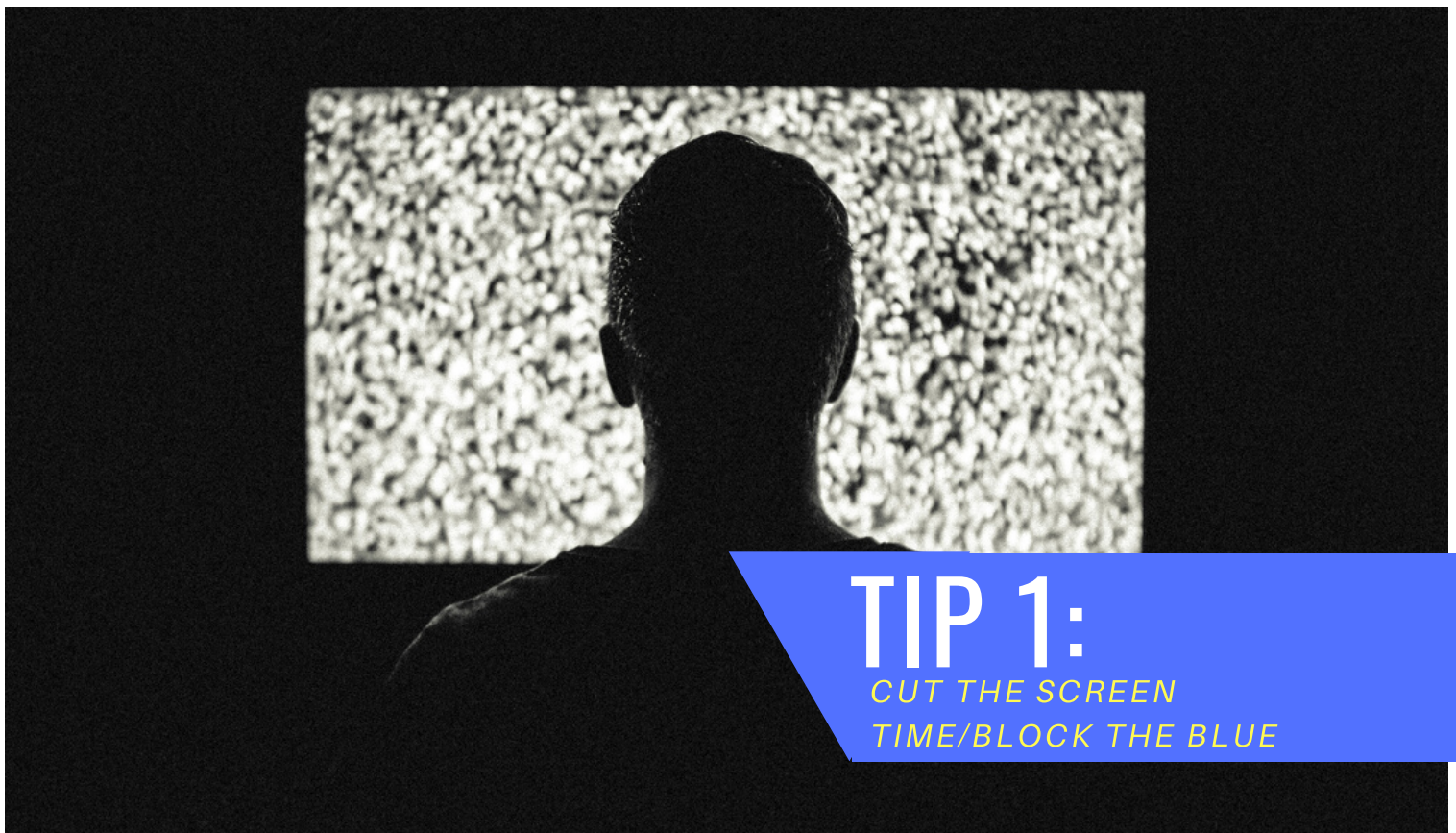


4 STEPS TO BETTER SLEEP AND PERFORMANCE

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TIP 1:

*CUT THE SCREEN
TIME/BLOCK THE BLUE*

There is no single tip I haven't given clients over the years in an effort to improve their sleep that has proven to be as impactful as limiting screen time closer to bed.

Our bodies follow something known as a circadian rhythm. Circa means around, dia means day. Our circadian rhythm is built around natural light-dark cycles and works to keep us on a regular sleep schedule. Our circadian rhythm can be tweaked by external and internal factors known as zeitgebers.

Common zeitgebers are temperature, food, hormones, and the number one culprit - external light sources.

Naturally, our day/night cycles revolve around the sun's rising and setting. Bombarding your retinas with light from devices, mainly blue light (most commonly from phones and TV's) can trick the body into thinking it is not quite time for bed.

This can inhibit the production of vital sleep components like melatonin.

If you want to get the most out of your sleep, consider eliminating or staying away from devices 1-2 hours prior to sleep. A more practical piece of advice is to turn night shift mode on said devices (this setting limits the emission of blue light) or wear blue light blocking glasses.



TIP 2:

*CAFFEINE ONLY BEFORE
LUNCH TIME...*

Ahh caffeine, America's favorite addiction.

Yes, that's right - Americans are addicted to caffeine. Don't believe me? Ask around. I guarantee you know several people who go to Starbucks every day. 64% of Americans have coffee to start their day.

This dependence on caffeine, while it might not give us the hyped-up jolt liked it used to, has a very strong impact on sleep quality.

Very simply, caffeine works by binding to a receptor in the brain. This receptor is typically reserved for a compound known as adenosine, and when adenosine binds to said receptor, we begin to slow down and feel drowsy. Adenosine builds up throughout the day; this is why we slowly - but surely get more and more tired. Caffeine's structure is very similar to adenosine and will hijack that receptor, keeping us awake and alert - while adenosine waits its turn.

Caffeine has a three to five-hour half-life. This means that after three to five hours, HALF of it will be out of your system.

Having ZERO caffeine in your system will create a much better environment for sleep than if you just had an espresso.

So, for this reason, I strongly encourage you to cut your caffeine intake and limit it all to at least ten hours before your desired bedtime.



TIP 3: CREATE A ROUTINE

Creating a routine around your sleep does not seem like a big thing, but I can speak from experience both working with clients and myself - it works.

An evening routine means establishing guidelines and maintaining a tight timeline when it comes to the minutes and hours leading up to your bedtime.

My sleep routine is as follows:

- When the sun goes down: Blue light blocking glasses on.
- 1 Hour before bed: Cut off food and water intake.
- 30 minutes before bed: Take me pre-bed supplements.
- 15 minutes before bed: Set alarms, put phone on do not disturb mode, set it away.

Having a routine is critically important for ensuring a good night sleep. If you can implement and turn it into a habit you will do yourself a fantastic pursuit of performance.

The morning routine was all the rage in 2018-19, the evening routine will be all the rage moving forward.



TIP 4:

ONLY USE YOUR ROOM FOR
THE THREE S'

To optimize your sleep, one thing you can do is compartmentalize your space.

What do I mean?

Here are some examples. It is easier for many to workout at the gym than it is to use the treadmill out in the garage. It's easier to study at the library than it is at an amusement park. And it's usually easier to sleep in your own bed than someone else's.

The reason for this is that our brains love to compartmentalize and associate. We need to have defined spaces for certain activities.

Your bedroom is no different. Instead of using it to binge watch netflix, study, or hang out, try to only use it for the 3 s'

- Sleep
- Sex
- Storage

This will help your brain start to associate your bedroom with *SLEEP* . When you step into your room and your brain starts to think it is time for sleep, you will be doing a much better job of setting yourself up for success when it comes to rest and recovery.



ABOUT COACH DANNY

Danny has been personal training in-person and online since 2013. After his high school athletic career ended, he continued to pursue his passion for health and human movement. He worked as a personal trainer the entirety of his tenure at university, where he achieved his bachelor's degree in kinesiology. He holds over a dozen certifications and specializations, from NASM, ACE, NCI, FAS, including the NSCA's prestigious CSCS. Having trained over 10,000 individual sessions and worked internationally with clients online.

Danny has bridged the gap between academia and application. It's one thing to be some guy on Instagram who posts workouts; it's a whole different thing entirely to be an "in-the-trenches-coach."

He now spends a great deal of his time educating trainers online and in person at various workshops - all while remaining extremely involved in his in-person and online coaching business.

If you are interested in working with coach Danny, both his one-on-one coaching and online programs can be found at:

www.coachdannymatranga.com