

7 UNUSUAL THINGS you need for good sleep



The purpose of this guide is to provide tested and proven habits you can adopt to optimize your life and quality of sleep. Following the advice provided will help you improve your overall state of being because when you sleep better, you live better it's just that simple.

In order to keep this information concise, I have left out general sleep tips such as turning off your TV, turning off your lights early and using ear plugs if you live in a noisy area. This type of information can be considered common sense. The purpose of the High Quality Sleep Guide is to provide you with new and effective information that can enhance your life.

In order to get the most from this guide, the reader must create the habits described. Habits are easily formed through daily repetition for a period of 30 days in a row. The sections that contain the text ****30 Days**** should be done on a daily basis for 30 days to put your system on autopilot.

If you think for a moment that 30 days is too much time to dedicate towards building these life changing habits, please seriously consider the following:

POTENTIAL HEALTH EFFECTS of lack of sleep:

Weakened immune system

- ↳ Susceptibility to viruses and bacterial infections
 - ↳ Susceptibility to the common cold, flu and other infections
 - ↳ Higher risk of cancer, diabetes and high blood pressure
 - ↳ Lower quality of life
 - ↳ Early death

POTENTIAL FINANCIAL EFFECTS of lack of sleep:

Lower cognition

- ↳ Poor reaction time and decision making
 - ↳ Poor performance at work
 - ↳ Lower productivity and income

I have compiled the latest information about sleep research into this simple guide just for you. Follow this advice daily and trust that within 30 days, you will have formed new life enhancing habits that will have you sleeping like a baby.

Sincerely,



Author

Jihad Waterman

Step outside Barefoot and Watch the Sunrise and Sunset

30
DAYS

Watching the sun rise and set is a blessing we should all enjoy each day. Absorbing sunlight at these peak hours is very soothing and therapeutic. Aside from the obvious intrinsic pleasure, soaking up the sun comes with countless benefits:

Vitamin D

The sun helps your body produce Vitamin D and many other nutrients the way nature intended. Deficiency in vitamin D has been linked to sleep disorders like Insomnia, REM Sleep Behaviour Disorder and Sleep Apnea to name a few.

Serotonin

When sunlight is absorbed through the eyes, it stimulates the production of serotonin. Serotonin is a hormone that makes you feel good which can bring about the confidence needed to tackle daily challenges. At night time serotonin is converted to melatonin. Melatonin helps you to fall into a deep sleep to restore, and revitalize your body.

Go outside barefoot

Being barefoot outside connects you to the earth, literally. When we connect to the earth we align our biological clocks with the cycles of nature. Wearing rubber soul shoes prevents this connection.

Our biological clock is referred to as circadian rhythms. Exposure to the sunlight and maintaining physical contact with the earth both play a role in stabilizing our circadian rhythms. Combining both these activities together is extremely beneficial.



NOTE: This practice is even beneficial on overcast days on inclement weather.

Before Bedtime

Decrease and Eliminate Stress

30
DAYS

If you're lying in bed and your mind is racing 100 miles per minute, chances are you are not going to sleep well. Here are a few techniques you can use to slow your mind down:

Write it down

If you have a long to-do-list in your mind, simply write it down on paper or record it on a digital recorder. The unloading of this information allows you to unwind and fall asleep.

Stay calm with TFT

If you are facing some kind of anxiety, or trauma which is preventing you from sleeping, take 5 - 10 minutes to do some Thought Field Therapy (TFT).



This is a process of tapping on acupuncture meridians of your body in a specific order. It has proven to work in minutes to eliminate the negative emotions from stress. This ranges from something as simple as anticipation of an exam and as complicated post traumatic stress disorder.

To quickly learn and implement this technique in just 5 minutes, go to:

<http://me.munami.com/post/detail/id/a04ed/u/thej/t/marketer/l/1761>

Invest in a Quality Sleep System that Matches your Unique Needs

Your bed has a tremendous affect on your quality of sleep. Since everyone is different, it is important that you choose a bed that meets your needs without compromise.

As a result, we only recommend sleep systems that have the following criteria:

Versatility

Your sleep system should have the ability to change any night based on your current condition. This is because experts such as chiropractors recommend a different sleep surface for different situations. For example, lower back pain sleepers would require a different sleep surface than a person suffering from neck pain.

Two Sides

If you sleep with a partner, you must both agree on your sleeping conditions or you should each have your own side that is customizable to your personal comfort.



We have included a chart below comparing the current customizable sleep systems on the market, it will assist you in making the right decision based on your specific needs.

Stay Hydrated

30
DAYS

If you're not properly hydrated, your body will not function at its optimum state. In many circumstances, people cannot sleep or they constantly wake up due to dry mouth and extreme thirst. Here are some tips to help keep you hydrated before and during your sleep:

Fresh Fruits and Vegetables

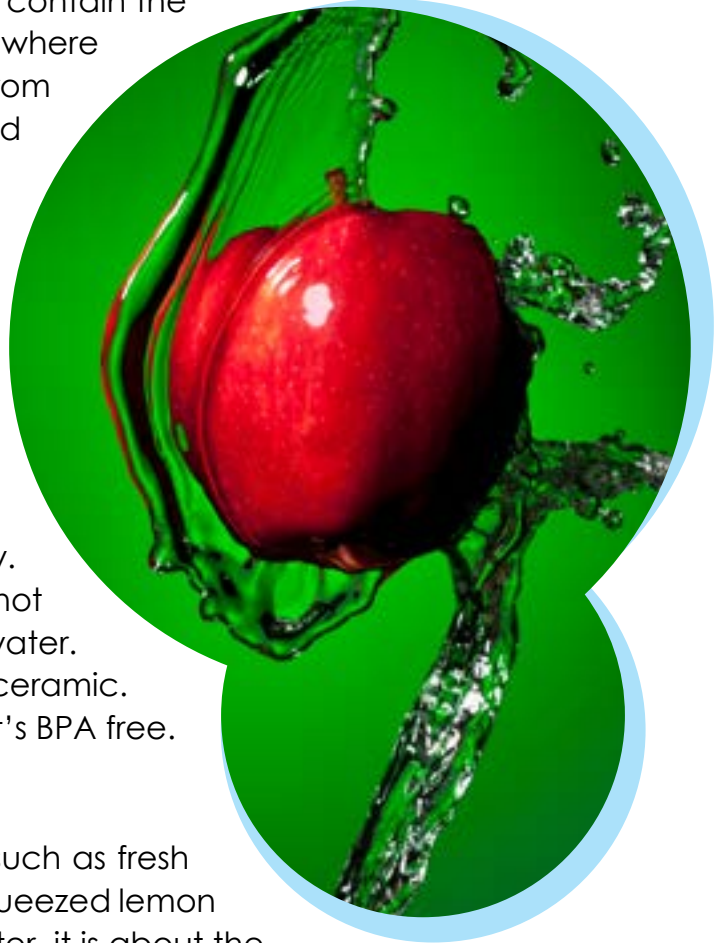
Only eat fresh fruits and vegetables, or drink natural organic fruit and vegetable juices in the later parts of the evening, generally 3 - 4 hours before bed. This is because fresh fruits and vegetables contain the water required to digest themselves where as cooked foods will suck water from the body to process the cooked food which is devoid of hydrating water.

H2O

Drink water from a natural spring, or water that has been structured with a natural mineral profile. Structured water has structured geometry and is charged at its poles which allow it to be easily absorbed by the cells of the body. Water that lacks structure does not hydrate effectively like structured water. Water is best stored in glass or ceramic. Try to avoid water in plastic even if it's BPA free.

Natural Electrolytes

Drink Natural Electrolyte rich drinks such as fresh young coconut water and freshly squeezed lemon juice. Hydration is not just about water, it is about the right balance of water with its accompanying minerals the way nature intended. The best water comes from organic or wild grown fresh fruits and vegetables. These plants naturally contain structured water which is perfectly balanced with the vitamins and minerals you require for optimum hydration.





See a good *Chiropractor*

If you have neck, shoulder or lower back pain, shooting leg pain or issues with deep breathing, your spine may be out of alignment. Here are some benefits you can experience by visiting a good chiropractor:

- In the event your spine is out of alignment, a chiropractor can perform gentle adjustments to get your spine back in the correct position. Along with better sleep, there are tons of other benefits you can gain by having your spine correctly aligned.
- A chiropractor can advise you of the best sleeping positions based on your current situation. Specifically if you are suffering from a lack of sleep due to spinal misalignment.
- They can also suggest the best mattress for you to buy. If you already have a customizable sleep system, they can help you use it to meet the needs for your current situation.

Listen to

Theta Wave Entrained Music

There are some sound waves that cannot be heard by our ears but can be picked up by our brains (Alpha, Beta, Delta and Theta). When listening to Theta waves through stereo headphones, your brain is automatically synchronized to the same state. Theta is the state a person enters right before sleep where they are barely conscious. When you listen to this type of music, you will be brought to a state of relaxation. If you don't relax, it may just knock you out.

Some benefits here include:

- Ability to quickly enter a relaxed mind state between conscious and subconscious where you can deposit new thoughts and habits (including sleep habits) into your subconscious mind.
- When a person is in the Theta brain wave state, it is considered the early stages of sleep which means you are chauffeured to the gates of sleep very quickly. There is also a host of other benefits associated with Theta, including healing and recovery.



Have Sex

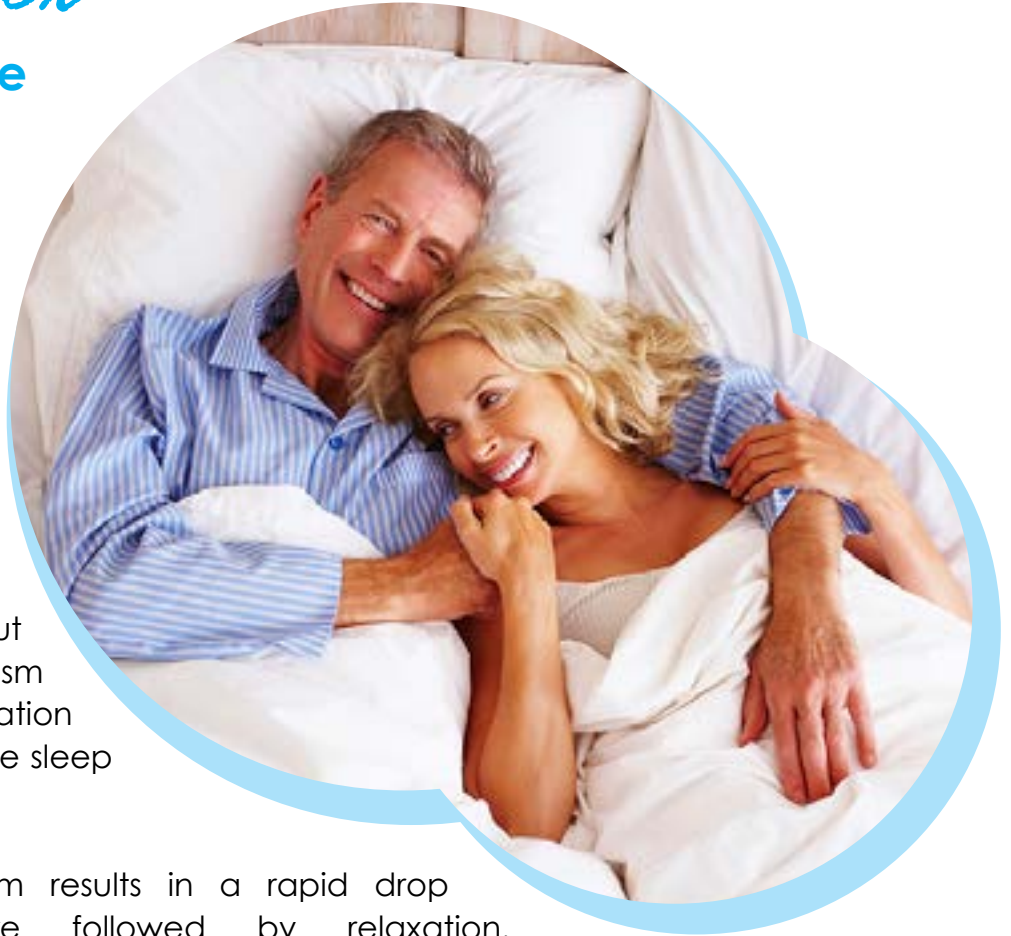
Before Bedtime

Having an orgasm before you go to sleep can help you unload huge amounts of stress by releasing hormones that bring about relaxation.

However, sex without reaching an orgasm may cause frustration which can worsen the sleep problem.

For men an orgasm results in a rapid drop in blood pressure followed by relaxation.

For women, the physical effects of an orgasm are the same but more progressive. In the end both males and females experience a wonderful release of feel good hormones like oxytocin, which can evoke relaxation and a strong desire to sleep.



Competitive Comparison

of Customizable Sleep Systems on the Market

Sleep System	Description
Component Bed componentbed.com	The only Sleep System that allows you to completely change your sleep surface any night on both sides by choosing your component (water, pocket coil and memory foam) and adjusting the firmness . Its versatility leaves the door open for countless innovations in the future.
Adjustable Bed nineclouds.ca	An adjustable bed allows you to move your upper body and feet up . Also comes with massager .
Sleep Number sleepnumber.com	The branded Air Bed that allows you to change the firmness on both sides of the bed. By adding the adjustable base, you can also move your upper body and feet up .
Ultramatic Pillow Tilt ultramaticsleep.com	An adjustable bed allows you to move your feet and upper body up. Also has a 3rd motor for the head and neck providing a wider range of motion.
Adjustable Bed naturaworld.com	An adjustable bed that uses wool material to maintain a cool temperature and has antibacterial properties.
Tempur-pedic tempurpedic.ca	The branded memory foam bed. By adding the adjustable base, you can also move your upper body and feet up .

Features and Options	Component Bed	Nine Clouds	Sleep Number	Ultramatic	Natura World	Tempur-pedic
Memory Foam	✓	✓	✓	✓		✓
Pocket Coil	✓	✓				
Water	✓					
Latex				✓	✓	
Change Surface any Night	✓					
Adjustable Firmness	✓		✓			
Adjustable Foot Raise		✓	✓	✓	✓	✓
Adjustable Upper Body Raise		✓	✓	✓	✓	✓
Adjustable Head Raise				✓		
Massage		✓				
Lumbar Support	✓	✓				
Price Range King Size	\$3,800	\$5,000	\$8,500	\$6,000	\$4,100	\$8,500