

Brain-Restorative Sleep Guidelines

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The healthy mature brain needs 5 cycles (\approx 90 mins / cycle) of deep and restful sleep for housekeeping and to maintain its health. For adults, that's 7 to 8 hours, but sleep duration is a function of sleep quality. Restless or anxious sleep is not brain-restorative. If you've had enough sleep, you will awaken spontaneously, with your thoughts consolidated and clarity developing, ready for a successful day!

Daily Preparation

1. When you awaken, set a bedtime target based on how many sleep cycles you have completed.
2. Avoid naps or take an adenosine nap early.
3. Develop your relaxation trigger with Personal Prayer Relaxation or Personal Mantra Relaxation¹.
4. Limit caffeine, theobromine, and theophylline within 6 hours before bedtime.
5. Exercise at \approx 65% of maximum heart rate for 20-30 minutes earlier than 2 hours before bedtime.
6. Don't eat sweets, simple carbohydrates or alcohol within two hours of bedtime.
7. Protect melatonin buildup by conserving artificial light after sunset. Use yellow sunglasses.
8. Within one hour of bedtime, avoid electronic cognitive input unless it is restful.
9. Just before bedtime, increase body temperature in a hot bath or shower, cooling before bed.
10. Clean/straighten kitchen, bath, lock doors. Teeth, face, bladder, bowel. Prep clothes/lunch/tools.

Bedtime Preparation

1. Bedroom is quiet, dark, relaxing, and cool but not cold.
2. Bed and bedroom are psychological cues reserved for sleeping and sex and brief relaxing reading.
3. Determine when you need to get up and give yourself permission to sleep till then.
4. Set an alarm as a back-up, a few minutes **after** when you should awaken refreshed.
5. Use thankful meditation or prayers of gratitude to calm and focus brain activation.
6. Trigger oxytocin by loving language or massage to counter cortisol and protect neuroconsolidation.
7. Use your PPR or PMR trigger to quickly enter brain-restorative sleep.

Nighttime Ritual

1. If you awaken, use the bathroom with nightlight or yellow glasses to preserve melatonin.
2. If you need to read to calm or cool yourself, use low light to increase visual stress and fatigue.
3. If you awaken with worries, use very low light to write a brief description and set it aside.
4. Slow saccadic movement with mindful meditation to lapse back to restorative sleep.
5. Use the bedtime ritual and PPR or PMR trigger to put yourself back to restorative sleep.
6. If you don't fall asleep in ten minutes, restfully slumber until you fall asleep or need to get up.

Thank you for your interest in Brain-Restorative Sleep.

Protecting your brain is the most important way to love yourself.

Sleep well and awaken refreshed!

¹ Free video induction guides at the EpicRehab YouTube channel.

Start Date	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day of Week	Saturday							
Daily Prep Times	Last Caffeine	6:00 PM						
	Last Alcohol	8:30 PM						
	Last Sugar	8:45 PM						
	Last Exercise	NA						
	To-Do Wrap	NA						
Nap Time / Duration	3:30 x 90 mins							
Healthy PM Snack Time	NA							
Rx / OTC Meds	Tylenol PM							
Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime
Awakening Target	7:00 AM							
Bedtime Rituals?	Gratitude	Yes						
	HHE / CSD	No						
	PMR / PPR	No						
Sleep Times	To Bed	11:00 PM						
	Try to Sleep	11:45 PM						
	Asleep	12:30 AM						
Analysis	# Awakenings	3						
	Awakening Triggers	To-Do's, 1 Nightmare						
	Total Time Awake	60 mins						
	Out of Bed	7:00 AM						
	Time in Bed	8 hrs						
	Cycles	3						
Refreshed: 1 - 10		4						
Protect Melatonin: 1 - 10		3						
Planned Bedtime	10:00 PM							
Planned Changes	No TV in Bed, Record To-Do's							
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