



Your guide to reprogramming
yourself to sleep

SLEEP

Mindtime

PILLAR 1

PAUSEPOSE

STOP: when I recognize the thought, rather than changing it right away, just recognize it, **inhale for 4 seconds, hold the breath for 7 seconds, exhale for 8 seconds.**

PAUSEPOSE: I acknowledge the emotion by naming it honestly and repeat, "one thing at a time, I can't go faster than fast." If I feel the need, I explore one meditation a day.





PILLAR 2: FUN

I include an enjoyable activity that disconnects me from EVERYTHING. A few minutes is all it takes to improve sleep. Here are some examples:

- Having dinner with colleagues WITHOUT TALKING ABOUT WORK, just enjoy
- Stop and have a coffee in a coffee shop
- EXERCISE! Walk, walk, walk (or bike).
 - 20 to 30 minutes a day. No time? Rethink your daily routine, because it's bound to fail... Sorry.
- Shopping for your motocross online... well, we admit we recommend it less for fracture and concussions, but if that's your thing...

THIS WEEK I AM BUILDING A CALM SLEEP ROUTINE.

WE CAN REINTRODUCE THINGS LATER, BUT TO REALLY RESET THE BODY, WE HAVE TO WEAN OURSELVES OFF FOR A WHILE.

- I DISCONNECT FROM SCREENS 1 HOUR BEFORE BEDTIME
 - READING, LOOKING AT THE MOON, TALKING WITH YOUR PARTNER, TAKING A BATH, ETC.
 - THE ABSENCE OF LIGHT TELLS THE BRAIN THAT THE WAKING STATE IS APPROACHING AND MELATONIN SECRETION CAN TAKE PLACE.
- I CHOOSE SIMPLE WEEKDAY MEALS, WITHOUT TOO MANY DISHES
- I SET MY SLEEP PARAMETERS:
 - BEDTIME:
 - WAKE-UP TIME:
 - EFFECTIVE QUESTIONS TO SET UP:
 - MORNING: ARE YOU SATISFIED?
 - DURING THE DAY: ARE YOU MORE IRRITABLE?

DO NOT MAKE THE QUESTIONS MORE COMPLICATED.

PILLAR 3: PRODUCTIVITY WITHOUT BURNING OUT

- I DISCUSS WITH MY PARTNER WHAT NEEDS TO BE CHANGED TO IMPROVE SLEEP
- I WILL STORE FOR PLUGS IF THAT IS A NEED! :)
- I GO OUT BEFORE DINNER, MAYBE WHILE DINNER IS COOKING? OR MAYBE I HIRE A BABYSITTER TO HELP WITH HOMEWORK WHILE DINNER IS COOKING? OR HELP WITH HOUSEKEEPING?
- I EXPLORE ONE MEDITATION A DAY AS NEEDED, PAYING ATTENTION TO HABITS THAT INTERFERE WITH MY SLEEP SO THAT I CAN INCREASE MY AWARENESS WHEN I REPEAT THEM DURING THE DAY.

NIGHT

DAY



PILLAR 4: CONSCIOUSLY MOVING ON

- I become aware of recurring thoughts, automatic phrases;
- I choose a moment to address my problems during the day:
 - The first 15 minutes of a sport, before a meal, on my way home, etc.