

# How to Get Superhuman Sleep: The 3 Step Formula to Upgrading Your Health Through Better Sleep

The best bodies are not just created in the gym or the kitchen...

They are created in your bed.

When your sleep quality gets better every area of your life gets better.

Studies show that getting quality sleep...

- Boost your immune system
- Helps weight loss and prevents weight gain
- Can help increase muscle
- Can boost testosterone levels
- Can help you control appetite and cravings
- Can improve exercise performance
- Can improve memory and prevent neurological disease
- Can improve mood and help prevent depression and anxiety

Sleep literally makes you a better person.

This formula will work for you, as long as you follow the process in the right order and take action.

In this report, I will teach you how to sleep like a baby. We're talking about "laying your head on the pillow and time traveling to the next day" type of sleep. The kind that leaves you feeling refreshed and ready to crush your enemies.

Are you down for that? If so...Let's get started.

# Step #1 - Set your sleep up the right way by creating the right environment



A good night's sleep starts with a good set up.

The biggest mistake I see high achievers make is jumping the shark and starting at the latter stages of the process. But nothing else matters unless you have an environment set up for a high quality snooze.

Your environment is automatic. It's evergreen. It's something you can always rely on to work for you by setting up the right parameters.

Doing this alone will be the backbone of your entire sleep system going forward.

I started my sleep journey thinking 8 hours was all you needed to get a good night of sleep. I was too naive back then. After almost a decade of improving my sleep I realize that quality of sleep is more important than quantity of sleep.

What is the Best Environment for Sleep?

## **#1 - Your bedroom is for sleeping and sex only.**

This means eliminating your TV from the bedroom. Not having your work in your room. Keeping your phone in another room.

Sleep and sex only. That's it.

## **#2 - Set the right temperature**

The best temperature is between 60 to 67 degrees Fahrenheit. It will vary from person to person.

## **#3 - Black out your room.**

Use blackout shades or get portable ones from Amazon. You want to ensure a limited amount of light gets through so you can sleep undisturbed. Feel free to add in a sleep mask as well to further black out any light from coming into your eyes.

## **#4 - Dim the lights once dusk hits.**

You want to entrain your body for a good night of sleep and this means setting some mood lighting once the sun goes down.

If you want to take this a step further you can turn on some candles and set the mood right for you and your lady.

## **#5 - If you sleep with a partner use separate blankets**

This is a game changer for many reasons. First there's always some person who runs hot and another that runs cold. Second, there's always one person who hogs the blankets in the middle of the night.

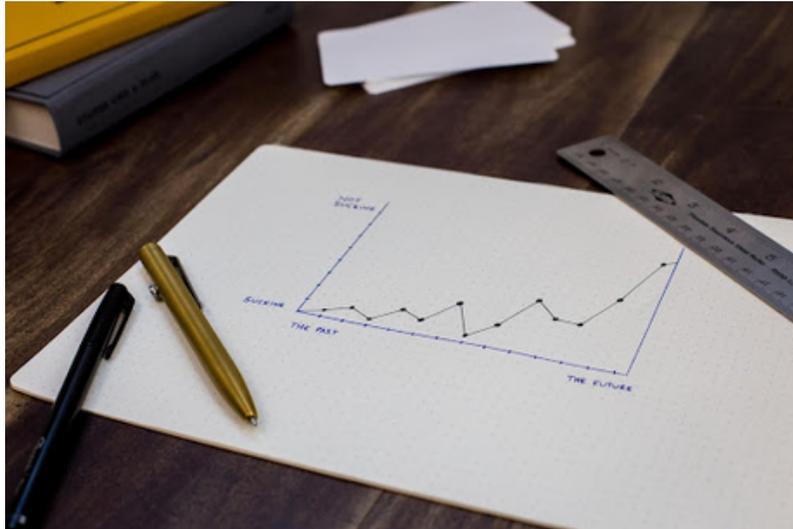
A good way around this is separate blankets. You can choose how light or heavy you want while having full control over the bedsheets.

As James Clear once said,

*"Environment is the invisible hand that shapes your future."*

Once your environment is set up for a proper snooze your body will know that it is time to sleep.

## Step #2 - Create the System



Every area of your life that you deem important needs to come with its own system.

When it comes to sleep your body loves to run on routine and thankfully after years of testing I've found the perfect one.

### **#1 - 30 to 45 minutes of sun exposure first thing in the morning**

Good sleep starts in the morning.

It's best to spend between 30 and 45 minutes getting direct sunlight exposure into your eyes. Now I'm not saying to stare directly into the sun but to look up, close your eyes and let the sun's rays penetrate your eyelids.

Doing this entrains your circadian rhythms to be awake for the day and also primes the body for sleeping at night.

Make sure to not wear a sun visor or sunglasses. Also sunlight filtered through a window pane will not have the same effect.

You'd be surprised to see how much an effect this has on your sleep habits.

## **#2 - The 3-2-1 method**

Stop eating 3 hours before sleeping, stop drinking at least 2 hours before bed & no screens 1 hour before sleeping.

Not eating allows time for your body to digest. Digestion is an energetic process and we don't want your body digesting right before bed.

Not drinking 2 hours before simply prevents you from waking up at night to pee.

No screens ensures that you let your brain rest and avoids bluelight right before sleeping.

## **#3 - Bluelight blockers on at least 2 hours before sleeping.**

Looking at screens before bed sends a message to your brain that it's still awake. This is due to the bluelight it emits.

I'm not going to ask you to get away from looking at screens but rather invest in a small item called a bluelight blocker that will help you block the bluelight you get from screens.

If you can avoid screens at night then that's much better. If not, then this is a good workaround.

## **#4 - No social media or email at least 1 hour before bed.**

Your ability to sleep when your head hits the pillow is equal to the amount of thoughts you have running in your brain. Limit the information you take in as well as anything work related so you can be at peace when you go to bed.

## **#5 - Mouth Taping**

One of the biggest sleep disruptors is open mouth breathing.

Scientists have found that breathing through your mouth at night puts you at higher risk for sleep disorders including snoring, sleep apnea and hypopnea, the partial blockage of air.

You want to relegate the breathing to the nose but how? You would put a piece of non allergenic tape on your mouth aka. mouth taping.

Mouth taping refers to the practice of taping your mouth closed at night before you fall asleep. People may try mouth taping because they believe that by forcing themselves to breathe through the nose, which helps them avoid the sleep disruptors mentioned above.

You would apply the tape to your mouth right before bed to ensure a good night of sleep ahead of you.

## Step 3 - Supplementation



Supplements can help you in your sleep journey when done properly.

Here is a list of supplements you can take to not only get to sleep fast but stay asleep.

### #1 - Magnesium Glycinate & L-Theanine

Magnesium is a mineral in the body that is present in many foods. It's both an essential mineral and electrolyte and is involved in relaxing the body.

L-theanine is an amino acid found primarily in green and black tea and some mushrooms.

It's said to help ease anxiety, stress, and reduce insomnia.

The combination of these together help your body relax before going to bed.

## **#2 - Apigenin**

This is the active ingredient in chamomile tea & has been used to ease anxiety and reduce stress. Taken right before bed it allows you to calm yourself down and get to sleep faster.

## **#3 - Ashwagandha**

Ashwagandha contains chemicals that might help calm the brain, reduce swelling, lower blood pressure, and alter the immune system.

Since ashwagandha is traditionally used as an adaptogen, it is used for many conditions related to stress. Adaptogens are believed to help the body resist physical and mental stress.

In Summary

We went over a lot of information in this report. There is a lot for you to learn, but I want to make sure you grasp the concepts.

## **Here is the 3 Step Formula:**

- 1. Set up your environment to win.**
- 2. Create a sleep system.**
- 3. Supplement to aid in a deep night of rest.**

**This is how winning is done.**

## In closing ...

The only thing that creates winners is action.

Trust the process.

It's easy to read this report and twiddle your thumbs for the next few years doing nothing.

Don't fall for this trap. Winners take action. Take your time with this process. Integrate each step one at a time. It will work for you as long as you take advantage of the resources given to you.

Be patient, trust the process and take action and this sleep formula will change your life. That's my promise to you.



Dan Go, CPT, NWS, PN 1  
CEO of High Performance Founder