



SLEEP GUIDE

SLEEP OPTIMIZATION GUIDE



Sleep is one of the most powerful tools for enhancing your health, appearance, and mental well-being. It supports nearly every function of the body, making it essential for optimal performance in life. Here's how to harness its transformative power and implement evidence-based strategies to improve your sleep.

Why Sleep Matters?



Health Benefits of Sleep

- Enhances **memory, creativity,** and **intelligence.**
- Boosts **physical fitness,** keeps you slim, and reduces food cravings.
- Protects against **cancer, dementia, heart disease, stroke, and diabetes.**
- Improves **mood,** reducing depression and anxiety.
- Strengthens your immune system, keeping colds and flu at bay.

Consequences of Sleep Deprivation

- Leads to **weight gain,** especially in the belly area, due to:
 - Increased cortisol (stress hormone).
 - Decreased metabolism-regulating hormones (leptin, thyroid hormones).
 - Increased ghrelin (hunger hormone), leading to overeating.
- Reduces **productivity, impulse control,** and **decision-making ability.**
- Impacts gut health, glucose tolerance, and emotional stability.





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Evidenced-Based Sleep Tools

#1 Consistency is Key

Why it Matters:

- Sleeping and waking at the same time daily helps establish a circadian rhythm, signaling safety and promoting deeper sleep.
- **Action Steps:**
 - Set a consistent bedtime, ideally between 9:30 PM and 10:45 PM.
 - Create a calming bedtime routine to help your nervous system unwind.
 - Avoid staying awake past your initial wave of sleepiness to prevent cortisol spikes.

#2 Daytime Strategies for Better Sleep

- **Exercise:**
 - Move daily to support deep sleep.
 - Experiment with morning vs. evening exercise to see what works best for you.
- **Morning Sunlight:**
 - Spend 5-10 minutes outdoors after waking to regulate your sleep-wake cycle.
- **Caffeine:**
 - Avoid caffeine 8-10 hours before bedtime.
 - Consider switching to decaf if caffeine disrupts your sleep or increases anxiety.
- **Temperature Control:**
 - Maintain a cool room temperature of 65°F (18°C).
 - Use layered blankets or cooling pads if you tend to overheat at night.





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#3 Evening Wind-Down Practices

- **Melatonin Production:**
 - Avoid blue light (screens) 1 hour before bed.
 - Use blackout curtains, sleep masks, or warm-colored nightlights.
- **Blood Sugar Stability:**
 - Have a pre-bed snack with protein or healthy fats (e.g., nuts, nut butter, eggs) to stabilize blood sugar levels overnight.

#4 Supportive Tools & Supplements



- **Prestige Sleep**
 - Take 3 capsules about 30min prior to bedtime, with or without food.
 - For optimal results, take consistently for at least 90 days.
 - Includes science-backed ingredients like melatonin, L-theanine, Valerian root, magnesium, and lemon balm to help you fall asleep, stay asleep, wake up rested, and reduce stress & anxiety.
- **Weighted Blankets:**
 - Use to mimic deep touch pressure, calming the nervous system.
- **White Noise/Binaural Beats:**
 - Block out distractions and create a soothing auditory environment with soundscapes.





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#5 Coregulation & Safety

- **Sleeping Alone:**
 - If possible, sleep with a trusted partner, pet, or in a house with others to reduce nervous system vigilance.
- **Middle Sleep (Natural Waking):**
 - Waking up for 15–60 minutes during the night is natural.
 - Use this time for Non-Sleep Deep Rest (NSDR) practices, such as Yoga Nidra or guided meditations.
 - Avoid screens or worrying about falling back asleep.

#6 Sleep Hygiene Tips

- **Bed Associations:**
 - Use your bed only for sleep—avoid eating, working, or watching TV in bed.
- **Naps:**
 - Limit naps to 20–30 minutes in the early afternoon.
- **Substances:**
 - Avoid alcohol and marijuana before bed, as they can impair sleep quality.





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Evidenced-Based Sleep Tools

#7 Anxiety and Emotional Processing

- **Daytime Strategies:**
 - Address anxiety or trauma through therapy or mindfulness practices.
 - Process emotions during the day to prevent nighttime overthinking.
- **If Sleep Struggles Persist:**
 - Rule out medical conditions such as sleep apnea or hormonal imbalances with a healthcare provider.

#8 Recommended Apps and Tools

- **CBT-I App:**
 - Developed by Harvard for retraining sleep using Cognitive Behavioral Therapy.
- **Reverie App:**
 - Offers self-hypnosis sessions for relaxation and better sleep.



Building a Sleep Routine



Bedtime Routine Template

- **8:30 PM:**
 - Turn off screens and dim the lights.
- **9:00 PM:**
 - Practice light stretching or meditation.
- **9:30 PM:**
 - Read a relaxing book under a soft lamp.
- **10:00 PM:**
 - Lights out.

Sleep Tracker

- Log hours slept, quality of sleep, and any influencing factors to identify patterns and make adjustments.

References

- **Sleep Foundation:** [Magnesium & Sleep Benefits](#)
- **Huberman Lab Toolkit for Sleep:** [Huberman Newsletter](#)
- **The Anatomy of Anxiety** by Dr. Ellen Vora
- **Johns Hopkins Sleep Tips:** [Johns Hopkins Medicine](#)

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Prestige Sleep is a gentle, natural sleep aid that helps you achieve deeper, more restful sleep, so you wake up refreshed and ready to take on the day. By supporting relaxation and reducing stress, it ensures a high-quality night's rest for overall wellness and performance.

SCIENCE-BACKED INGREDIENTS



Melatonin
Natural sleep hormone



L-Theanine
Calms the mind



Valerian Root
Helps ease tension.



Phosphatidylserine
Reduces cortisol for better rest.



Selenium & Iodine
Supports optimal thyroid function and metabolism.



Magnesium
Reduces stress and anxiety for a deeper sleep.



Lemon Balm
Reduces stress and anxiety.



Chamomile, Passion Flower, & Hops Flower
Eases anxiety and insomnia, especially sleeplessness related

HOW TO TAKE + ADDITIONAL TIPS

- Take 3 capsules about 30 minutes prior to bedtime, with or without food.
- For optimal results, take consistently for at least 90 days.
- You may want to start with 1 capsule 30 minutes prior to bed, then titrate up to 3 capsules over the next few days; this is a very potent sleep formula!

IMPROVES SLEEP QUALITY*



Prestige Sleep helps you drift off faster and stay asleep, so you wake up feeling genuinely rested, recharged, and ready to take on a new day without dragging through it.

SUPPORTS HEALTHY BLOOD PRESSURE*



Good sleep and relaxation go hand-in-hand with heart health. This sleep aid promotes relaxation, helping your body naturally manage stress and support healthy blood pressure levels, making it easier to feel calm and balanced.

PROMOTES HEALTHY INFLAMMATION LEVELS*



Deep, restorative sleep allows your body to recover and manage inflammation naturally. With Prestige Sleep, you're giving your body the support it needs to feel better and recover faster every night.

SUPPORTS HEALTHY JOINTS AND MOBILITY*



Quality sleep is essential for muscle and joint recovery, especially if you live an active lifestyle. Prestige Sleep helps you wake up with less soreness and more freedom to move comfortably.

