

 SUCCESSFUL SLEEPER

# SLEEP RECOVERY PROGRAM

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BARRY BRIDGES



## WHAT SHOULD YOU DO?

1

Identify your chronotype

2

Understand and apply each concept where you can

3

Use the sleep program to plan around your work and training schedule

## CALCULATE YOUR SLEEP CYCLE

[CLICK HERE](#)



## WHICH SLEEP CHRONOTYPE ARE YOU?



### LARK

#### MORNING CHRONOTYPE

- Get up normally in the mornings
- Early wake up times 4am – 7am
- Can exercise in the morning
- Normally eats breakfast in the morning
- Very focused in the morning
- Struggles with fatigue after lunchtime
- Struggles with shift work or jet lag



### OWL

#### EVENING CHRONOTYPE

- Always hitting the snooze button
- Prefers to wake up later in the morning
- Sub optimal performance during morning shifts
- Often skips breakfast
- High caffeine intake in the morning
- More focused after midday – evening
- Goes to bed later at night
- Copes well with shift work or jet lag

# SLEEP RECOVERY POINTS



## SLEEP HYGIENE

Aim for a consistent bed and wake times at least 5/7 days a week. This will help with sleep quality.

Aim for 4/5/6/ sleep cycles a day: 1 sleep cycle = 90 minutes – 30-35 sleep cycles a week.

Technology breaks either 30 minutes in the day or 5 tech breaks in the morning or afternoon. (5 minutes for each 90 minutes)

Use the Lux light meter app (Download from Play/App store to measure indoor and outdoor lux.

You can use a light therapy device inside the home or gym during winter months for morning & midday lux needs.

You need a minimum of 10 000 lux sunlight per day for your brain to enter melatonin state at bedtime.



## NUTRITION

All food consumption needs to be eaten within a 10-12 hour period leading up to your last meal.

Consume all meals upon waking up and until 19:30 in order to build a relationship with your circadian rhythm.

Have water first thing in the morning upon waking up + a high protein breakfast for mood and performance.

Avoid caffeine drinks after 14:00 (Have decaf if you must). Aim for no more than 400mg of caffeine per day (2 cups).

Hydration – At least 2 liters per day, more with exercise and avoid liquids after 19:30.

Dinner – avoid red meat and spicy foods which will release cortisol and increase body temperature.



## TECHNOLOGY

For working late at night on PC – Download F. Lux app to filter blue light.

Cover all electronic devices that shows a power light showing in your bedroom before bedtime.

If you have to use your mobile phone late at night, use a blue filter.

Write down a to-do list for the next day before getting into bed in order to sleep better – Brain dump on pen and paper – Focus on positive things.

When waking up at night and having difficulty falling asleep, leave the room, try meditation or reading, then return to bed.

Download Headspace or a meditation app to use before bedtime.

# CONTACT ME

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