

Module 2 – Sleep & Circadian Rhythm

[14 videos, 8 assignments]

Sleep is the most essential aspect of healing. Without quality, restful, and restorative sleep, it becomes nearly impossible to recover and regenerate quickly. Additionally, there is another of healing that relates to our natural circadian rhythm. This rhythm is tied to the daily light/dark cycles that dictate our biological function, down to the genetic level. It is imperative that you make sleep and circadian rhythm a priority when healing from any disease, dysfunction, or imbalance.

Video 2.1 — Sleep Introduction

Video 2.2 — Optimize Sleep Environment

Video 2.3 — Sleep Timing

Video 2.4 — Morning Light & Movement

Video 2.5 — Eliminate Coffee

Video 2.6 — Increase Natural Light

Video 2.7 — Homework 10

Homework

Estimated days to complete: 5-7 days

It is estimated that this assignment will take you 5-7 days to complete. However, you should move forward at your own pace. It is important that you complete each assignment before moving on to the next section.

Assignment

Get a minimum of 20 minutes of outdoor natural light in your “naked” eyes immediately upon waking. Focus on waking up at a consistent time of day, 7 days a week, and immediately go outside. If you must set an alarm, be consistent with the time you get out of bed. Otherwise, allowing your body to wake up with the sunrise is best. It is highly recommended that you go for a 30 to 60-minute walk, no matter the weather.



Assignment

Eliminate coffee (and caffeine) for a minimum of 30 days. Decaf coffee should be avoided as well. Stick to herbal teas or non-caffeinated coffee alternatives. Below are a couple of my favorites.

- [Filter-ground Maya Nut \(Capomo\)](#)
 - Looks and brews just like coffee. Taste and smell is a little more mild than coffee and includes a hint of chocolate. Extremely healthy with loads of polyphenols. No caffeine.
- [Lifeboost Decaf Coffee](#) (Swiss water process)
- [Mushroom Cacao Mix](#)

Assignment

Get as much natural light on your skin and in your “naked” eyes during the day. Make sure not to burn, but do not use sun lotions. Better to use clothing, hats, and shade if you feel like you’re starting to burn. Best to avoid using sunglasses and ideally no contact lenses if/when possible.



Video 2.8 — No Food Before Bed

Video 2.9 — Nighttime Lighting

Video 2.10 — Bedtime

Video 2.11 — Wind Down

Video 2.12 — Minimize EMF

Video 2.13 — Clear Your Mind

Video 2.14 — Homework 11

Homework

Estimated days to implement: 7-10 days

It is estimated that this assignment will take you 7-10 days to complete. However, you should move forward at your own pace. It is important that you complete each assignment before moving on to the next section.

Estimated days of adherence: 7-10 days

It is recommended that you give yourself some time to implement these changes and at least a week to adhere to these new routines before moving on to the next module.

Assignment

Eliminate food within 2-3 hours of going to bed. Reduce or eliminate water intake in this period as well.

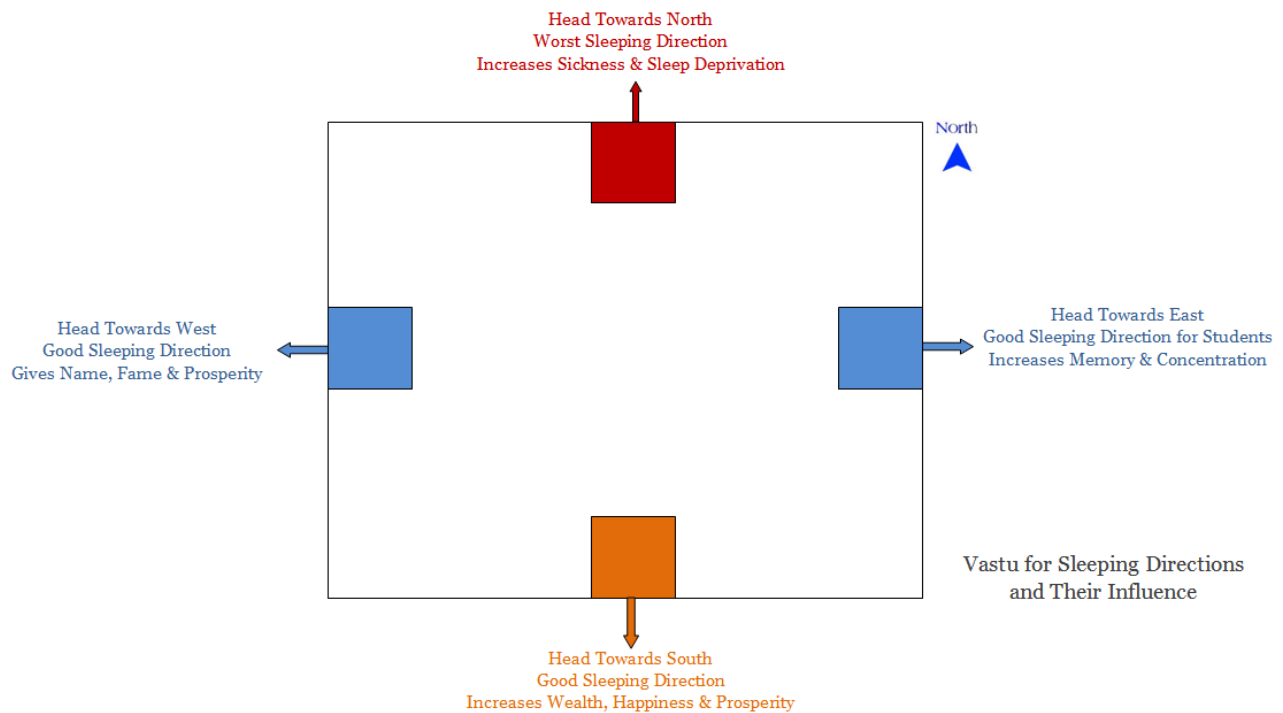
***If you have low blood sugar issues at first, it may be helpful to have a little fruit or a very small handful of nuts or seeds an hour before bed.

Assignment

Clean up your nighttime lighting environment after the sun sets. Make every effort to eliminate the blue and green spectrum of light in the home. You can use orange or red lightbulbs in overhead lights or lamps, use natural lighting, and block your eyes with orange/red glasses when watching TV or looking at screens.

- Step 1: Address Indoor Lighting
 - Orange light bulb
 - Blue-free light bulbs
 - Organic beeswax
 - Organic soy candles

- Step 2: Use Blue-blocking Glasses
 - True Dark Glasses
 - Low Blue Lights Glasses
- Step 3: Eliminate Bedroom Light
 - Blackout Curtains
 - Sleep Mask
 - LED Blackout Dots
- Step 4: Optimize bedroom and bed position to work with natural energies
 - Feng Shui
 - Vastu Shastra Sleep Positions
 - <https://www.vastushastraguru.com/vastu-sleeping-direction/>
 - <https://vastuconsultant.com/vastu-sleeping-direction/>



Assignment

Relax and wind down after the sun sets and you prepare for going to sleep. Make every effort to go to bed at the same time each night. As your circadian rhythm begins to normalize with correct lighting, your body should naturally fall into a sleep pattern. The following practices can help your system prepare for sleep.

- Take a warm bath
- Meditation
- Breathwork
- Read a physical book
- Sit by a fire
- Creative expression or art

Assignment

Reduce the impact of electromagnetic fields in the home. Identify anything that may be passively emitting Wi-Fi or Bluetooth and unplug them prior to bed.

- Common EMF emitters
 - “Smart” Utility Meters
 - Wi-Fi routers and modems
 - Video game consoles
 - Wireless baby monitors
 - Smart TVs
 - Wireless printers
 - Smart Phones
 - Amazon Echo & Google Home
 - Wireless speakers

- EMF Solutions
 - [Automatic timer to shut off Wi-Fi at night](#)
 - [Wi-Fi router EMF shield](#)
 - Eliminate Wi-Fi in favor of hardline cable internet
 - Shut off phone at night or place in airplane mode (WiFi & Bluetooth off).
 - Are you living near an abundance of cell phone towers and radio frequency antennas? [Search HERE](#)

Assignment

Clear your mind of clutter, anxiety, and worry. Meditation, journaling, or creating tomorrow's to-do list can be very helpful.

- [The Five-Minute Journal](#)
- To-Do List Notepad
- [Wholetones for Sleep](#)
- [Binaural Beat Meditation for Sleep](#)
- [Guided Meditation for Sleep](#)