

209: The Biohacker's Guide to Optimized Sleep

10 Point Checklist

Claus Pummer

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a 10 point checklist that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



"Sleep is the third pillar of your longevity and health."

CLAUS PUMMER

10 STEPS YOU CAN TAKE TODAY

Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.

- Optimize my sleep environment. Make sure that where I sleep is capable of giving me peace, comfort, and privacy.
- My bedroom location should be at the back of the house where it is far from any potential outside noise.
- Invest in a high-quality mattress that is made out of natural, non-chemical contents. Look for those wrapped with certified organic cotton.
- Avoid watching TV or using my phone or tablet before sleeping. Claus advises that these gadgets shouldn't be in my bedroom so that I can limit my blue light exposure.
- Refrain from taking sleep vitamins or supplements if possible. My body's sleep pattern can be hacked without medication.
- Sleep in the dark. When traveling, don't forget to bring an eye mask and earplugs for better sleep.
- Check out [Brian Hoyer's episode about EMFs](#). The everyday electronics I have in my home can have long-term harmful effects on my body.
- Change the sheets often to keep the bed clean and free of dust mites. Deep clean mattresses and pillows regularly to prolong usage.
- Eat organic, non-processed food for better digestion and blood flow that can lead to better sleep.
- Check out [SAMINA's website](#) to view top-notch sleep devices and acquire more studies and resources on how to optimize sleep.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/the-biohackers-guide-to-optimized-sleep-with-claus-pummer/>