

419: Revitalize Through Sleep Optimization

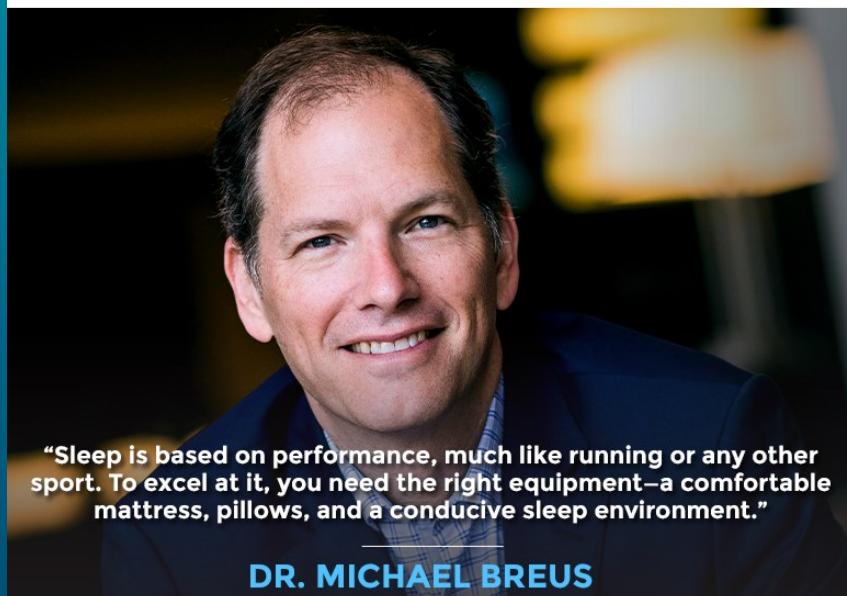
10 Point Checklist

Dr. Michael Breus

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a 10 point checklist that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



“Sleep is based on performance, much like running or any other sport. To excel at it, you need the right equipment—a comfortable mattress, pillows, and a conducive sleep environment.”

DR. MICHAEL BREUS

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Identify my body type and chronotype to create personalized sleep and fasting schedules. Match my eating and fasting times to my body's natural rhythms to enhance energy levels.
- Improve my sleep quality by abstaining from eating for at least two hours before sleep. This also reduces the risk of nightmares. Avoiding food before bed allows for proper digestion and helps the metabolic process during sleep.
- Cultivate an optimistic mindset before bed. Practice gratitude and find solutions to issues rather than focusing on my problems.
- Address sleep paralysis by increasing sleep quantity and improving sleep quality, as both are often related to sleep deprivation.
- Invest in sleep equipment for better sleep quality. Find the right mattress, pillows, and sheets to create a sleep system.
- Consider dream therapy as a powerful tool for addressing nightmares and night terrors. Dream therapy can create a safe space for me to process emotions.
- Understand the metaphysical and spiritual aspects of my dreams, as they can be influenced by my pre-bedtime mental and spiritual state.
- Practice lucid dreaming which enables me to stay aware inside of my dreams. This allows for fascinating dreams and helps me to process my emotions during sleep.
- Create a dream diary to record my dreams after I wake. Keeping a dream diary is a simple way to explore the dream world and connect with my subconscious.
- Visit thesleepdoctor.com to access science-backed information on sleep and dreams. Stay informed about optimizing your sleep for a healthier and happier life.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/revitalize-through-sleep-optimization-with-dr-michael-breus/>