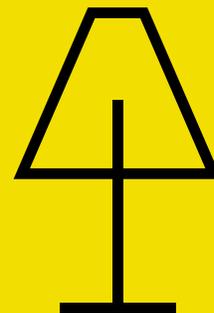
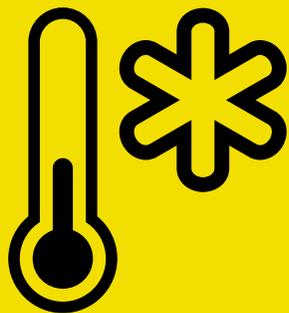


# SLEEP LIKE A **PRO ATHLETE**



If you haven't heard, Michael Phelps is famous for his sleep routine and all the gadgets that come with it... Unfortunately not everyone has the cash to shell out for the same "protocol". But parents just like you deserve the most cutting edge research that pros use to excel your child's performance both in school and in their respective sport...

...Especially if you're hunting for a D1 scholarship in the future.

So you want all the benefits of Michael Phelps sleep chamber, but don't feel like shelling out \$8,000? Good news... The steps below will drastically increase your child's recovery ability so they widen the gap among their competitors in their sport.

One of the most influential factors to an athlete getting a good night sleep is a dark and slightly cooler room. One of the body's

most powerful antioxidants is a hormone called melatonin. Melatonin is located in the brain and when released helps us get to bed quicker by cooling down our body.

Do you see how having a cold environment in the bedroom will help? An ideal temperature in the bedroom should be between 67 degrees- 70 degrees.

When light starts to creep into the bedroom and makes contact with the skin, there is an increase in the stress hormone, cortisol. As we continue to bath in cortisol, we have a harder time to recover and rebuild during sleep.

If you want to design a bedroom that provides your athlete an optimal state of recovery, rejuvenation, and relaxation... Feng Shui also needs to be a priority.

• **R E M E M B E R** •

It's not just about sleep quantity, but quality. By designing their bedroom around the 3 R's (recovery, rejuvenation, relaxation) your child will experience an unmatched advantage over every other athlete

# ACTION STEPS

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## **ACTION #1 Dim The Lights**

Purchase blackout shades so you reduce cortisol release during their sleep and skyrocket sleep quality

## **ACTION #2 Drop The Temperature**

Keep the room at a cool temperature (65-70 degrees)

## **ACTION #3 Use Warm Calming Colors**

Some examples of calming colors include: cocoa, beige, and cream... “think cozy” (don’t use reds or oranges because they’re too stimulating). Both the paint color on the walls and the lighting should follow this rule.

## **ACTION #4 Eliminate The Distractions**

Clutter stimulates the ADHD mind as if there is always unfinished business. This heightens the stress response and lowers relaxing hormones such as dopamine and melatonin. There shouldn’t be any items that represent the school environment either like backpacks or notebooks.

## **ACTION #5 Reduce Electronics**

Electronics such as computers, TVs and phones should be kept outside the bedroom.

Bluetooth and wifi have been shown to disrupt deep and REM sleep waves as well. EMFs or electromagnetic fields slow or halt melatonin production which are produced from most electronics. Be mindful about which electronics increase EMFs.

## **ACTION #6 Build A “Throne”**

Place the bed in the “controller” position - far from the door. Also allow for the bed to face the door, when someone faces a doorway it promotes safety and relaxation.

## **ACTION #7 Silence The Music**

Your athlete shouldn’t listen to music that will cause excitement right before bed. When there’s an increase in excitement adrenaline will take over the natural response to feel tired. Some music on the other hand can promote sleep. If your child has spotify there are great playlist options designed for relaxation.



The page features a decorative background with several yellow and grey stars of various sizes and two stylized clouds, one yellow and one grey. A horizontal line is positioned below the title.

# WHAT TO DO NEXT

Drastic changes proposed in someone's life, especially a child will be overwhelming and lead to burnout. Many of these actions don't require any additional work or thought from your athlete (like practicing feng shui in their bedroom) so you can begin with these immediately.

However, sleep and recovery is only a piece of a much larger puzzle. And after spending years working with the Yankees, professional athletes, CEOs, and high level performers I've identified 5 phases designed to build the next athletic superstars. Make sure to scan your email because I'm about to reveal those to you over the next few weeks.

**TO THE FUTURE,**  
Joe Giangrasso