

Brad Pamp's 48 hour, CR Reset.

CIRCADIAN RHYTHM RESET.



My CR Reset Purpose:

Reset my optimum circadian rhythm;

Towards,

- ✓ Falling to sleep within 3 minutes.
- ✓ Holding an uninterrupted deep sleep for 6-8 hours.
- ✓ If interrupted, return to a deep sleep within 1 minute.



My CR Reset works towards;

1. Preparing my ideal sleeping conditions.
2. Tiring my body appropriately.
3. Easing my gut stress.
4. Calming my mind.

Considerations:

Part One - Prepare for the CR Reset.

Part Two – Follow the CR Checklist over 48 hours.

The checklist in **BLACK** denotes more possible, practical, and accessible sleeping support & aids.

PART ONE – CR RESET PREPARATION

Before Starting.

#	CR PREPARATION	
1	<p>Wash ALL linen – including the pillow undercover.</p> <ul style="list-style-type: none"> ○ Ideally, air drying. 	
2	<p>Seasonally permitting – place both your mattress & pillow in direct sunlight for the day.</p> <ul style="list-style-type: none"> ○ UV Rays & Vitamin D are super bed mite killers. 	
3	<p>Prepare your bedroom for complete darkness.</p> <ul style="list-style-type: none"> ○ Cover ALL (blue) lights. ○ Prevent curtain gap light – consider blue tac. ○ Should you be woken and sight light, you can expect a sudden spike in waking serotonin. 	
4	<p>Vacuum your bedroom – wiping down all surfaces (bedhead etc).</p> <ul style="list-style-type: none"> ○ Natural cleaning products like ZeroCo are best. 	
5	<p>Seasonally permitting – allow for (bedroom) natural airflow throughout the day.</p> <ul style="list-style-type: none"> ○ Removing dust and unpurified air compliments your CR Reset. 	
6	<p>Review BP's CR Reset below and mark the sleeping support aids you feel most practical for your Reset.</p> <ul style="list-style-type: none"> ○ You might find the BLACK checklist aids to your liking. ○ Use the weblinks to help you consider your best supports and purchases. <p>Or,</p> <p>Open the CR Reset 'Simplified' Version and prepare your Reset.</p> <ul style="list-style-type: none"> ○ There is little set-up and zero cost practising the Simplified CR Reset. 	

PART TWO – BP’S CR RESET

#	The Action	The Reason
1	4.50 am. Wake up 15 minutes earlier than usual.	By nightfall, I want both my mind & body pining for deep nutritious sleep.
2	Alarm Waking. AC/DC’s Shoot to Thrill.	The final phase of sleep, REM, typically has the brain sparking vivid dreams. With both increasing body temperature and heart rate, the brain is now cognitive of looming conscious action. I respond well to music. With my waking brain focussing on a familiar riff, it sparks happy, motivating and energising thoughts.
3	Eucalyptus Oil. A quick scent before rising.	Beside my bed sits a bottle of Eucalyptus Oil. I’m a firm believer in ‘aroma’ powers. The familiar Aussie smell of Eucalyptus invigorates the senses, refreshing the brain and energising action.
4	Straight into Exercise Kit. Attire fitting the conditions.	I’ve outlaid my training attire the night before, eliminating the frustration and disturbing my wife. I like starting exercise before my brain is vigilant – reducing excuses for not exercising (which pop up frequently). If I’m running outside in winter, I will start comfortably warm, a Thermal (Merino wool) long sleeve with gloves and remove with my increasing body temperature, if required.
5	Pre-Exercise Black coffee + L-Theanine (100gr).	My pre-exercise ‘spark up’ has me enjoying a shot of coffee adding 100gr L-Theanine (OTC Supplement). L-theanine is an essential amino acid. The combination of caffeine & L-theanine heightens my cognitive focus, motivation, and ‘good’ mood. I find the L-theanine spikes & controls my early morning motivation without the jittery high of caffeine alone.
6	CR LAW#1: Zero refined sugar.	I will not consume refined sugar during the CR Reset. Blood glucose imbalance is a leading reason for poor sleep patterns. My best sleep comes from the healthy state of ketosis – driving my appropriate waking and sleeping energy from the breakdown of stored fat.
7	Run or Stationary Ride for 30 minutes @ ‘my’ easy and consistent intensity.	I will never press exercise over my ‘easy’ conversational paced effort – during the CR Reset. Now is not the time for thumping sessions. More demanding sessions (typically) spark; fight n flight stress hormones, like cortisol, higher body temperature, higher neural response, a higher appetite (typically for sweeter refined sugar), leading to poor sleep.
8	Body Strengthening Routine – 7 minutes.	For me, now aging, the most significant healthy exercise response comes from resistance-based training (4/7). My Favourite Set. Barbell Clean’n’Press, Barbell Push-Ups, Barbells Cleans, Lying Plate Rotations, Lying Plate Ladders, Loaded back hyperextensions.

9	Cold Immersion Therapy: Shower, finishing with 5-10 seconds of cold water.	With my easy morning exercise session over, I am mentally & physically charged. Now, I will rocket my senses into the stratosphere. Enter; COLD Immersion therapy. Well, sort of, a cheating shower version. Instead of jumping into a cold pool or ice bin, I'll drain the last 5-10 seconds of my shower (elevating my arms) with just cold water. Yewwwwww! My senses are now on overdrive! Bring on the day!	
10	BP's Ultimate Cereal Mix.	Right now, my energy system needs easily digested gut-healthy carbs. My system is racing, and the right carbs will balance my needs. Enter: Pampy's Ultimate Cereal Mix. (See webpage link for exact portions). Ingredients: Cooking Oats, Slivered Almonds, Chia Seeds, Linseeds, Crown cinnamon, Shredded Coconut, Gogi berries, Walnuts, Cocoa Nibs – Dash of raw honey, Natural Yoghurt – possible ½ banana.	
11	Water + Na+.	I prefer carbonated water with a tiny pinch of Pink Himalayan Salt. I reach prime hydration status with this practice. Volume to thirst – the season's dictate my volume.	
12	Green Tea. Mid-morning.	I benefit from a mid-morning caffeine top-up. However, during the CR Reset, I avoid a second more potent coffee. I'm priming for ultimate sleep later tonight, and a further coffee 'may' compromise my best sleep. Green Tea improves brain function, amongst other health benefits, experts say.	
13	Lunch.	The CR Reset has me avoid complex starchy (grain) carbs, fruit, and refined sugar. Reset Lunch Chicken breast (palm size/ 150 gr), pan-fried in a little butter, garlic and sea salt... Mixing with pre-prepared Tabouli and Lentil salad.	
14	Box Breathing. Mid-afternoon.	My mental sharpness is now on the way down. To recalibrate and smooth this transition, I'll Box-Breathe for 3 minutes using a 5-second ratio. Box breathing is by far my favourite meditative de-stressing practice. Benefits: Mind Calming & Centering.	
15	Hydrate & Calm.	Another small top-up - H2O:C:Na+ I'll commonly also throw in a pre-dinner Camomile tea. I enjoy the calming influence of Camomile tea.	
16	Dinner	My gut must digest choices easily. Heavier meals will take greater energy to break down, likely to disrupt my prime sleep. Salmon with mixed garden veggies/ again with butter, herbs & sea salt to taste.	
17	Shower. Hemp Soap Bar.	I'll use 'Hemp Soap Bar', an Aussie mob producing natural products with clear results.	

		I will finish my evening shower with a calming ‘warmer’ temperature – never a colder zap at this time of the day.	
18	CR LAW#2: Zero Alcohol. CR Reset.	I enjoy a drink from time to time – and – with the balancing from proper food and exercise, I see little ill-health from drinking sensibly. However, my CR Reset is dry. While a ‘night cap’ will commonly promote tiredness and immediate sleep, (evening) alcohol will typically increase body temperature and induce waking 2-3 hours after falling to sleep. Furthermore, returning to a deeper sleep is often difficult following alcohol consumption.	
19	Watch Mindless Drivel or Play Music. Until 9 – 9.30 pm.	Consistent best sleep and a prime circadian rhythm does not factor screens – lots of screens. Blue light emissions restrain the production of melatonin – the key sleeping hormone. I trialled Lucid Blue Light (Blocking) Glasses before bed with moderate success – but – you may wish to experiment. I favour playing an acoustic guitar at this time of the day.	
20	Hot Drink – Spirulina + Magnesium glycinate.	Later in the evening, I consume Spirulina + 1 tsp Magnesium Glycinate. Spirulina: Apart from being a world-leading (immune boosting) anti-oxidant, it leaves a calming influence on my brain. Disclaimer: Many may consider the taste to be appalling. Magnesium Glycinate: while offering a swag of proven health benefits, my motivation lies within the brain relaxing properties. It calms me and leads me towards a sleepy feeling.	
21	Sinus Rinse. Brush teeth.	I am a firm believer in nose breathing for all breathing but for harder more strenuous exercise. I benefit from cleaning my sinuses using a neti pot. With lukewarm salinated water, a quick pump on both sides, and I’m all clear to breathe freely throughout the night.	
22	Bedtime. 10 pm.	I’m now in bed – at 10 pm. My CR Reset will have me hitting the bed at precisely 10 pm.	
23	Box Breathing.	If I’m feeling brave, I’ll extend the ratio to 7 seconds. Three minutes to calm things down.	
24	Chili Pad. A cooling mattress. Summer months, only.	Undoubtedly my core body temperature sits higher than my wife’s. Throw in summer and an afternoon land-based exercise session, lowering my body temperature, ideal for sleeping, can be a challenge. Yes, I’ll employ a cold shower post-exercise, but even still, Aussie summers are hot. The chili pad lay on my side of the bed only and pumps cooling water channels. A super quiet motor monitors and matches my decreasing temperature over my 7 hours of sleep. It works.	
25	Room Fan.	I favour moving air – in summer. A quiet moving fan is necessary.	
26	‘Real Air’.	Winter – permitting, one window and the bedroom door are left slightly adrift. My wife is not a fan of this practice.	
27	Weighted Blanket.	The CR Reset brings me a weighted & breathable sleeping blanket (9ks) – again, on my side of the bed only. While science	

		suggests the additional weight could produce a calming serotonin response, all I know, it works.	
28	Ecosa pillow.	Undeniably, the neck contoured pillow improves my sleep. Sleeping should be entirely nasal breathing. The Ecosa head & neck position allows for the best nasal breathing.	
29	Valarian Forte.	Natural Valarian supplementation is an OTC one-day dose that can produce a calming deeper sleep. I take one tablet only on the first night of my CR Reset – about 20 minutes before I wish to fall to sleep. I have never found drowsiness the following morning. I'll always leave a water bottle next to my bed.	
30	NoBlue Amber Book Lamp. Read hard copy.	Blue light emissions stimulate serotonin and block melatonin. I find reading (hard copy) with the NoBlue lamp leaves me feeling dopey-tired within 5 minutes.	
31	Lavender Oil 2 drops on the pillow.	Lavender essential oil can help ease anxiety, promote relaxation, and calm the mind before bed. Several scientific studies have explored linalool, the main component in lavender, for anxiety relief and sleep. Just two drops of lavender oil on my pillow improves my sleep.	
32	Cotton Safety Blanket.	With both my body temperature and the air temperature cooling across my sleeping time, I position a cotton safety blanket at the foot of the bed. I will also wear socks otot bed.	
33	SleepPhones. Soft sleeping headphones	I've successfully used the wireless and super soft SleepPhones for three years. With excellent Bluetooth tech, the battery lasts up to 12 hours. Connect with the Aura App below.	
34	Aura App.	My practice with the Aura App. <ul style="list-style-type: none"> ○ Sleep icon. ○ Deep Sleep Meditations. ○ I'm looking for hypnotic meditations between 12-18 minutes. ○ There are many to choose from, and all work with the same binary model. ○ I seem to benefit more from a male voiceover – my wife favours a female choice. I may also use PZIZZ – Sleeping Mode 20 minutes.	
35	Blu Tac	Once I reach a dopey sleep, I'll take off my headphones, throwing the headband on the floor and jack my ears with clean blue tac.	
36	Sleeping Mask	I'll wear a soft, zero-eye pressure sleeping mask if I can't block out all bedroom lights or my wife is reading. I've enjoyed my Manta Sleeping mask for three years.	
37	Hello, 5.30 am.	Day 2 of the CR Reset – repeat.	