

Mindful Monday, July 13, 2020

"Without enough sleep we all become tall two-year-olds."

- JoJo Jensen

This week we continue with tips about sleep, drawing on the wisdom of Brian Johnson and his Optimize program ([Optimize.me](https://www.optimize.me)). He suggests that, "today started last night" and recommends thinking about your day (and the night before) as a PM bookend that aids with maximizing your sleep and your ability to bring your best self to whatever you are doing the next day. Below are the key points of the PM bookend concept.

PM Bookend

- 📌 The PM Bookend counts twice:
 - 01 What you do in the PM impacts on the quality of your sleep that night and
 - 02 The PM of the previous day has impact on not only the AM of the next day, but also the entire day that follows.

Be aware of the PM to AM connection: The quality of your sleep is inextricably connected to the quality of the day that follows.

- 📌 Have a shutdown practice from work. This can be especially important when working from home and occurs several hours before it is time for sleep. Create a routine to help you disengage from work and transition into other parts of your life. In the Optimize program they recommend that as you go through your shutdown process you tell yourself, "shutdown complete" to signal to your brain and your body that work is done. The process can be as simple as tidying your workspace in preparation for the next day and turning off your computer to signal that work is done and it is now time for other things. Your shutdown practice is unique to you.

- 📌 Practice a digital sunset, that is, turn off your devices at least one hour before heading to bed. Their bright blue light interferes with your circadian rhythm and melatonin production. Interruptions to these biological processes negatively impact your sleep.

- 📌 Do sleep math using seven to eight hours of sleep as a target to help you figure out when you need to go to bed by working backwards from when you want to wake up. Remember, hours in your bed do not equate to hours of sleep. If you want seven to eight hours of sleep, you will need to be in your bed longer than seven to eight hours to allow yourself to fall asleep, to sleep and to wake up.



"True Silence is the rest of the mind and is to the spirit what sleep is to the body, nourishment and refreshment."

-William Penn