

# ANABOLIC SLEEP

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## Poor Sleep, An Epidemic?

In 2014, the Centre for Disease Control declared that insufficient sleep is a public health epidemic.

According to polling conducted by the National Sleep Foundation, 43 percent of Americans between the ages of 13 and 64 say they rarely or never get a good night's sleep on weeknights.

Sixty percent say that they experience a sleep problem every night or almost every night.

The most common sleep problems are having trouble falling asleep, snoring, waking in the night, waking too early, and not feeling refreshed when getting up in the morning. And the impact on our health is larger and worse than we might think.

Sleep insufficiency has been linked to auto crashes, industrial disasters, and medical and other occupational errors.

It increases the mortality and the risk of chronic diseases like hypertension, diabetes, depression, obesity, and cancer, and it reduces quality of life and productivity.

Inadequate sleep can even slow weight loss, lead to weight gain and muscle loss, and reduce testosterone levels.

The bottom line is that your sleep hygiene is like your diet—it's either working for you or against you, regardless of whether you realize it. But a bad night's sleep doesn't just make for an awful morning. It makes for an awful week. Month. Year.

Sleep well, though, and the benefits can be surprisingly far-reaching. When you give your body enough high-quality sleep, you reap the following benefits:

1. Your memory improves
2. You have lower levels of systemic inflammation
3. You're a better learner and problem solver
4. You can stick to diets easier
5. Your immune system functions better
6. Your mood is generally better

7. Your athletic performance improves
8. You're likely to live longer

Good sleep hygiene is a like a good exercise routine: it improves your life in just about every way.

Anabolic sleep is the gift that keeps on giving.

## Health And Sleep

In our 24/7/365, all hustle, no sleep society, sleep deprivation is often seen as a badge of honor. Unfortunately the harsh truth is this: Getting inadequate amounts of proper sleep is a catalyst for a whole host of problems, a few of which we will touch on now.

First off, poor sleep destroys your health.

As your sleep debt racks up, cortisol is released as a result of stress. Elevated cortisol levels can lead to excess weight (mostly fat) gain. Left untreated, it can lead to increased heart attack risk, diabetes and even strokes. Furthermore since sleep plays an imperative role in heart and blood vessel repair, sleep deprivation can result in:

- low sex drive
- depression
- premature aging
- memory issues
- reduced cognitive function
- increased risk of death.

That's a pretty serious list. But your lack of sleep problems don't only affect you.

Someone who has not slept in 20 hours has the same level of impairment as a drunk driver with a blood alcohol level of 0.08%. As a result it's one of the leading causes of car accidents. But it doesn't stop there.

Sleep deprivation had a hand in the nuclear meltdowns at Chernobyl and Three Mile Island, the Challenger explosion and the Exxon Valdez oil spill. Every year 274,000 workplace accidents are linked to lack of sleep.

That's a pretty serious list of sleep-related problems. In particular, the last item on the list bears repeating: *sleep deprivation causes an increased risk of death.*

In fact, according to Harvard Medical School, if you sleep fewer than five hours per night your risk of death from all causes increases by a whopping 15%.

The truth is that sleep deprivation ultimately ruins each and every area of your life. Your physical, emotional, mental and spiritual well-being are all negatively impacted by a lack of high quality sleep.

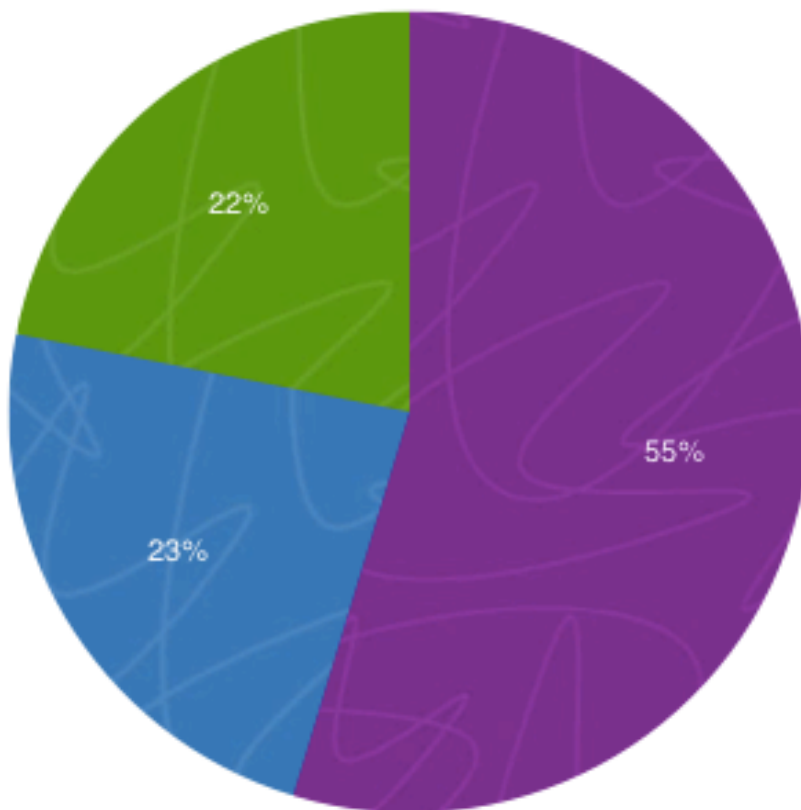
If there's one thing to take away its this: Being sleep deprived is far from a badge of honor. Rather, you are doing a disservice to yourself and every single person (friends and strangers) that you cross paths with.

So sleep is important. What else is new. But you bought this book to help you improve you sleep. Don't worry. There's plenty of help coming.

But first, it's you need to understand the delicate sleep cycle.

# THE SLEEP CYCLE

● Stages 1 & 2      ● Stages 3 & 4      ● Stage 5



## Stages 1 & 2

You are asleep, but not as deeply.

## Stages 3 & 4

Body movement has become minimal at this point. Heart rate and breathing hard also slowed. Your sleep is deep and restful as a result.

## Stage 5

The rapid eye movement (R.E.M.) stage. The brain has become active and as a result you are dreaming.

Here's a breakdown of the 5 stages of sleep

### **Stage 1**

The stage between waking and sleeping. Also known as the drifting off to sleep stage.

### **Stage 2**

The beginning of deeper sleep. Body temperature drops significantly and both your heart rate and breathing slow.

### **Stages 3 and 4**

This is the deep sleep and recovery stage. Your muscles relax and allow more blood to flow into them promoting recovery. This is the stage growth hormone is very active (among other hormones.)

### **Stage 5**

Known as the rapid eye movement (R.E.M.) stage, stage 5 is where you dream intensely. The brain is extremely active while your muscles are essentially turned off (except for the vital ones.)



## The Anabolic Sleep Difference

The whole point of anabolic sleep is to help get the maximum GH response and deeper sleep in less time. With our 24/7 society, every second is precious and while adequate sleep is important, there is no glory in the waste of time.

A poor sleep destroys GH production. The symptoms of absent GH can be mentally and physically damaging. Growth Hormone deficiency can result in:

1. reduced muscle mass
2. diminished strength
3. baldness
4. impaired concentration
5. low energy levels
6. waistline body fat retention

Poor GH production results in a whole list of things you don't want - even poorer sleep being one of them. It's a cycle you want to avoid - starting immediately.

# Six Steps To Anabolic Sleep

## **1. Control the light**

For the best sleep your bedroom should be dark. Ideally pitch black.

This is because sleep is very dependant on your circadian rhythm - which in turn, is sensitive to the changes in light.

Our ancestors, without our technology, only had light or dark. And because that's how we evolved, excess light at night can trick our brain in to believing it's still light.

Ever use your phone at night? Or computer? And we wonder why we have such a massive sleep epidemic. Studies even show that just a light in the bedroom at night can lead to to obesity, diabetes, depression, cancer and... poor sleep.

Foruntaly the solution is simple. Remove/block/turn off all light sources in your sleeping area. That means blackout curtains (or a sleep mask), turned off electronics, turned off light and dimmed / blocked alarm clocks.

The darker the better.

That being said its not always so easy. I love my phone and computer and unless I force myself to stop I would be on it until I pace out face first, drooling into the keyboard. The best way? Put it in another room, or far away from your bed so you have to get up to use it.

Simply make a decision that the bedroom is for sleep and sex only. Nothing else.

If you absolutely need to use your computer / smartphone late at night consider installing the app F.lux. Basically it replaces the harsh blue light with something closer to natural light. This helps keep your circadian rhythm in check and can prevent insomnia.

## **2. Get Cold**

A room that is too hot will make sleep difficult. An ideal room temperature is 60°F to 64°F (16°C to 18°C).

If you turn your air conditioner on, ensure you have enough bedding to keep you warm while sleeping because the cold air from air conditioning may keep you awake as the room cools down.

Another way to lower your body temperature is to take a cold shower before bed. Other than being an amazing way to recover, it also feels like getting hit with an elephant tranquilizer before bed.

Another bonus? It'll help you shed some extra weight, since your body will have to use excess energy to warm yourself back up.

## **3. Go to sleep at the same time**

Going to bed at roughly the same time every night teaches your body to prepare for and expect sleep. This makes it almost effortless for your body to get into a rhythm of waking and sleeping.

You might want to sleep in on the weekend because you didn't get enough sleep during the week or you can home from the bar slightly past your normal bedtime at 3:37am (don't lie, I know you have done it too.) However sleeping in late on Saturday and Sunday mornings wreaks havoc with your natural sleep rhythm making getting up on Monday morning an absolute nightmare.

After a long night get up just a bit later than normal. Add 60 to 90 minutes extra sleep time, maximum. It can be difficult but well worth it. If need be, take a nap mid day.

The bottom line? Be disciplined. Limit your sleeping-in on the weekend and keep a regular sleep/wake schedule as much as possible.

## **4. Improper Bed Orientation**

This one is a little weird. Scientists have finally come to the conclusion, via numerous studies, that the direction your bed faces can play an important role in the quality of your sleep.

The science is sound. Here is how longevity living puts it...

*“Due to the polarization of the Earth’s north and south poles its been discovered that different species ALWAYS sleep facing the north or south. The logic is this: Since our heads have a positive magnetic field, like the earth, sleeping with your head pointed north has the effect of two positives repelling each other. Of course, if you are in the Southern Hemisphere this is reversed. Remember we touched on sleep cycles earlier? Studies have also shown that humans who sleep facing east or west actually have shorter periods of R.E.M. sleep. And as we discussed earlier, R.E.M. is an integral part of sleep — it’s where your brain processes the events and the emotions of the day. So, which way should you sleep? North (or south if you are in the Southern Hemisphere) is out, due to the repulsion effect of the magnetism. East and west are out since they promote shorter R.E.M. cycles. So we suggest you sleep with your head pointed to the south. It’s a simple fix that could make a great deal of difference in the quality of your sleep.”*

I’ve tried it an it works. Period.

## **5. Get the right nutrients**

What you eat affects every area of your life. The relationship to sleep is no different. If you eat better, you’ll sleep better. This isn’t a diet book, but let’s briefly touch on some good and bad foods for promoting anabolic sleep.

But before we get into “the good,” let’s look at “the bad” — those foods that keep you awake and hamper your sleep.

First off, eat a balanced diet. A diet lacking in any macronutrient will yield poor sleep results - especially diets that omit carbohydrates.

Carbohydrates produce glucose that feeds all the cells in your body and gives you energy. Eliminating carbs from your diet can cause serious insomnia issues. However that doesn’t mean go hog wild on sugar.

Excessive consumption of sugar throughout the day causes a blood-sugar roller coaster. Among other negative effects, this throws off the delicate balance of stress hormones in your body, in particular cortisol. Cortisol will keep you alert. This is not something we want floating around excessively in our bloodstream when we are trying to doze off.

You also need some salt (sodium) in your diet. Salt is an electrolyte that controls blood pressure and the amount of blood. Sodium is needed to create the impulses that make your muscles function. Too little salt can make sleep difficult. Himalayan sea salt is best as it contains important trace minerals.

My favorite sleep food? Tart cherries. They provide a potent natural source of melatonin, and research has found they can increase sleep time for adults with insomnia by 1 1/2 hours. I usually just have Organic Tart Cherry Juice Concentrate in the fridge and drink it before bed. Seems to be very helpful getting to sleep on those difficult nights.

## **6. Exercise**

In our computer driven society, exercise is now a luxury. However research continues to prove that people who exercise have less insomnia than people who don't. However be aware that exercising late at night can cause insomnia and poor sleep. This is because exercise raises your body temperature, making sleep more difficult.

If the only time you can exercise is before you go to bed, when you take your after-exercise shower, slowly turn down the hot water and allow the colder temperature to cool your body.

That being said, if you're not already exercising, start now. A walk after dinner will help your digestion and make it easier to fall asleep at night. You can also swim, ride a bike, play a sport, go to a gym — anything you enjoy that gets you moving and your blood pumping.

Besides the sleep benefits, exercise will help you live longer, live healthier, perform better and, most importantly, look damn good naked.

## Next Steps

Thank you for investing in *Anabolic Sleep*. It's an investment in better sleep. An investment in yourself.

We've covered a lot of ground in this guide and you might be feeling overwhelmed with all of the things you can do to improve the quality of your sleep. Remember, if you think you may be suffering from a serious sleep disorder — sleep apnea, R.L.S., narcolepsy or insomnia — please consult your physician right away.

These are serious conditions with potentially fatal consequences; they are not something you should take lightly.

On the other hand, if you're just looking for a quick and simple plan for improving the quality of your sleep, then we suggest the following:

1. Do your best to eliminate stimulants like caffeine, alcohol, sugar and blue light before bed.
2. Develop a healthy, predictable sleep routine — go to bed at the same time and rise at the same time.
3. Get yourself a high-quality magnesium spray. Magnesium is a great relaxant. A topical spray is better for absorption than an oral supplement. The one we recommend is here.

Above all, take your sleep seriously. Your waking state depends on it!  
To fitness, fortune and freedom,

***Peter Tzemis***

P.S. If you have any questions, comments or concerns, please reach out to us at [support@petertzemis.com](mailto:support@petertzemis.com)