



# Elite Sleep Workbook



## **IMPORTANT**

1) It is normal for your attention to decrease at times but don't let that normal occurrence stop your success. If your attention lapses and you aren't 100% sure of the answer to one of the questions in this workbook, don't feel bad. Recognize that it's perfectly acceptable and just rewatch the corresponding video. Then on the second viewing you will generally get the answer to the important topics addressed in this workbook.

Remember, the most important thing is that you are 100% sure that you understood the information enough to answer the questions and complete the assignments in this book. It doesn't matter whether you identified the information on the first viewing or sometime thereafter.

2) Don't fall into the trap of losing patience and rushing through the workbook material. This workbook is where you can make deep psychological discoveries that will become the foundation to your success. Take as much time as is necessary to work through this book and be sure your answers are 100% accurate and honest.

# Introduction To The Sleep Seminar

1) Please write down the name of the Phase of Sleep when your body repairs neurons, other tissues and restores your energy.

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2) In what part of the night is most of the repair and restore phase of sleep concentrated?

- a) First half of the night
- b) Second half of the night
- c) The entire night

3) While this course has the potential to permanently improve your life, is it a replacement for professional treatment?

- a) Yes
- b) No
- c) I don't remember, I need to rewatch the "Introduction To Elite Sleep" video to get the answer

# Calming Your Racing Thoughts

1. Our thoughts generally race more at nighttime because we lose many distractions (visual distractions, sound distractions, temperature distractions, etc.) that are present during the day
  - a. True
  - b. False
  
2. When we write down the general overview of our thoughts that are keeping us awake, this is nicknamed \_\_\_\_\_.
  - a. Obscuration
  - b. Journaling
  - c. Penning
  - d. Collaborating
  
3. Journaling allows our unconscious to relax because it knows that the things we wrote down will not be \_\_\_\_\_.
  - a. Forgotten
  - b. Important at a later time
  - c. Understood
  
4. When the unconscious relaxes, this often reduces \_\_\_\_\_ release which allows us to calm down and fall asleep.
  - a. Estrogen
  - b. Testosterone
  - c. Thyroid hormone
  - d. Adrenaline

## 3 Initial Habits of Elite Sleep

1. A predictable bedtime routine will allow the unconscious mind to enter the \_\_\_\_\_ that usually leads to falling asleep.
  - a. REM Sleep Phase
  - b. Calming Phase
  - c. Hungry Phase
  - d. Unknown Phase
  
2. Please list the steps that you are going to incorporate into your personal bedtime routine.  

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3. The second “initial habit of elite sleep” is to wake up \_\_\_\_\_.
  - a. Whenever you naturally wake up
  - b. At the same time every morning
  - c. After 6 hours of sleep
  
4. The third “initial habit of elite sleep” is to go to bed when you feel your body enter the \_\_\_\_\_.
  - a. Sleep Window
  - b. Can't stay awake while watching TV phase.
  - c. Alert phase
  - d. Hungry Phase

## 3 Initial Habits of Elite Sleep Continued

5. Please write the way your body feels when it enters the “sleep window”.

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6. If you ignore your sleep window and stay up, this will predictably lead to you struggling to sleep during the first half of the night. Poor sleep during the first half of the night will cause you to miss the “rest and restore” part of sleep.

- a. TRUE
- b. FALSE

7. RECAP: Please list the 3 Initial Habits of Elite Sleep

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## Avoiding Stimulant Impaired Sleep

1. How many hours before bed should you stop drinking coffee or caffeinated drinks?
  - a. 3 hours
  - b. 12 hours
  - c. 6 hours
  - d. It doesn't matter
  
2. Energy drinks (with no caffeine) will still impair sleep because they contain other substances that are stimulants.
  - a. True
  - b. False
  
3. Drinking decaffeinated coffee within a few hours of bedtime won't impair your sleep.
  - a. True
  - b. False
  
4. Electronic screens that appear just like paper DON'T have the blue light that stimulates your brain and keeps you awake.
  - a. True
  - b. False
  
5. You should avoid screens for \_\_\_\_\_ hours before bed to give your brain time to calm down and prepare for sleeping.
  - a. 20 minutes
  - b. 5 hours
  - c. 2 hours
  
6. If reading is part of your nighttime routine, you should choose a \_\_\_\_\_ book.
  - a. Calming
  - b. Exciting book that wakes you up

## Temperature and Sleep

1. In preparation for sleep, your body drops \_\_\_\_\_ degrees (in order to calm its metabolic processes and the mind)
  - a. 1-2 degrees
  - b. 15-20 degrees
  - c. 5-7 degrees
  
2. Anything that prevents your body from slightly lowering its temperature will prevent you from sleeping well.
  - a. True
  - b. False
  
3. It is recommended that you sleep in a room that is \_\_\_\_\_, whenever possible.
  - a. A few degrees warmer
  - b. A few degrees cooler
  
4. If you wear “night clothing” that is too warm or put \_\_\_\_\_, then it can prevent your body temperature from dropping and impair good sleep.
  - a. Too many blankets on the bed
  - b. Too few blankets on the bed
  
5. While daily exercise will usually promote deep restful sleep at night, this assumes that you complete any exercise routine at least \_\_\_\_\_ before bedtime.
  - a. 90 minutes (but 3 hours is preferred)
  - b. 12 hours
  - c. 1 hour
  
6. While a warm bath or shower can relax the body and promote calming, you must give yourself time to cool down from the shower or bath. This means end your shower 60 to 90 minutes before bedtime
  - a. True
  - b. False



## Naps

1. If you are struggling to sleep at night, then taking a nap during the day will worsen your ability to get good sleep at night.
  - a. True
  - b. False
  
2. By enduring the discomfort of daytime fatigue and avoiding naps, you are retraining your brain to sleep at night and be awake during the day. If you are avoiding naps, what should you do during the “afternoon crash”?
  - a. Drink lots of caffeine and stimulants
  - b. Do something active in a well lit area (preferably in sunlight)
  - c. Eat high carb foods

Please note that naps are not forbidden forever. Many people implement the strategies found in this course and no longer struggle with sleep. Once good nighttime sleep is achieved regularly, naps are just fine. But, for people that are struggling to get good sleep at night, naps aren't recommended until your sleep problems resolve.

# Alcohol and Benzodiazepine Meds

1. While alcohol can temporarily cause you to relax and fall asleep, it is a \_\_\_\_\_ that prevents a person from entering the “rest and restore” phase of sleep.
  - a. Neurotoxin
  - b. Harmless Drink
  - c. Frontal Lobe Strengthenener
  
2. In order to maintain good sleep, a non-elderly male should limit their alcohol consumption to \_\_\_\_\_ drinks per week.
  - a. 3 to 4
  - b. 2 to 3
  - c. 5-10
  
3. In order to maintain good sleep, a non-elderly female should limit their alcohol consumption to \_\_\_\_\_ drinks per week.
  - a. 3 to 4
  - b. 2 to 3
  - c. 5-10
  
4. Benzodiazepine medications such as ativan, klonopin, xanax and valium are the equivalent of \_\_\_\_\_.
  - a. A magic sleep pill
  - b. Freeze dried alcohol
  - c. A good anxiety medication
  
5. The “Z drugs” include \_\_\_\_\_, Sonata and Lunesta. These are not good long term sleep meds because just like alcohol and benzodiazepine meds they prevent entry into the phase III of non-REM sleep.
  - a. Penicillin
  - b. Zoloft
  - c. Ambien
  - d. lisinopril

## Preparing The Bedroom For Sleep

1. If someone is struggling to get good sleep, they should eliminate anything from the bedroom that doesn't pertain to \_\_\_\_\_ or \_\_\_\_\_ (when appropriate).
  - a. Food or drink
  - b. Exercise or weight lifting
  - c. Sleep or sex
  
2. If you struggle with poor sleep, is it ok to talk on the phone or surf the internet while laying on the bed on top of the covers?
  - a. Yes
  - b. No
  
3. After eliminating television or other distractions from the bedroom, it will generally take your unconscious brain about a week to recognize that the bed means that sex or sleep are happening.
  - a. True
  - b. False

## Treat PTSD or Other Conditions

1. If you are a survivor of a trauma and it causes you to have recurrent nightmares, then you need to start treating the PTSD along with implementing the items listed in this seminar.
  - a. True
  - b. False
  
2. If you are suffering with anxiety or depression, you need to treat these as part of the sleep restoration strategy.
  - a. True
  - b. False
  
3. If you are in a marriage that is creating emotional distress, you need to seek marriage therapy as part of the sleep restoration strategy. (This way you can get support to empower yourself to get into a better emotional situation.)
  - a. True
  - b. False
  
4. You don't have to completely resolve your PTSD, anxiety, depression or marital struggles for your sleep to improve. Just making progress allows your unconscious mind to calm enough to start getting back into deep sleep. This sleep improvement will continue as long as you continue to make progress.
  - a. True
  - b. False

## Final Words and Recap

Here's a quick recap of the steps to achieving Elite Sleep

1. Journal when your mind is racing
2. Establish a consistent bedtime routine
3. Go to bed during your "sleep window"
4. Wake up at the same time every morning (regardless of when you went to bed)
5. No caffeinated or stimulant type drinks for 6 hours before bedtime
6. No media for 2 hours before bedtime
7. Lower your bedroom temperature 2-4 degrees at bedtime
8. Avoid clothing or bedding that will prevent your body from decreasing the temperature. (Too cold will also prevent good sleep)
9. Make sure you don't shower, bath or do anything else that could increase your body temperature within 90 minutes of bedtime.
10. Don't exercise within 90 minutes of bedtime.
11. Avoid naps if you are struggling to sleep at night
12. Stay active and in well lit areas during the "afternoon crash"
13. Whenever possible, avoid Alcohol, Benzodiazepine medications and the "Z drugs"
14. Eliminate anything from the bed/bedroom that doesn't pertain to sleep or sex
15. Get professional treatment for a medical condition (to include sleep apnea), PTSD, Anxiety, Depression or marital struggles

### Final item to consider

As you start to get into restorative and restful sleep, you will initially wake up more tired because your body is using the extra energy to do repairs that were neglected. Just be patient and shortly thereafter, the repairs will catch up. Then you will usually wake up feeling refreshed and rejuvenated.