

The

Dream On Project!



e-book

PURPOSE: Reset your optimum Circadian Rhythm yielding uninterrupted nutritious sleep!

Typically, resetting your ideal sleeping value will take 2-3 days.

DIRECTIONS: Scroll through the recommendations noting 'your' fitting choices.

Motivate your commitment via the 3-Day Checklist – the last page of this e-book.

Action

1. Either; Follow the Top 10 Quick & Easy Checklist, or,
2. Skim through the hour-by-hour tips and choices – noting tips best adapted to your lifestyle.
3. Set up the Pre-Project Preparation (bedroom, food, sleep aids etc).
4. Print out your Checklist and start.

Brad Pamp

*The Dream On Project is optimising each waking hour
towards driving your prime nutritious sleep.*

The 'quick & easy'

Top 10 checklist towards resetting your optimum Circadian Rhythm (CR)

Do this over 24-Hours.

1. Have your morning alarm ring 15-30 minutes earlier than usual.
2. Get up and exercise, rhythmically, at your 'easier' 60-70% of max effort, only, finishing with a set of 10 Push-Ups & Sit-Ups.
3. After showering, attach clean bed linen (including your pillow) and completely black out your bedroom.
4. Consume a gut-friendly self-mixed cereal-like breakfast (e.g. Oats & Fruit).
5. Enjoy a 'real' (sugar-free) caffeinated drink, or herbal cleansing choice.
6. Consume a hearty and healthy lunch (e.g. Red meat, Tabouli, Olive Oil, Lemon).
7. Hydrate appropriately throughout the afternoon with water and tiny pinch of pink salt.
8. Avoid caffeine after midday and avoid alcohol when resetting your CR.
9. Consume a lighter, low fat & protein clean evening meal (e.g. Veggies with a little Turkey).
10. Take one Valarian Forte (Natural supplement/ Blackmores) with Camomile Tea, settle in bed with a lighter linen covering (however preparing a warmer covering for the early hours of the morning), read a hard copy before falling sleeping, listen to PZIZZ App (Sleep Mode) for 5 minutes until drifting towards phase one sleep.

That is it!

Over 500 people have reset their optimal sleeping recovery after following this model.

Once again;

- ☐ Get up, earlier,
- ☐ Move,
- ☐ Eat cleanly,
- ☐ Hydrate properly,
- ☐ Clean sheets,
- ☐ Valarian Forte,
- ☐ Read,
- ☐ PZIZZ.

Want further detail?

Read on...

THE KEY FEATURES TOWARDS A FULL CR RESET

Nutrition	Movement	Set Up Practice
<ul style="list-style-type: none"> • Prevent consuming unnecessary calories, particularly in the evening. • Choose whole, clean unprocessed food, only. • Aim for an even mix if protein, carbohydrates (including fibre) and (healthy) fat. • Limit harder to digest heavier (red meat) protein before sleeping. • Practice ideal hydration balance. • Avoid alcohol (particularly mixed with red meat). • Avoid caffeine and refined sugar after midday. • Consider the listed and natural sleeping aid supplements. • Choose a low volume but high glycaemic carb choice (fruit) just before sleep time. 	<ul style="list-style-type: none"> • Ideally, exercise first thing in the day. • If possible, avoid evening exercise. • Most certainly avoid harder evening exercise, particularly in the summer months. • Practice post-exercise lymph cooling cold showering after summertime sessions. • Consider a mix of aerobic and strength conditioning exercise. • Swimming can be a good (sleeping-driven) choice. • Again, for the resetting program, avoid 'harder' higher intensity exercise unless you are appropriately conditioned and tolerant of hard exercise. 	<ul style="list-style-type: none"> • Clean linen is critical, ideally a new form fit pillow. • Be certain your bedroom is set up for prime sleeping conditions – following the checklist. • Fitting lighting & room temperature are key. • Prepare; hard copy reading interest, sleeping aids; masks, plugs etc. • Most people respond well to checklists. • Take notes – it is likely you'll feel the need to implement this program again.

Pre-Project Day-Before Preparation.

- 1) Be clear and ready to play out your 24-hour schedule – remember – the goal here is resetting your optimum sleeping recovery – switching off your active mind & body for this period.
- 2) I recommend printing out your checklist and acknowledging your hour-by-hour commitment.
- 3) Wash and dry (sun dried is best) ALL linen, including the pillow inner lining – in fact, wash your current pillow as well.
- 4) If possible, place your mattress in the sun, allowing UV & Vit D the kill off bed mites.
- 5) Set up your bedroom; covering all blue lights, correcting blind/ drape gaps, considering optimal bedroom temperature with fitting airflow [cooler is better], prepare hardcopy 'pre-sleep' reading material, Consider the sleeping aids; eye masks (contoured are best), Soft sleeping headband with Bluetooth sound control, ear plugs or blu-tack, lavender or camomile oil – a drop or two on your pillow.
- 6) Perhaps invest in a new neck-contoured pillow.
- 7) Food; shop and pre-prepare your best choices (see recommendations).
- 8) Purchase the recommended supplements you believe could help your reset – particularly, Valarian Forte.

- 9) Accept the CR reset period is dry.
- 10) Download the recommended Apps (PZIZZ), YouTube links, etc – you may wish to use this pre-sleep.
- 11) Set your alarm 15 minutes earlier than your typical waking time.

Skim through the hour-by-hour recommendations noting your interest.

5.30 am - 6.30 am.

- Wake up – most probably via your alarm, however, if you wake before you're alarm, start your waking day.

| *Waking up before your alarm, but well rested, is a good healthy sign. This a sign of healthy fat-burning metabolism.*

- While still in bed, straight after waking, grab your phone and 'light' it up - check your emails, the news of the day, and all global sporting scores (5 minutes max).

| *A bright screen will kick start your daily serotonin pump. Light means energy.*

6 am - 8 am.

- After a quick phone-based assessment, get out of bed.
- Throw on your exercise attire and start.

| *Preparing for your session should be hassle-free. Your attire, the session to come, and the exact finishing time should be on autopilot, limiting all standard excuses.*

Exercise Type: Anything rhythmic & continuous, aerobic in nature, with, time-permitting, as short series of postural-balance strength exercises.

Time: circa 20-40 minutes.

Intensity: Do not exceed 'your' perceived 60% of maximal effort. You should consider your effort as easy and controlled – for the CR Reset.

Choices: While exercising outdoors is best (re sunlight cranking up your serotonin), and as nature intended, if indoors is more appropriate, go for it!

Again, any action offering continuous controlled movement is the key, Walking, Running, Riding, Swimming, Step Machine, Elliptical Machine, Rowing Machine etc.

Key Exercise Points

- **Warming Up is vital** – start super slowly and build up to ‘your’ 60 % of max effort - with little spikes in intensity and movement type.
- For most people, **avoid all-out hard effort** exercise! The CR rest is not the time for driving up both harder exercise-induced hormones and neural hyper-activity, and the extended elevation in body temperature that comes from harder smash-up exercise.

If possible, limit exercising in the evening, and most certainly avoid harder evening sessions in the warmer summer months.

- **ATT; Well-conditioned athletes;** you have a little more flexibility relative to a higher effort level. If it be you’d like to amp things up, do so earlier in your day, only.

Remember it takes typically 3-5 hours to adequately cool, to reach and allow optimum sleeping conditions that is.

- Again, for most people, avoid hill runs, punching, carrying logs, or being locked in a confined dark room with people wearing lycra.
- After the aerobic component, finish off the workout with a few **strength exercises**, like; Push Ups, Sit-Ups, Lying Leg Rotations, Side-Crunches, Dips etc.

Strength exercises help maintain, or return, body parts to their best position – driving the best function and aesthetics.

- Ideally, performing **strength exercises** with appropriately weighted dumbbells is better still. E.g.

- 1) Clean’n’Press,
- 2) Arm Curls,
- 3) Shoulder Press,
- 4) Lateral Raises,
- 5) Overhead Tricep Extensions,
- 6) Push-Ups,
- 7) Laying DB Twists.

Please ask Brad Pamp for your best-fitting set.

- **Rehydrate** with a small pinch of Himalayan pink salt mixed in water, during & after your session.

The best way in maintaining optimum hydration balance is by drinking to thirst – not ahead of thirst or at a point of complete dehydration. Adding a tiny pinch of clean pink salt aids in cellular hydration and regulating your ideal thirst reflex. Try it!

- As for pre-workout supplements like; Beta-Alanine, Creatine, Citrulline Malate, L-Arginine, for this project, please consider them unnecessary. The last we need right now is jacking up your energy with erroneous supplements.

Incidental Movement

- If it be structured rhythmic exercise is not possible, amp up your energy output with incidental exercise.

Take the stairs, park a distance from work, mail-it yourself, get up and talk to the person on the other side of the office, etc etc.

- Remember, at day's end, we need both your brain & body craving recovery. Seeking prime sleep with fully charged (glucose packed) muscles is fruitless.

Breakfast

- Keep your food choices whole, unprocessed, and simple – the less gut-stress, the better.
- Reduce your standard volume by 25%, however, satisfying your typical appetite with proper pre-hydration and 'real' caffeinated drinks (e.g. coffee, black tea, green tea).

With poor gut-health being a major reason for poor sleep, be sure to avoid most 'unreal' food. As a rule, avoid food-like products where the taste, odour, colour, and preservation has been designed.

- Refined sugar, excessive caffeine, excessive red meat, and alcohol should be avoided.

My top 'gut-friendly' recommendation – BP's self-mixed Nutritious Nine Cereal.

5 litre Container – mixed.

- 1) Oats (Cooking Oats) 2 x 750g
- 2) Shredded Coconut 1 x 250g
- 3) Slivered Almonds – 1 x 125g
- 4) Chia Seeds – 1 x 250g
- 5) Cocoa Nibs - 1 x 250 g
- 6) Ground Cinnamon
- 7) Sunflower Seeds – 1 x 125g
- 8) Linseeds – 1 x 250g
- 9) Ginger - Tpsn, ground, and
Honey (dark) or ½ a banana

2/3 Cup, bowled, adding Cup of water, microwaved 2 mins, adding honey or banana.

Hot drinks

Coffee; best taken in this order:

- Black – as in brewed or shot, no sugar.
- Classic Choices – as in Cap, Flat, or however fancy!
- I recommend full cream milk!
- Bullet Proof Coffee – not for the faint-hearted, but if you'd like to experience what all this whole Keto Diet thing is all about, give it a crack! – ask Brad Pamp for the link.
- Black Tea, Green Tea, Herbal Tea!
- Hot water/ Fresh Lemon.

Avoid 'Energy Drinks', forever! Drinking energy drinks contribute to the reason you're on this website in the first place!

While health-conscious media points to excessive caffeine & sugar as reasons driving poor public health, I believe, it's the synthetic additions & preservatives that challenge our good health most!

500mg Magnesium Chelate: 1 tablet.

While I usually drive-up optimum magnesium balance through real foods, like; Green leafy veg, figs, banana's & seeds, in this resetting program, a consolidated hit may offer up an improved sleep.

8.30 - 9.30 am

Hopefully, if you've followed the program to a tee, you've likely reset your (digestive) movements!

If you're still struggling, try, along with your black coffee & magnesium, consuming two tablets of Triphala (Herbs). This should do the trick.

7 am - 12.30 – work.

- If you're on the tools, go hard, employing safety of course!
- If you're a desk jockey, set the alarm reminding you to stand up every 30 minutes – kick your legs out, arch your back, sit down and continue hammering away!
- Perhaps consider giving a 'Stand Up Desk' a crack! I'd start by standing for 30 minutes/ Sitting for 30 minutes/ Repeat.
- While not possible for many, consider the circadian value just 2 minutes barefoot time, even while sitting.

Allowing your feet to feel the surface does wonders for your posture, coordination & balance.

- Ideally, leaving your desk, taking the stairs, leaving the building, staring into the sun for 5-10 seconds, without your sunglasses, and then returning to your desk, via the stairs, would be circadian heaven.
- The more vitamin D early in the day, the more significant the drop towards sleepy melatonin later in your day. Desk jocks; should you be locked into your work requiring little communication, throw on some headphones (Noise cancelling headphones are the bomb), and dial into a youtube link --- search: Ultimate concentration, binaural white noise focus. This will drive up your definitive alpha brain waves into overdrive! I've had more than 1000 clients claiming higher concentration when listening, or more so, hearing this sound.

10.30 am – 11.30 pm

ATTENTION: This is the last choice and last chance for another black coffee or tea.

- Once 11.30 clicks over, you're done, you've missed your window!
- While I believe in the health value of coffee and caffeine, I also believe when consumed excessively, it can influence circadian rhythm negatively, mainly when consumed after lunchtime.

Lunch 12.30 – 2 pm

- Keep your protein choices clean and whole: e.g. Red or Pink Salmon, Pre-cooked & contained Chicken Breast, Eggs, Tofu.
- Some good Fat choices: Nuts (Macadamia, Cashews, Almonds, Walnuts, Pecans), Seeds (Sunflower, Sesame, Pepita's, Avocado).
- Any leafy greens on the planet, and lots of it.
- In fact, other than root veg & fruit (for now), anything out of the garden is good to go!
- Throw choices on a wrap, or bowl, adding a little balsamic vinegar! And rip in!
- Volume to hunger!
- Drink a glass of water with lunch + a pinch of salt!

For those in colder conditions avoid throwing on three layers of clothes and parking yourself on top of the heater. Instead, sure, remain comfortable, however, let your own metabolism rev up your optimum thermoregulation.

2 pm –5 pm.

- Avoid all caffeine.
- Consider further binaural sounds boosting your afternoon concentration – Open; youtube; Search, Study music.
- To prevent an afternoon energy dip (low blood sugar) and eliminating arriving home voracious, consider the an afternoon sleep-friendly snack choices (Nuts, Cheese – Zero refined sugar).

Alcohol Act.

- The Dream On Project is Dry. Hey! C'mon, it's just 24 hours!
- While a night cap for many is a proven tonic for a good night's sleep, in resetting your optimum circadian rhythm we require a night off all alcohol.

Here are some reasons why!

- 'Excessive' alcohol and quality sleep is usually a poor mix. What commonly translates is passing out for 2-3 hours, waking, battling increasing body temperature, courtesy of a digestive & metabolic system in overdrive, leaving broken sleep till 'that all too short time' it's time to get out of bed.
- Alcohol induces adenosine (a brain chemical) which drives delta brain waves, meaning, you'll likely fall to sleep quickly – this is good! Unfortunately, alcohol also amps up alpha (high focus) brains waves which normally kick in 2-3 hours after falling asleep – this is bad.
- With alpha waves taking up to 3-4 hours before buffering out, unfortunately, you'll miss the restorative REM sleep phase – this is definitely not good!
- Then there's the mechanical ask of your digestive system balancing both excessive calories and an increase in toxic blood sugar. Sleep broken with bathroom trips also offers up a sleeping protest.
- Finally, while alcohol is a relaxant, which includes relaxing the muscles of the throat, it is more than likely, excessive' alcohol will induce amplified snoring and symptoms of sleep apnea.

FYI – While is snoring is common, it is not healthy.

Hydration Act.

- Consume your last liquid 45 minutes before bedtime and a final bathroom stop just before bed.
- Try this: 1 small glass of water, adding a small pinch of Himalayan pink salt.
- Based on 30 years of personal experimentation and observation, the addition of a 'small' pinch of salt undoubtedly aids rehydration.

| *Na⁺ & H₂O works harmoniously in restoring cellular hydration and optimum function.*

4 pm – 6 pm

The afternoon exercise session.

- For those well trained and fittingly conditioned feel free to exercise as normal. Again, exercising at a lower intensity is strongly recommended.

For those less conditioned, please note;

- Your body temperature is now at it's highest, with nerves and muscles functioning their best.
- This said, while both mind and body will typically be motivated to press at a higher intensity, please don't.
- A higher intensity will drive up your body temperature limiting the necessary cooling time before you hit your pillow.
- Hyper-active exercise induced nerves equally can take up to 6 hours post exercise to calm allowing a relaxed sleep.
- Finish your session leaving a minimum of 3 hours before bedtime.
- Finish your post-session shower with 5 seconds of cold water.
- Lift your arms exposing all your lymph nodes allowing maximum cooling.
- Avoiding sleep phase 1 with elevated body temperature is paramount.

5 pm - 7.30 pm

Dinner: A lighter (gut-friendly) meal is recommended.

- Most simple would be: A leaf-based salad, adding; nuts & seeds, protein like; fish, turkey or eggs, and a lemon-based dressing.
- Volume to satisfy well-fed.
- Before eating, consume a large glass of gassed water with a pinch of pink salt.
- I recommend against genuine (high fat) Keto-style dinners WHEN resetting your circadian rhythm.
- While 'current' nutritional research clearly supports consuming 'good' healthy fats, and I know this to be true, my experience suggests, including appropriate carbohydrates, both complex and simple, before sleeping, drives one's best sleep.

Dinner Rules

- Consume a glass of water pre-meal.
- Serve a smaller collective calorific portion (than usual), before reloading if need be.
- Clean up your plate directly after finishing.
- Clean your teeth immediately after cleaning up the table.
- Boiling the kettle and prepare your hot drink.

Other Circadian Rhythm Resetting meal ideas.

- A small portion of Turkey Breast – Tryptophan, the amino acid found in Turkey, will likely make you sleepy.
- A complicated process driving the release of 5-hydroxytryptamine, aided by carbohydrates, will help release increase, ‘sleepy juice’ melatonin.
- While you could try 1 gram of tryptophan supplementation, I’d recommend a small cut of Turkey breast.
- Pan fry; Butter, Chopped Lemon Thyme, Garlic, Salt, & Brown Onion.
- Sweet Potato – Either, making chips, drizzling in olive oil & tossing sea salt, and oven baking @ 180° for 30 minutes; or, mashing!
- Asparagus – A Star vegetable; Asparagus is an excellent source of fibre, folate, vitamins A, C, E and K, as well as chromium, a trace mineral that enhances the ability of insulin to transport glucose from the bloodstream into cells.
- Kale Chips – just for a bit of fun; chip up fresh kale, place on an oven tray (and baking paper), drizzle Olive Oil, and, again, a dash of sea salt, baking for 15 mins @ 180°.

After dinner carb hits: Kiwi Fruit, Berrie mix, a dollop of full cream to taste, and a dash of ground cinnamon.

Spiking your insulin ever slightly will leave you drowsy in 20 minutes time.

- Yep, I want simple & natural carbs finishing off your culinary the day. Repeat; A small portion.

Walk around ‘bare’foot! Ideally, climate permitting, I’d like just a short time promoting the health benefits of barefoot – including aiding sleep.

Herbal Calming Tea: Chamomile, Peppermint.

9 pm - 10.30 pm

Bedroom set up!

- Fresh linen.
- Breathable blankets – natural wool mix.
- Bedside lamp, for reading.
- Room temperature; Cooler than warmer!
- The darker the window drapes, the better – and cover the gaps, using blue tac if you must!
- Cover or turn off ALL (blue) lights - If you happen to wake, sight blue light, instantly, serotonin & cortisol cranks up! This is not ideal as it can take up to 2 hours buffering awakening hormones.

- Set the waking alarm. Considerations Best recalibrating sleeping success has come from; 1 x Valerian Forte (Blackmores) 30 minutes before bed.

Valerian rarely leaves drowsiness, and our results suggest success for 'about' 70% of users. Being a natural root extract, I recommend taking Valerian for the Dream On Project, OR, 1 x Zinc or L-Theanine 30 minutes before bed. Both Zinc & L-Theanine can promote increased relaxation, mentally & physically. OR 1 x Restivit (Doxylamine) – Over the counter, however, you will be questioned on use.

Now, while near everyone, myself included, claims to have slept for Australia following a Restivit before bed, it can leave drowsiness. In fact, I find, while it does offer up an excellent sleeping reboot, I do require a strong coffee to get things moving the next day.

9.30 pm – 10.30 pm

While settling bed!

- Start cooler and build up to a warmer layer if need be. Match your bed cover with your natural cooling temperature.
- Read – a hard copy, only! NO SCREENS! Yes, reading for many will use up that last bit of brain energy before sleep beckons.
- Sleep (Bluetooth) Headphones (google, amazon) – these are awesome! When recalibrating my sleep, these bad boys have never let me down! – Bluetooth PZIZZ.
- Alternatively, wrap around (contoured) masks, free of sound, also work well, particularly when flying.
- Either link Bluetooth or use the sleep-friendly cord.
- If removing your headphones, consider blocking ears with clean blu-tack.

Once reading has you close to close – throw in your headphones and fire up the App – PZIZZ.

Throw in the Sleep mode and fall to sleep. I typically last 10 minutes then simply take out your headphones and enjoy a full uncomplicated sleep.

- Oh, does sex help your sleep! Well, that's what it says on google! So, if you're lucky!
- Drop of Lavender oil under your top lip (or on your pillowcase).

Lavender is herb said to offer up relaxation. I've tried it! And, I guess it works!

Wake Up – Start Again.

Checklist

Time	Preparation	✓		
	Wash ALL linen			
	Sun, mattress			
	Wash or purchase a new pillow			
	Food prep for 2 days, your choices			
	Valarian Forte, Camomile Tea, Lavender Oil			
	Download PZIZZ			
Time	Action	✓		
	Wake and immediately spend 5 minutes on your phone			
	Exercise			
	Breakfast			
	Hydrate			
	Lunch			
	Dinner			
	Valarian			
	Read			
	PZIZZ			