chicken breast, Eggs, Tofu.
- Avoid red meat, today!
- Fat choices: Nuts (Macadamia, Cashews, Almonds, Walnuts, Pecans), Seeds (Sunflower, Sesame, Pepita's, Avocado).
- Any leafy greens on the planet, and lots of it.
- In fact, other than root veg & fruit (for now), anything out of the garden is good to go!
- Throw choices on a wrap, or bowl, adding a little balsamic vinegar! And rip in!
- Volume to hunger!
- Drink a glass of water with lunch + a pinch of salt!

[More Lunch Choices – 10 Day Gut Reboot.](#)

NOTE: For those in colder conditions avoid throwing on three layers of clothes and parking yourself on top of the heater. Instead, sure, remain comfortable, however, let your own metabolism rev up your optimum thermoregulation.

11 am – 2 pm

The 'only' window for a 17-minute power snooze.

[The Power Nap](#) – 1/3 of the world can't be wrong! Can they! Surely there is power in breaking your waking day with a short power burst of sleeping value.

OK, this works, I can vouch for it! And, along with over 3000 of my clients.

While, naturally, this is not possible for everyone, here's, ideally, what you need.

- Download the 'free' App IOS & Android: [Pzizz](#)
- Home > Nap > Dial in 17 minutes.
- Lay down – bending your knees with your head supported and your eyes covered.
- Turn off your phone and all annoying dingers.
- Position your headphones – noise cancelling headphones are best.
- Press play! See you again in 17 minutes!

Just go with it!

► As soon as the bloke brings you back to earth, follow his lead and get up! Now! Oh, and wipe the saliva from your mouth.

Or

Click this 20 minute 'free' youtube video - [POWER SNOOZE 20 MINUTES](#)

Follow the prompts above.

I'd love you to try the power snooze! Perhaps the weekend may offer up a better chance.

Power Snooze Rules

- 17-20 minutes ONLY! Any more and you'll likely muck up your circadian rhythm tonight.
- Get up as soon as you finish!
- A glass of water directly after works well.
- An apple or pear also works well directly after your Power Nap!
- Avoid caffeine, refined sugar, or anything preserved directly after napping.

The Dream On Project!

SECTION 2

PURPOSE: Reset your ideal Circadian Rhythm and live at your best courtesy of uninterrupted nutritious sleep!

IMPORTANT: If you haven't already, checking out, [PART A - Your Circadian Rhythm](#), will help explain much of the following direction. Some direction may seem a little odd; please know there is proven reason for all direction.

DIRECTIONS: Scroll through recommendations noting tips & choices for your 24 hour Dream On Project.

2 pm – 5 pm

- Avoid all caffeine.
- Consider further [binaural sounds](#) boosting your afternoon concentration - See Section 1 for free links!
- If you had the chance to power snooze it is unlikely you'll suffer a late afternoon energy crash, or find yourself 'hangry'. However, in preventing an afternoon energy dip (low blood sugar) and eliminating arriving home voracious, consider the [Top 10 afternoon sleep-friendly snack choices](#).

Alcohol Rules

- The Dream On Project is Dry. Hey! C'mon, it's just 24 hours!
- While a nap cap for many is a proven tonic for a good night's sleep, in resetting your optimum circadian rhythm we require a night off all alcohol. Here are some reasons why!
 - 'Excessive' alcohol and quality sleep is usually a poor mix. What commonly translates is passing out for 2-3 hours, waking, battling increasing body temperature, courtesy of a digestive & metabolic system in overdrive, leaving broken sleep till 'that all too short time' it's time to get out of bed.
 - Alcohol induces adenosine (a brain chemical) which drives delta brain waves, meaning, you'll likely fall to sleep quickly – this is good! Unfortunately, alcohol also amps up alpha (high focus) brains waves which normally kick in 2-3 hours after falling asleep – this is bad.
 - With alpha waves taking up to 3-4 hours before buffering out, unfortunately, you'll miss the restorative REM sleep phase – this is definitely not good!
 - Then there's the mechanical ask of your digestive system balancing both excessive calories and an increase in toxic blood sugar. Sleep broken with bathroom trips also offers up a sleeping protest.
 - Finally, while alcohol is a relaxant, which includes relaxing the muscles of the throat, it is more than likely, excessive' alcohol will induce amplified snoring and symptoms of sleep apnea.

[FYI - The Snoring & Sleep Apnea Test//and Top 5 reasons for snoring!](#)

Sleeping and dehydration!

- Tonight, you'll sleep unbroken for 7-8 hours. You will not rehydrate during this time. You will, however, use fluids through respiration, thermoregulation, and metabolism.

Pre-loading Hydration Rules

- Consume your last liquid 45 minutes before bedtime and a final bathroom stop just before bed.
- Try this: 1 small glass of water, adding a small pinch of Himalayan pink salt.
- Based on 30 years of personal experimentation and observation, the addition of a 'small' pinch of salt undoubtedly aids rehydration. Na+ & H2O works harmoniously in restoring cellular hydration and optimum function.

4 pm - 6 pm

A possible, afternoon training session.

- For those well trained and fittingly conditioned now is the time to crank up your exercise intensity – see Circadian Rhythm for reasons why.
- With body temperature being highest, nerves and muscles functioning best, consider throwing in a harder interval style exercise session. There is less potential for exercise-induced injury, immune health is less threatened, and harder 'relative' exercise will help balance blood sugar before your evening meal and sleep time.

Post 'harder' evening exercise practice.

- Finish your session leaving a minimum of 3 hours before bedtime.
- Finish your post-session shower with 5 seconds of cold water. Lift your arms exposing all your lymph nodes allowing maximum cooling.
- Avoiding sleep phase 1 with elevated body temperature is paramount.

5 pm - 7.30 pm

Dinner MacroNutrient Ratio: 20% Protein, 20 % Fat, 50% starchy carbs, 10% simple carbs.

Here's why!

- I recommend against genuine (high fat) Keto-style dinners WHEN resetting your circadian rhythm. While 'current' nutritional research clearly supports consuming 'good' healthy fats, and I know this to be true, my experience suggests, including appropriate carbohydrates, both complex and simple, before sleeping, drives one's best sleep.

[Why, sometimes, it's difficult sleeping when eating a healthy high'er' fat diet!](#)

Dinner Rules

- Consume a glass of water pre-meal.
- Serve a smaller collective calorific portion (than usual).
- Clean up your plate directly after finishing.
- Clean your teeth immediately after cleaning up the table.
- Boiling the kettle and prepare your hot drink.

Recommended Circadian resetting meal.

- A small portion of Turkey Breast – Tryptophan, the amino acid found in Turkey, will likely make you sleepy. A complicated process driving the release of 5-hydroxytryptamine, aided by carbohydrates, will help release increase, ‘sleepy juice’ melatonin.
- While you could try 1 gram of tryptophan supplementation, I’d recommend a small cut of Turkey breast.
- Pan fry; Butter, Chopped Lemon Thyme, Garlic, Salt, & Brown Onion.
- Sweet Potato – Either, making chips, drizzling in olive oil & tossing sea salt, and oven baking @ 180° for 30 minutes; or, mashing!
- Asparagus – A Star vegetable; Asparagus is an excellent source of fibre, folate, vitamins A, C, E and K, as well as chromium, a trace mineral that enhances the ability of insulin to transport glucose from the bloodstream into cells.
- Kale Chips – just for a bit of fun; chip up fresh kale, place on an oven tray (and baking paper), drizzle Olive Oil, and, again, a dash of sea salt, baking for 15 mins @ 180°.

After dinner carb hits: Kiwi Fruit, Berrie mix, Dark Chocolate, dob of full cream to taste, and a dash of ground cinnamon. Yep, I want simple & natural carbs finishing off your culinary the day.

Repeat; A small portion, please!

Walk around ‘bare’foot!

Ideally, climate permitting, I’d like just a short time promoting the health benefits of [barefoot](#) – including aiding sleep.

Herbal Calming Tea: Chamomile, Peppermint, for those up for the ultimate gut clean out try – [Vital Greens](#) (1 tpsn into boiling water).

9 pm – 10.30 pm

Bedroom set up!

- Fresh linen.
- Breathable blankets – natural wool mix.
- Bedside lamp, allowing reading.
- Room temperature; Cooler than warmer!
- The darker the window drapes, the better – and cover the gaps, using blue tac if you must!
- Cover or turn off ALL (blue) lights - If you happen to wake, sight blue light, instantly, serotonin & cortisol cranks up! This is not ideal as it can take up to 2 hours buffering wakening hormones.
- Set the waking alarm.

Considerations

Best recalibrating sleeping success has come from;

1 x [Valerian Forte](#) (Blackmores) 30 minutes before bed.

Valerian rarely leaves drowsiness, and our results suggest success for ‘about’ 70% of users. Being a natural root extract, I recommend taking Valerian for the Dream On Project.

OR

1 x [Zinc](#) or [L-Theanine](#) 30 minutes before bed.

Both Zinc & L-Theanine can promote increased relaxation, mentally & physically.

OR

1 x [Restivit](#) (Doxylamine) – Over the counter, however, you will be questioned on use.

Now, while near everyone, I included, claims to have slept for Australia following a Restivit before bed, it can leave drowsiness. In fact, I find, while it does offer up an excellent sleeping reboot, I do require a strong coffee to get things moving the next day.

9.30 pm – 10.30 pm

While in bed!

Considerations

- Reading – hard copy, only! NO SCREENS!

Yes, reading for many will use up that last bit of brain energy before sleep beckons. Try the book '[How to lose a few kegs without busting a gut](#)'. A book guaranteed to put you to sleep.

- [Sleep Headphones](#) – these are awesome!

When recalibrating my sleep, these bad boys have never let me down! Alternatively, [wrap around masks](#), free of sound, also work well, particularly when flying.

Either link Bluetooth or use the sleep-friendly cord. Use your [PZIZZ app](#) (Sleep mode) or dial into the hundreds of free youtube clips – just search; '[Delta wave sleep sounds](#)'. Press play and nigh nigh! YOU can leave them on all night, or, when you feel right, simply pull them off.

- If sleep phones are not possible, consider earplugs or plain old blue tac, particularly when sleeping with snorers.
- Oh, does sex help your sleep! Well, that's what it says on google! So, if you're lucky!
- Try a drop of Lavender oil under your top lip – Lavender is herb said to offer up relaxation. I've tried it! And, I guess it works!
- For men, mainly, start with less cover but keep that blanket close by for around 2 am.

6 am

Wake Up

The Dream On Project Checklist!

#	Sleep Score.	/10
1	Read emails in bed before rising.	✓
2	Wash Linen.	
3	Light, easy exercise.	
4	Circadian (and Gut)-friendly Breakfast.	
5	Magnesium.	
6	Morning hot drink – your choice!	
7	Considered all incidental exercise.	
8	Binaural white noise – I tried it either travelling to work, or at work!	
9	Circadian (and Metabolism)-friendly Lunch.	
10	No caffeine after lunch.	
11	Power Snooze – tried it! PZIZZ or alternative.	
12	Afternoon snack choices, if any!	
13	Confirming it's a dry 24hrs.	
14	Afternoon water + salt.	
15	Afternoon Exercise session (not compulsory).	
16	Finished shower with a cold hit.	
17	Bedroom set up complete!	
a	Fresh Linen	
b	Blankets ready to go.	
c	Reading material set up.	
d	Windows covered.	
e	All blue lights covered or switched off.	
18	Valerian Forte, or alternative.	
19	Read in bed.	
20	Listened to Delta wave sounds – Sleep phones, or alternative.	
	Nailed it!	

Feel free to bespoke your own checklist!

And tell me of any successful strategies.

