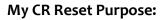
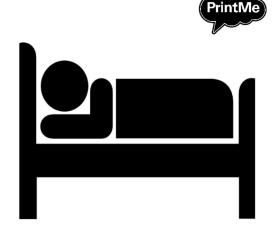
# CIRCADIAN RHYTHM RESET.



Reset my optimum circadian rhythm;

Towards,

- ✓ Falling to sleep within 3 minutes.
- ✓ Holding an uninterrupted deep sleep for 6-8 hours.
- $\checkmark$  If interrupted, return to a deep sleep within 1 minute.



#### My CR Reset works towards;

- 1. Preparing my ideal sleeping conditions.
- 2. Tiring my body appropriately.
- 3. Easing my gut stress.
- 4. Calming my mind.

#### **Considerations:**

Part One - Prepare for the CR Reset.

Part Two – Follow the CR Checklist over 48 hours.

The checklist in BLACK denotes more possible, practical, and accessible sleeping support & aids.

## **PART ONE – CR RESET PREPARATION**

### Before Starting.

#	CR PREPARATION	
1	Wash ALL linen – including the pillow undercover.	
	<ul> <li>Ideally, air drying.</li> </ul>	
2	Seasonally permitting – place both your mattress & pillow in direct sunlight for the day.	
	<ul> <li>UV Rays &amp; Vitamin D are super bed mite killers.</li> </ul>	
3	Prepare your bedroom for complete darkness.	
	<ul> <li>Cover ALL (blue) lights.</li> <li>Prevent curtain gap light – consider blue tac.</li> <li>Should you be woken and sight light, you can expect a sudden spike in waking serotonin.</li> </ul>	
4	Vacuum your bedroom – wiping down all surfaces (bedhead etc).	
	<ul> <li>Natural cleaning products like ZeroCo are best.</li> </ul>	
5	Seasonally permitting – allow for (bedroom) natural airflow throughout the day.	
	<ul> <li>Removing dust and unpurified air compliments your CR Reset.</li> </ul>	
6	Review BP's CR Reset below and mark the sleeping support aids you feel most practical for your Reset.	
	<ul> <li>You might find the BLACK checklist aids to your liking.</li> <li>Use the weblinks to help you consider your best supports and purchases.</li> </ul>	
	Or,	
	Open the CR Reset 'Simplified' Version and prepare your Reset.	
	<ul> <li>There is little set-up and zero cost practising the Simplified CR Reset.</li> </ul>	

## PART TWO – BP'S CR RESET

#	The Action	The Reason
1	4.50 am.	By nightfall, I want both my mind & body pining for deep
	Wake up 15 minutes	nutritious sleep.
	earlier than usual.	
2	Alarm Waking.	The final phase of sleep, REM, typically has the brain sparking
	AC/DC's Shoot to Thrill.	vivid dreams. With both increasing body temperature and heart
		rate, the brain is now cognitive of looming conscious action.
		I respond well to music. With my waking brain focussing on a
		familiar riff, it sparks happy, motivating and energising thoughts.
3	Eucalyptus Oil.	Beside my bed sits a bottle of Eucalyptus Oil. I'm a firm believer
	A quick scent before	in 'aroma' powers. The familiar Aussie smell of Eucalyptus
	rising.	invigorates the senses, refreshing the brain and energising
		action.
4	Straight into Exercise	I've outlaid my training attire the night before, eliminating the
	Kit.	frustration and disturbing my wife.
	Attire fitting the	I like starting exercise before my brain is vigilant – reducing
	conditions.	excuses for not exercising (which pop up frequently).
		If I'm running outside in winter, I will start comfortably warm, a
		Thermal (Merino wool) long sleeve with gloves and remove with
_	Pre-Exercise Black	my increasing body temperature, if required.
5	coffee + L-Theanine	My pre-exercise 'spark up' has me enjoying a shot of coffee adding 100gr L-Theanine (OTC Supplement).
	(100gr).	L-theanine is an essential amino acid. The combination of
		caffeine & L-theanine heightens my cognitive focus, motivation,
		and 'good' mood. I find the L-theanine spikes & controls my
		early morning motivation without the jittery high of caffeine
		alone.
6	CR LAW#1: Zero refined	I will not consume refined sugar during the CR Reset.
	sugar.	Blood glucose imbalance is a leading reason for poor sleep
		patterns. My best sleep comes from the healthy state of ketosis
		<ul> <li>driving my appropriate waking and sleeping energy from the</li> </ul>
		breakdown of stored fat.
7	Run or Stationary Ride	I will never press exercise over my 'easy' conversational paced
	for 30 minutes @ 'my'	effort – during the CR Reset.
	easy and consistent	Now is not the time for thumping sessions. More demanding
	intensity.	sessions (typically) spark; fight n flight stress hormones, like
		cortisol, higher body temperature, higher neural response, a
		higher appetite (typically for sweeter refined sugar), leading to
		poor sleep.
8	Body Strengthening	For me, now aging, the most significant healthy exercise
	Routine – 7 minutes.	response comes from resistance-based training (4/7).
		My Favourite Set.
		Barbell Clean'n'Press, Barbell Push-Ups, Barbells Cleans, Lying
		Plate Rotations, Lying Plate Ladders, Loaded back
		hyperextensions.

		T
9	Cold Immersion	With my easy morning exercise session over, I am mentally &
	Therapy: Shower,	physically charged.
	finishing with 5-10	Now, I will rocket my senses into the stratosphere. Enter; COLD
	seconds of cold water.	Immersion therapy. Well, sort of, a cheating shower version.
		Instead of jumping into a cold pool or ice bin, I'll drain the last 5-
		10 seconds of my shower (elevating my arms) with just cold
		water. Yewwwwww! My senses are now on overdrive! Bring
		on the day!
10	BP's Ultimate Cereal	Right now, my energy system needs easily digested gut-healthy
	Mix.	carbs.
		My system is racing, and the right carbs will balance my needs.
		Enter: Pampy's Ultimate Cereal Mix. (See webpage link for exact
		portions).
		Ingredients: Cooking Oats, Slivered Almonds, Chia Seeds,
		Linseeds, Grown cinnamon, Shredded Coconut, Gogi berries,
		Walnuts, Cocao Nibs – Dash of raw honey, Natural Yoghurt –
	NA7 7 NI	possible ½ banana.
11	Water + Na+.	I prefer carbonated water with a tiny pinch of Pink Himalayan
		Salt.
		I reach prime hydration status with this practice.
42	Croop Top	Volume to thirst – the season's dictate my volume.
12	Green Tea.	I benefit from a mid-morning caffeine top-up. However, during
	Mid-morning.	the CR Reset, I avoid a second more potent coffee. I'm priming
		for ultimate sleep later tonight, and a further coffee 'may'
		compromise my best sleep.
		Green Tea improves brain function, amongst other health benefits, experts say.
17	Lunch.	The CR Reset has me avoid complex starchy (grain) carbs, fruit,
13		and refined sugar.
		Reset Lunch
		Chicken breast (palm size/ 150 gr), pan-fried in a little butter,
		garlic and sea salt
		Mixing with pre-prepared Tabouli and Lentil salad.
14	Box Breathing.	My mental sharpness is now on the way down.
	Mid-afternoon.	To recalibrate and smooth this transition, I'll Box-Breathe for 3
		minutes using a 5-second ratio.
		Box breathing is by far my favourite meditative de-stressing
		practice.
		Benefits: Mind Calming & Centering.
15	Hydrate & Calm.	Another small top-up - H20:C:Na+
		I'll commonly also throw in a pre-dinner Camomile tea.
		I enjoy the calming influence of Camomile tea.
16	Dinner	My gut must digest choices easily.
		Heavier meals will take greater energy to break down, likely to
		disrupt my prime sleep.
		Salmon with mixed garden veggies/ again with butter, herbs &
		sea salt to taste.
17	Shower.	I'll use 'Hemp Soap Bar', an Aussie mob producing natural
	Hemp Soap Bar.	products with clear results.

18CR LAW#2: Zero Alcohol. CR Reset.I enjoy a drink from time t proper food and exercise, sensibly. However, my CR Reset is d	ower with a calming 'warmer' der zap at this time of the day. o time – and – with the balancing from I see little ill-health from drinking dry. nmonly promote tiredness and
18CR LAW#2: Zero Alcohol.I enjoy a drink from time t proper food and exercise, sensibly. However, my CR Reset is d	o time – and – with the balancing from I see little ill-health from drinking Iry.
CR Reset. proper food and exercise, sensibly. However, my CR Reset is o	I see little ill-health from drinking Iry.
sensibly. However, my CR Reset is o	iry.
However, my CR Reset is a	-
	-
While a 'night can' will cor	nmonly promote tiredness and
	g) alcohol will typically increase body
	vaking 2-3 hours after falling to sleep.
	a deeper sleep is often difficult
following alcohol consum	otion.
19 Watch Mindless Drivel Consistent best sleep and	a prime circadian rhythm does not
or Play Music. factor screens – lots of scr	eens. Blue light emissions restrain the
Until 9 – 9.30 pm. production of melatonin –	the key sleeping hormone.
I trialled Lucid Blue Light (	Blocking) Glasses before bed with
moderate success – but –	you may wish to experiment.
	c guitar at this time of the day.
	sume Spirulina + 1 tsp Magnesium
Magnesium glycinate. Glycinate.	
	g a world-leading (immune boosting)
	lming influence on my brain.
	sider the taste to be appalling.
	le offering a swag of proven health
· · · · · · · · · · · · · · · · · · ·	es within the brain relaxing properties.
It calms me and leads me	<b>0</b> · · ·
	e breathing for all breathing but for
Brush teeth.	<b>U</b>
	sinuses using a neti pot. With
	, a quick pump on both sides, and I'm
22Bedtime.all clear to breathe freely to I'm now in bed – at 10 pm.	<u> </u>
	hitting the bed at precisely 10 pm.
	end the ratio to 7 seconds.
Three minutes to calm this	•
	y temperature sits higher than my
U U U U U U U U U U U U U U U U U U U	and an afternoon land-based exercise
	temperature, ideal for sleeping, can
	ploy a cold shower post-exercise, but
even still, Aussie summers	
	e of the bed only and pumps cooling
· ·	uiet motor monitors and matches my
	ver my 7 hours of sleep. It works.
25Room Fan.I favour moving air – in su	
A quiet moving fan is nece	
	vindow and the bedroom door are left
slightly adrift.	
My wife is not a fan of this	practice.
27 Weighted Blanket. The CR Reset brings me a	weighted & breathable sleeping
blanket (9ks) – again, on r	ny side of the bed only. While science

		suggests the additional weight could produce a calming
		serotonin response, all I know, it works.
28	Ecosa pillow.	Undeniably, the neck contoured pillow improves my sleep.
		Sleeping should be entirely nasal breathing.
		The Ecosa head & neck position allows for the best nasal
		breathing.
29	Valarian Forte.	Natural Valarian supplementation is an OTC one-day dose that
		can produce a calming deeper sleep.
		I take one tablet only on the first night of my CR Reset – about
		20 minutes before I wish to fall to sleep.
		I have never found drowsiness the following morning.
		I'll always leave a water bottle next to my bed.
30	NoBlue Amber Book	Blue light emissions stimulate serotonin and block melatonin.
	Lamp.	I find reading (hard copy) with the NoBlue lamp leaves me
	Read hard copy.	feeling dopey-tired within 5 minutes.
31	Lavender Oil	Lavender essential oil can help ease anxiety, promote relaxation,
	2 drops on the pillow.	and calm the mind before bed. Several scientific studies have
		explored linalool, the main component in lavender, for anxiety
		relief and sleep.
		Just two drops of lavender oil on my pillow improves my sleep.
32	Cotton Safety Blanket.	With both my body temperature and the air temperature cooling
		across my sleeping time, I position a cotton safety blanket at the
		foot of the bed. I will also wear socks otot bed.
33	SleepPhones.	I've successfully used the wireless and super soft SleepPhones
	Soft sleeping	for three years. With excellent Bluetooth tech, the battery lasts
	headphones	up to 12 hours.
		Connect with the Aura App below.
34	Aura App.	My practice with the Aura App.
		o Sleep icon.
		<ul> <li>Deep Sleep Meditations.</li> </ul>
		<ul> <li>I'm looking for hypnotic meditations between 12-18</li> </ul>
		minutes.
		$\circ$ There are many to choose from, and all work with the
		same binary model.
		<ul> <li>I seem to benefit more from a male voiceover – my wife</li> </ul>
		favours a female choice.
		I may also use PZIZZ – Sleeping Mode 20 minutes.
35	Blu Tac	Once I reach a dopey sleep, I'll take off my headphones,
		throwing the headband on the floor and jack my ears with clean
		blue tac.
36	Sleeping Mask	I'll wear a soft, zero-eye pressure sleeping mask if I can't block
		out all bedroom lights or my wife is reading.
		I've enjoyed my Manta Sleeping mask for three years.
37	Hello, 5.30 am.	Day 2 of the CR Reset – repeat.