

# **SLEEPING SOUND**

**The Complete Guide  
for Men**

**How to Get Quality Sleep**

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Get on the path to better sleep.

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# The Vitalistics Way

Congratulations, you are one step closer to insights, tips, and guidance on how to sleep great and feel great day after day!

Losing sleep night after night? Noticing the decline in your mood, productivity, and enjoyment in life? Take a few minutes to learn how to improve your sleep and your quality of life by reading our "Ultimate Guide to Sleep". If you are struggling with sleep lately you don't want to skip over our guide and rob yourself of the chance to fix your problem for good and never miss a good night of sleep again.

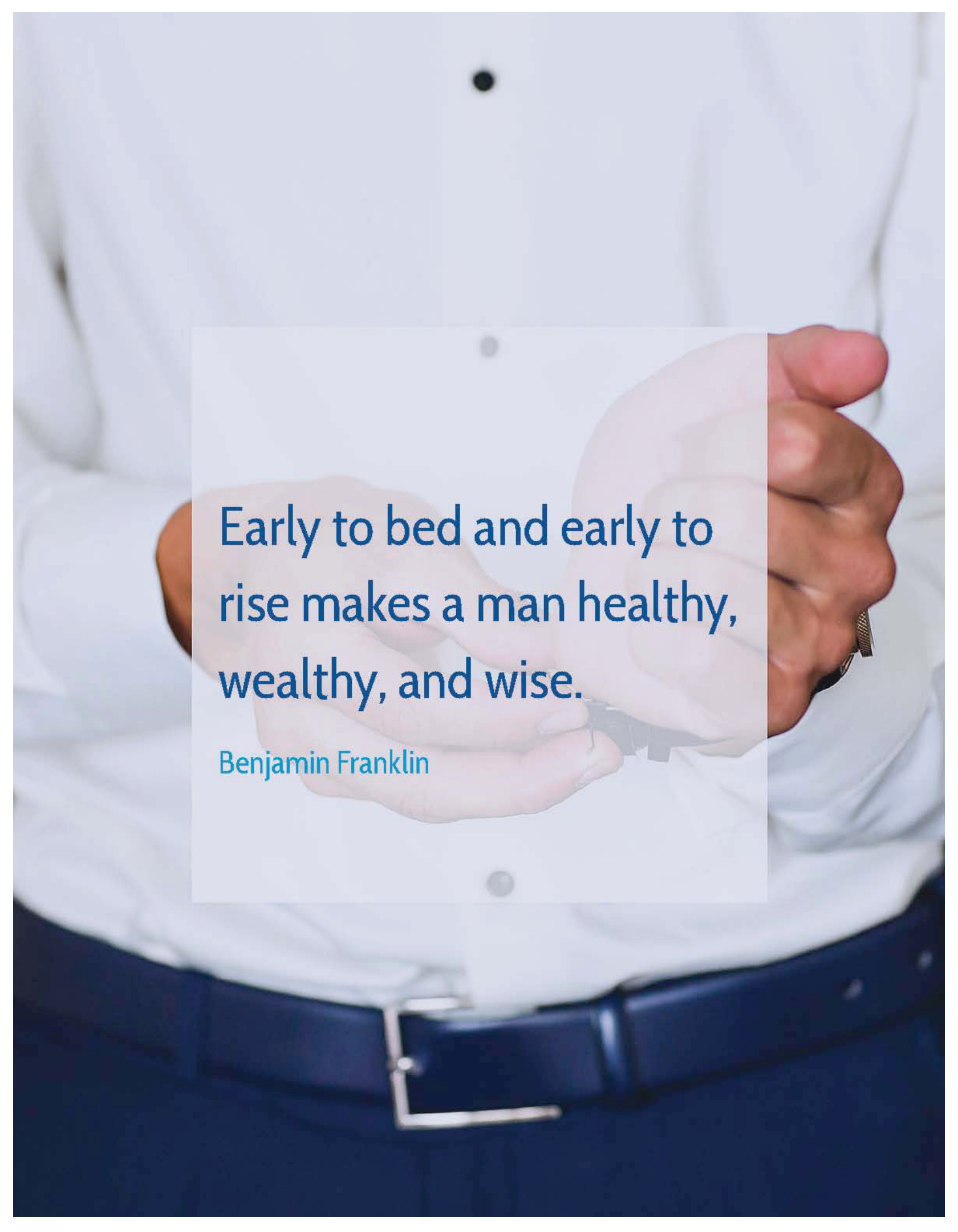
## Key Subjects

We cover all the essential basics and provide tips, natural remedies, alarming statistics connected with sleep deprivation, and much more. Read our "Ultimate Guide to Sleep" and:

- Understand how to fall asleep, stay asleep, and wake up feeling refreshed!
- Learn what to avoid and eliminate from your nightly routine preparing yourself to sleep soundly all night.
- Gain insights into common sleep issues and how to improve your own sleep hygiene.

If you are losing the sleep battle night after night let us help! Just a few changes can make a world of difference and get you back to being you as soon as possible.

*Vitalistics*

A close-up photograph of a person's hands, wearing a white long-sleeved shirt and a dark blue belt. The person is holding a small, dark, rectangular object between their fingers. The background is slightly blurred, showing the texture of the shirt and the belt.

Early to bed and early to  
rise makes a man healthy,  
wealthy, and wise.

Benjamin Franklin



# Why am I so sleepy?

## **Not enough sleep**

The most common reason for being sleepy during the day is because you didn't get enough sleep the night before. This could be for a number of reasons: shift work, insomnia, uncomfortable sleep conditions, stress, etc.

## **Too much sleep**

On the flip side, too much sleep can also make you very sleepy. Constantly sleeping in and getting over 9 or 10 hours of sleep will make you sleepy and feeling like you need an afternoon nap, which can keep you up all night and worsen your sleep cycle.

## **Snoring**

Many people may not realize it, but snoring has a very negative effect on the quality of your sleep. Snoring is a sign of obstructive breathing and the reduced oxygen flow greatly disturbs your sleep. You may even wake up multiple times during the night without realizing it. Not to mention how your snoring can affect your partners sleep and keep them up all night.

## **Blue light at night**

BLE the previous night may be what's giving you a bad case of the yawns and making you so sleepy during the day. BLE at night throws off your circadian rhythms confusing your brain into thinking its time to be awake. This makes it difficult to fall asleep and can disrupt your sleeping cycle all night.

## **Inactive**

A sedentary lifestyle can leave you bored and lethargic. Inactivity makes you tired, irritable, and foggy headed; usually signs you need a nap, but you actually need the opposite. Especially if you want to get any sleep at night.

# Productivity:

## Finding your sleep sweet spot

How much sleep do you need to function at your peak performance each and every day? This can be a tricky answer because everyone is different and their sleep needs are also different.

Some must have the typically mandated eight hours of sleep, some need a little more tallying around nine hours, and others not only get by, but actually function better with six to seven hours of sleep at night. Incredibly there are also those who need less than six and are at their best with four to five hours of sleep. It all depends on you and how much sleep you need to be at your very best.

If you're getting too little sleep you will know because you'll find that you just can't focus the next day, are feeling fatigued, constantly fighting off drowsiness and may even need a nap to get through the day. You'll have difficulty remembering little things here and there, and your quality of work will become sloppy and disjointed.

If you are getting too much sleep then you may be tired, feeling sluggish throughout the day, sapped of your usual energy, and find yourself just going through the motions throughout your workday.

Finding your sleep sweet spot might be challenging at first, but you'll know when you hit the right number of hours.





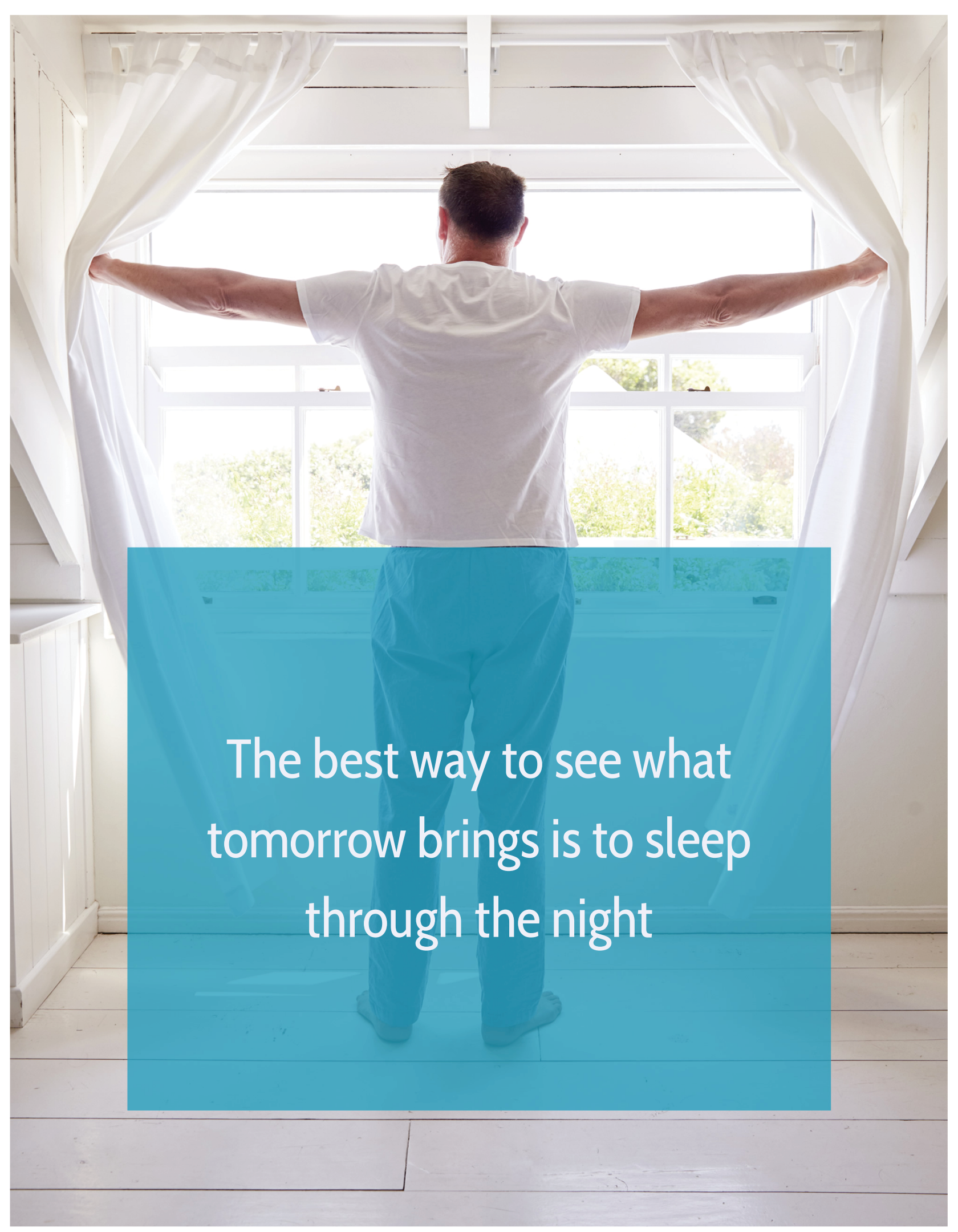
Once you find your sweet spot you will feel energized all day, be extremely focused, and your most productive.

To help find your sweet spot we recommend you keep a sleep journal, logging the time you went to sleep and the time you woke up and some general notes about your day: how you felt, how productive you were, and how satisfied you were with the day. Once you determine your sleep sweet spot, establish a time to go to sleep and wake up that fits your schedule and allows you to stay in your sleep zone.

## Then stay consistent!

Continue to go to sleep and wake up at these same times every day, even on weekends. You'll love the way you feel and never want to over or under sleep again.

But don't worry, if you do, your body will promptly remind you why you need to get back to your sleep sweet spot and get the needed amount of sleep every night that you specifically need to be at your best the next day.



The best way to see what  
tomorrow brings is to sleep  
through the night



# 9 concerning reasons your sleep is suffering

## BLE

Exposure to blue light from your electronic devices can cause your natural circadian rhythm to shift, making it very difficult to fall asleep.

## Depression

Depression is linked with sleep problems, among them insomnia and hypersomnia. Depression can cause these issues or be caused by them.

## Environment

Exercise equipment and work invading your bedroom? Their presence tends to lead to sleep deprivation. Time to kick them out.

## Diet

What you eat affects your sleep. Heavy, fatty, sugary foods can disrupt your sleep, as well as eating these foods too close to bed.

## Sleep Apnea

OSA causes you to snore loudly and wake up due to breathing issues. You may have pauses in your breathing, wake up choking, or wake up gasping for air.

## Medications

Know the side effects, many medications can cause sleep disturbances including insomnia.

## Sleep Schedule

Having a routine sleep schedule is very important for efficient sleep. It is best to go to sleep at the same time and wake up at the same time everyday, even on weekends.

## Nasal Issues

Narrowed nasal passages may contribute to many night time disturbances with falling asleep and staying asleep.

## Stress

Stress can lead to insomnia and a variety of sleeping issues.. Extreme stress is very problematic for your sleep.

# How to: Wake up feeling great



**Refuse to Snooze:** Get out of bed right when your alarm goes off. Don't let yourself hit snooze or linger in bed. Prolonging waking up and staying in a state of half awake and half asleep will only confuse your body and make you more tired during the day. Stick to your sleep schedule and get out of bed.

**Fuel Up:** Start your morning off with a balanced breakfast. After fasting all night you need energy to fuel your brain and body. A good breakfast does just that preparing you for your day and helping you get off to a quicker start.

**Get up and Get Moving:** Morning exercise is a great way to kick off your day. Increased blood flow from exercise sends more blood and more of the oxygen in that blood to your brain. This makes you energized and focused.



# How to: Get a better sleep tonight

## **Tired?**

Sounds simple, but don't go to bed until you are actually tired and tired enough to quickly fall asleep. If it is time for bed, but still aren't tried, read another chapter of your book or write down your to do list for tomorrow. If you go to bed when you aren't tired then you are likely to lay there longer unable to sleep, while your mind races.

## **Comfortable bed and pillow?**

Make sure your bed and pillows are comfortable. You want to fall into comfort and serenity to help you drift into sleep. Not fall on a hard, lumpy, uncomfortable mattress that keeps you awake from the pain it inflicts on your body.

## **Cool dark room?**

Is your room prepped for sleep like you are? Make sure your room is nice and cool. Turn on a fan and close the door a half hour before you are ready to go in and fall asleep. Also make sure you don't have too much light leaking into your room, keeping you awake.

## **Quiet fan, or white noise machine?**

Don't underestimate noise. Noises can keep you up all night just as a lack of noise can. We suggest a fan or white noise machine. A fan both cools and gives a little un-disruptive sound to help you fall asleep.

## **One hour blue light free?**

Try to shut down electronic use an hour before you go to sleep. If you can't handle an hour then start with fifteen minutes and work your way up. Turn off the TV, put away your phone, and pick up a book.

## **Turned off or silenced your phone?**

When it's time for you to go to bed it is time for you phone to go to bed as well. Turn it off or silence it so you are not disturbed during the night or tempted to use it.

A photograph of a person with grey hair and a beard sleeping peacefully in a bed with white linens. In the foreground, a black twin-bell alarm clock is visible, with a hand reaching towards it. A dark blue semi-transparent box with white text is overlaid on the right side of the image.

## How to: Achieve healthy sleep hygiene

### **Your sleep environment**

- Pick the right pillow and comfortable mattress
- Use quality, comfortable sheets, blanks, and comforters
- Keep your room cool and dark
- Use your bedroom for sleep and sex only

### **Sleep prep**

- Establish a relaxing wind-down routine before bed
- Turn off electronics an hour before bed
- Gradually dim lights leading up to bed to control circadian rhythms.

### **Personal habits**

- Establish a consistent sleep schedule
- Exercise daily
- Avoid long late afternoon naps
- Keep track of your sleep habits

### **Food and drink**

- Avoid large meals, and spicy or fatty foods before bed
- Avoid caffeine and nicotine
- Avoid drinking alcohol before bed

A man and a young boy are captured in mid-air, jumping over a dark blue couch. The man, on the left, is wearing a grey t-shirt, blue pants, a red mask, and a red cape. He is in a dynamic pose, with one leg bent and arms outstretched. The boy, on the right, is wearing a blue jumpsuit, a red mask, and a red cape. He is also in a dynamic pose, with one leg bent and arms outstretched. The background is a dark, textured wall. The overall scene conveys a sense of energy and playfulness.

Even Superheros  
Need Sleep



# 7 ways to sleep better every night

## **Melatonin**

Can't fall asleep? You can take supplemental melatonin in addition to your consistent sleep schedule to help your body regulate your sleep.

## **Tryptophan**

Eating a light snack with tryptophan packed protein (turkey) 45 minutes before bed will help induce sleep

## **Daily workout**

Exercising will help you fall asleep and help you experience a deep, uninterrupted sleep. You don't have to exercise like a madman, even a light workout, will improve your sleep.

## **Avoid alcohol**

Even a small amount of alcohol disrupts sleep and inhibits your brain's functions during sleep. Alcohol prevents you from entering deep REM sleep.

## **Consistency**

One of the quickest ways to a better night's sleep is to keep it consistent. Set a sleep schedule and stick to it. Go to bed and wake up at the same times every day so your body develops a rhythm. Also, designate your bed as a place only to sleep. Let your body know it's time for sleep and not a time for anything else when you go to bed.

## **Avoid electronics**

Laptops, TV's, and cell phones all give off light that engages the brain making it difficult to fall asleep. Try to avoid all electronics for the last hour leading up to your bedtime.

## **Avoid long naps**

Long naps make it difficult to fall asleep at your regular bedtime and obstruct your first few hours of sleep. If you must nap, we recommend 10-20 minute naps

# Foods to improve your sleep

## Poultry and nuts

Poultry, such as chicken and turkey contain high levels of tryptophan. Tryptophan is what made Thanksgiving turkey famous for producing the best nap of the year. The reason is because tryptophan helps you produce melatonin. Other foods high in tryptophan are eggs, tuna, whole grains, cheese, and nuts.



## Kiwi

A recent study by the Taipei Medical University found that eating kiwis before bed helps improve your deep sleep cycle. Kiwis help you stay immersed in deep sleep for the entirety of the cycle without as many interruptions. Many people who wake up feeling un-freshed do so because they were unable to stay in the deep sleep cycle as long as is necessary to recharge their batteries.



## Bananas and leafy veggies

Potassium and magnesium rich foods help relax your muscles and make it easier for you to fall asleep quicker. Leafy greens, nuts, and whole grains are excellent sources of magnesium and you can get the potassium you need eating bananas, potatoes, and apricots.

## Cherries

Cherries are not only a delicious fruit, but they also boost your melatonin production in the brain. Tart cherries are the best and cherry juice produces similar results as well.





Sleeping next to someone you love makes you fall asleep faster, reduces depression, and helps you live longer.

# Sleep Tip #1

Start by sticking to a consistent sleep schedule – aim for roughly the same bedtime and wake-up time each day.



# Sleep Tip #2

Get out of bed in the morning! Place your alarm far enough away that you have to get out of bed to shut it off.



# Sleep Tip #3

Place a pillow under your knees if sleeping on your back, one between your legs if sleeping on your side, or use a flat pillow if sleeping on your stomach.



# Sleep Tip #4

Keep a notepad and pen by your bedside and write down any ideas, plans, or concerns for the next day to get it off your mind and get you to sleep.



# How to: Naturally Sleep Great Every Night

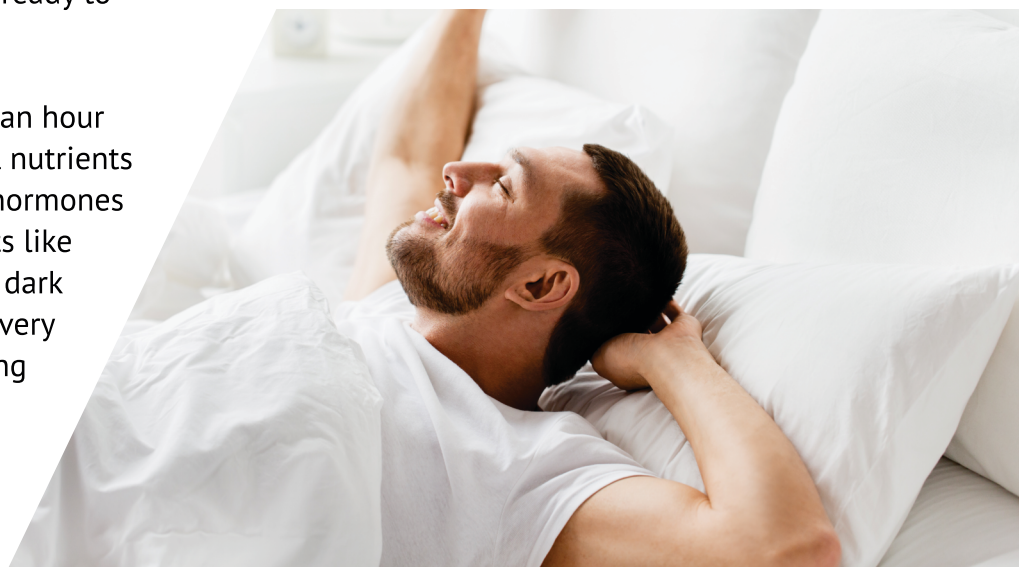
There are many different methods, medications, and tricks to obtaining a good night's sleep. But in today's world it seems people rely on prescription medication more and more for a "quick and easy fix." However, there are other options and natural sleep remedies are just as effective and the healthier choice.


If you are struggling to fall asleep at night or struggling to stay asleep all through the night and are seeking natural, healthy answers to your sleeping problems, we have you covered. The most natural indication to your body that it is time to go to sleep is light, or lack thereof. Our circadian rhythm, which regulates our sleep and wake times, are triggered by light and dark. Modern technology all but eliminates the sun from telling us when we should be awake and when we should be asleep. As the night progresses gradually decrease the lighting in your home and shut down all electronics an hour before bed so you are tired and ready to sleep at your normal bedtime.

There are a variety of foods you can eat an hour before bed that give your body essential nutrients and help you produce sleep enhancing hormones like melatonin. These foods include fruits like bananas, kiwi, and cherries. Also poultry, dark leafy greens, nuts, and whole grains are very helpful for both falling asleep and staying

If you have trouble winding down and relaxing before bed try meditation and deep breathing exercises. Both are great for relaxation and are a natural way to mind and body down in preparation for sleep.

After trying these healthy sleep hygiene practices if you still have some trouble falling asleep you can try natural melatonin supplements in addition to these methods to give your body a natural boost of the melatonin you need to fall asleep.





# Thinking instead of sleeping?


Far too many of us stay up at night while laying in bed with our minds racing one hundred miles an hour. When we are supposed to be resting our minds are anything but at rest. Our lives get hectic, full of things to do, worries to consume us, and stress lurks around every corner. Unfortunately, stress leads to insomnia which can make you more retentive of stress the next day, especially after a sleepless night.

## **Tips to combat sleep depriving stress in your life;**

**Try out some breathing exercises.** These relax your mind and your muscles enabling you to calm down and get some sleep.

**Write down your worries and stresses in a journal.** Keep your journal next to your bed so you can write down whatever is bothering you or those things you can't get off your mind.

**Establish a relaxation routine.** Try light yoga, light reading, listening to soothing music, or whatever you know helps you relax.



# Time for Answers to Your Sleep Problems

More than 40 million Americans suffer from chronic, long-term sleep disorders, and an additional 20 million report sleeping problems occasionally, according to the National Institutes of health.

## Reasons you may be losing sleep at night:

### Insomnia

Someone with insomnia will experience difficulty falling asleep and staying asleep. They might not be able to sleep at all. Most who suffer from insomnia wake up still feeling very tired, have reduced energy levels throughout the day, and experience reduced productivity at work.

### Obstructive Sleep Apnea (OSA)

People with the disorder tend to suffer from fatigue and daytime sleepiness due to the disruption of deep sleep throughout the night. Sleep apneas are a result of a blockage or disturbance of ones airways while they sleep, which causes loud and excessive snoring, paused or choked breath, and gasping for breath.

### Restless Leg Syndrome (RLS)

RLS causes you to frequently shift and move your legs due to an uncontrollable urge. RLS can be an incredibly annoying disruption to your sleep, making it very difficult to fall asleep and continually waking you through the night. This leaves you bogged down, sleepy, and fatigued the next day.

### Stress & Anxiety

Insomnia for people with anxiety is very common and extremely problematic. Having difficulty staying or falling asleep effect more than 50 percent of adult patients with generalized anxiety disorder.

If you have adopted better sleeping habits and are still suffering from chronic sleepiness, you may need a sleep wellness assessment.

A photograph of a man lying in bed, covered with a white blanket, appearing to be asleep. The bed has white pillows and a patterned rug is visible at the bottom left.

# What is a home sleep test?

Find yourself waking up tired, dizzy, or with a headache? Waking up multiple times throughout the night with difficulty falling asleep? Snoring or waking up gasping for breath?

These are all signs of obstructive sleep apnea and are not only affecting your sleep but could be causing other health issues and affecting your daily performance as well. A home sleep study is a fast and accurate way to determine if you have obstructive sleep apnea and the first step to getting the successful sleep your body needs.

A home sleep test is a test specifically designed to diagnose obstructive sleep apnea (OSA). OSA is a sleep disorder that occurs when a person's breathing is interrupted during sleep, this can potentially lead to more serious problems such as hypertension, heart disease, and liver problems. A home sleep study provides the service of performing an OSA sleep test in the privacy and convenience of your home using a portable sleep monitor, as opposed to testing in a sleep laboratory. It eliminates time and discomfort. Instead of putting yourself through the hassle of setting up multiple doctor's appointments and staying multiple nights in a sleep laboratory under unfamiliar and uncomfortable circumstances, you can perform a home sleep test in your own home.

## Get tested today

See some of the dangerous signs of obstructive sleep apnea affecting your sleeping patterns and daily performance? Listen to your body's cry for help and place an order for your home sleep study today through Vitalistics. Take the first step to treating OSA and giving yourself the restful night of sleep you deserve, every night.



# Taking Action

Don't be one of the millions of Americans suffering from untreated sleep disorders. Let us provide you with insights into your sleeping problems and deliver the answers you've been searching for. Take the first step to reclaiming a restful sleep every night and take your own sleep wellness assessment from Vitalistics today!

[www.vitalistics.com](http://www.vitalistics.com)

