

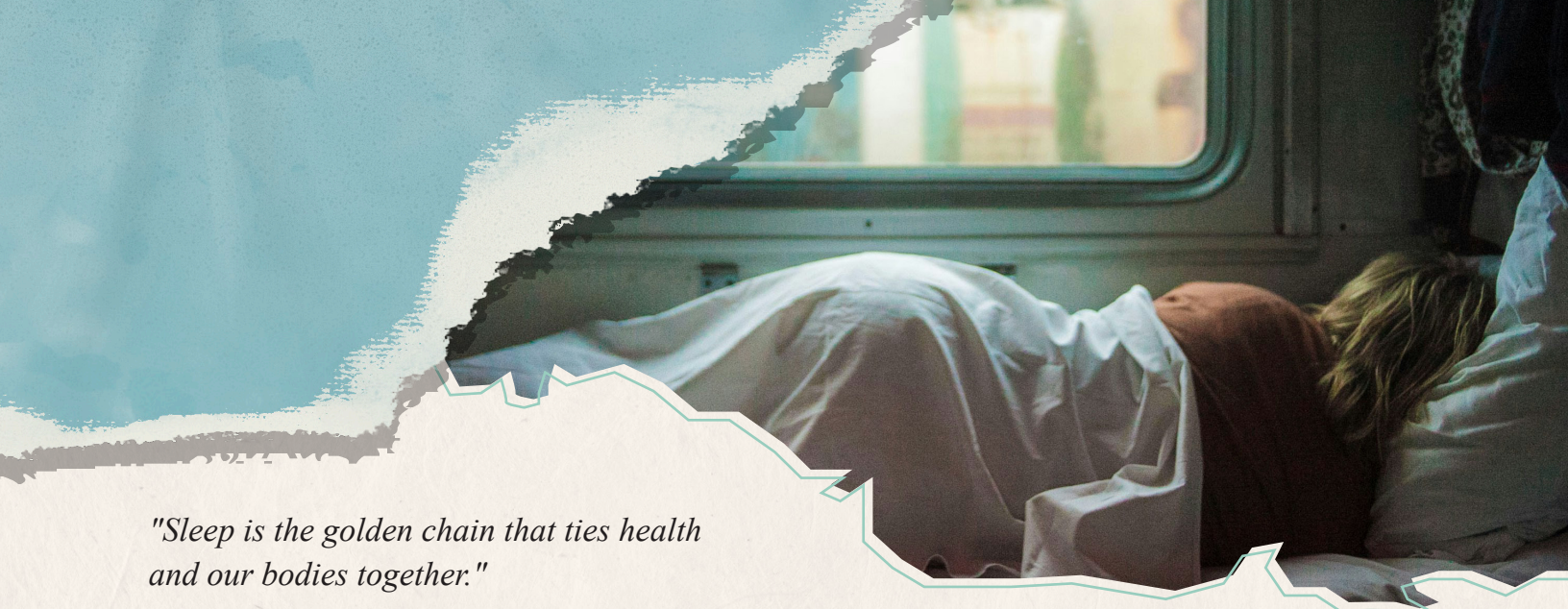


WEEK 4: REST

WORKBOOK

Freedomology Labs





"Sleep is the golden chain that ties health and our bodies together."

/ THOMAS DEKKER

Welcome to the final week of your H40 journey, where we explore the crucial role of sleep in our overall health and well-being.

In this module, we dive into the concept of REST - Regularity, Eliminate, Supplement, and Turn Down - and how optimizing these elements can lead to deeper, more restorative sleep.

BIG IDEA #1:

Sleep is the foundation of our health and the quality of our lives.

We spend about a third of our lives sleeping, and for good reason. During sleep, our bodies enter recovery mode, repairing muscles, consolidating memories, and flushing out toxins from the brain.

The quality of our sleep directly impacts our physical health, emotional resilience, cognitive function, and overall well-being. Prioritizing sleep is not a luxury, but a necessity for anyone looking to build a life they love.

BIG IDEA #2:

Our bodies crave regularity and routine when it comes to sleep.

Establishing a consistent sleep schedule, with regular wake and sleep times, helps our bodies fall into a natural rhythm. When we know what to expect, falling asleep becomes easier, and waking up feels more natural.

Aim to keep your sleep and wake times as consistent as possible, even on weekends. If you do choose to sleep in, limit it to an extra 30-60 minutes to avoid disrupting your body's internal clock.



BIG IDEA #3:

Grounding and sleep supplements can enhance the quality of your rest.

Grounding, or earthing, involves connecting your body directly to the earth's surface to benefit from its electrical charge. Studies have shown that grounding can reduce inflammation, regulate stress hormones, and improve sleep quality.

Incorporating sleep supplements like herbal teas, magnesium, or even binaural beats (auditory illusions that entrain brain waves) can further support a restful night's sleep.

BIG IDEA #4:

Creating a sleep-conductive environment is key to optimizing your rest.

To set the stage for deep, restorative sleep, focus on turning down distractions and creating a comfortable atmosphere. This includes minimizing noise (or using white noise), keeping the room cool, and limiting exposure to blue light from screens in the hour before bed.

Investing in a quality mattress, pillow, and bedding can also make a significant difference in your sleep experience. Remember, you spend a third of your life in bed - it's worth making it a space you love.

first action:

ESTABLISH AN

EVENING ROUTINE

Just as you've been intentional about your morning routine, it's time to bring that same level of intention to your evenings

CHOOSE ONE OR TWO WAYS TO IMPROVE YOUR SLEEP THIS WEEK, BASED ON THE REST PRINCIPLES:

- Set a regular bedtime and stick to it
- Experiment with grounding products or techniques
- Incorporate sleep-supportive supplements or binaural beats
- Optimize your sleep environment by reducing noise, temperature, and screen time

Share your evening routine plan with the H40 community, and commit to implementing it consistently throughout the week.

second action:

REFLECT ON

YOUR H40 JOURNEY

AS WE NEAR THE END OF THE H40 CHALLENGE, TAKE SOME TIME TO REFLECT ON HOW FAR YOU'VE COME.

Review your MAD calendar and celebrate the chain of Xs representing your consistent efforts. Reflect on the habits you've stacked, the insights you've gained, and the changes you've noticed in your physical and mental well-being.

Share your reflections, successes, and any challenges you've overcome with the H40 community. Your experiences can inspire and motivate others on their own journey to better health.

Remember, building a lifestyle you love is an ongoing process. The habits and mindsets you've cultivated during H40 will serve as a foundation for continued growth and transformation. Keep stacking, keep exploring, and keep prioritizing your well-being - one restful night at a time.