

## **Four Hour Body Sleep Hacks:**

1. **Taking [200 milligrams of huperzine-A](#) 30 minutes before bed:** can increase total REM by 20-30%. Tim uses this for the first few weeks of language acquisition and no more than three days per week to avoid side effects. (side effects = Insomnia as well as many others) take home note: use at your own risk!
2. **Don't drink more than two glass of wine within four hours of sleep:** More than two glasses of wine within four hours of sleep decreases deep wave sleep by 20-50%.
3. **Taking 15+ drops of [California Poppy extract](#):** increases deep wave sleep up to 20%
4. **Eat two tablespoons of organic almond butter on celery sticks before bed:** this will help you avoid low blood sugar over night. Make a pre-bed snack part of your nutrition program.
5. **One to two tablespoons of [flaxseed oil](#) (120-240 calories)** can be used in combination with the celery and almond butter to further help.

## **Getting to Sleep:**

**Test 67 –70 degrees as your bedroom temperature:**

- Using 65 degrees as your low point and never going above 70. If you can't control ambient temperature use socks of different thicknesses to tweak heat loss.

**Eat a large – Fat and Protein – Dominated meal within 3 hours of bed time:**

- Consumed within 3 hours of getting to sleep at least 800 milligrams of cholesterol (four or more large whole eggs) and 40 grams of protein. Tim recommends eating two 3/4 of a pound rib eye steaks 3 hours before bed. This sounds a bit excessive.

**Use of light cues – [The Phillips Go-lite](#):**

- Used as a replacement for coffee first thing in the morning. 15 minutes pointing about 30 degrees off center angle.

## **Incorporate Iso-Lateral resistance training (one arm or one leg):**

- Do a single session of Tim's Pre-Hab Testing from the "Pre-Hab" chapter in the Four Hour Body. Following is a quick breakdown of the four exercises and recommendations:

### 1. Chop and Lift:



The start and finish positions of the chop.



- Chop down to left knee x 6-12 reps
- lift up to the right knee 6-12 reps

### 2. Turkish Get Up:



- 5 TGU one side (16-kg kettlebell)
- 5 TGU one side (24-kg kettlebell)

### 3. Cross-Body One Arm Single Leg Deadlift



- 5 reps single side

### 4. Full Range Squat



- 10 reps

**Take a cold bath one hour prior to bed:**

- put two to three bags of ice from the convenience store into a half full bathtub until the ice is about 80% melted.

**Use an Ultrasonic Humidifier:**

- [The Air-O-Swiss Travel Ultrasonic Cool Mist Humidifier](#).

**Use a [Nightwave Pulse Light](#)**

- Can be used as a supplement to the [Philips goLite](#)

---

**4 hour life quick and dirty tips**

**30 minutes before sleep:**

Taking 15+ drops of [California Poppy extract](#)

One to two tablespoons of [flaxseed oil](#)

**While Laying Down to bed:**

Use a [Nightwave Pulse Light](#)

[The Air-O-Swiss Travel Ultrasonic Cool Mist Humidifier](#)

**In the Morning:**

Use of light cues – [The Phillips Go-lite](#)