

LifeUp's Excellent Evening Routine



Finish Dinner 2+ hours before bed.

- Ideally, consume:
- Palmful gluten-free, yeast-free starch (potato, rice, quinoa).
- 1-2 thumbs Healthy fat.
- Palmful Protein.
- Food is warmed.



Light Movement.

- Digestive aid and blood sugar regulator.
- Walk after dinner.
- Easy stretch or short yoga routine.
- Foam rolling.



Melatonin, Magnesium Citrate, Chamomile Tea

- Sublingual liquid Melatonin (10-20 mg).
- 1 tsp. Magnesium Citrate, mixed with hot water.
- Cup hot chamomile.



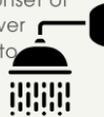
Prep Next Days' Food, Gym Bag & Outfit

- Clear your mind of 'to-do's and have tomorrow's accountabilities begin tonight!



Hot/Cold shower.

Dilation/contraction of blood vessels in hands and feet is the best physiological predictor of rapid onset of sleep. Jump in shower while cold, allow it to warm, and repeat this 2-5x (:20 & :20)



Breath work.

- Through the nose only.
- Inhale five seconds.
- Exhale five seconds.
- Set alarm, repeat for five minutes.



Binaural Beats.

Alpha-wave sounds that promote relaxation and calm. Find them on your major music player of choice.



Sleep within three hours of sunset.

Ideal bed time is 8:30-9:30pm (which is the point of our lowest cortisol levels, and easiest sleep point.)

Wake at sunrise.

Rising with sun helps our natural diurnal/cortisol rhythm.

