

# 058: Get Better Sleep by Discovering Your Chronotype

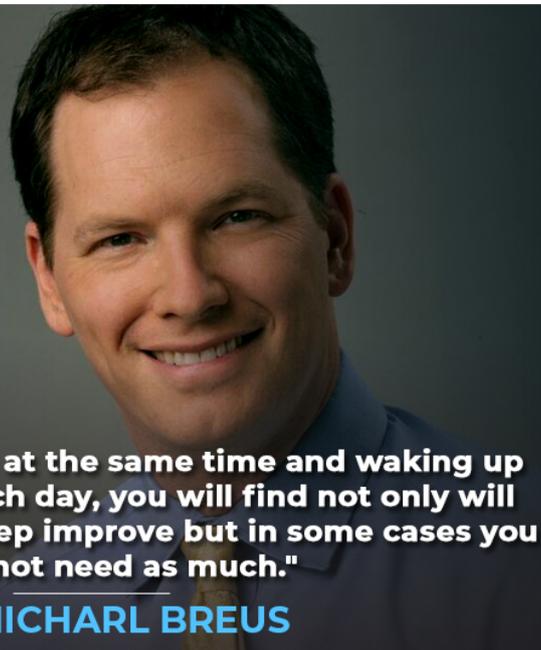
## 10 Point Checklist

### Dr. Michael Breus

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**



**"If you're going to be at the same time and waking up at the same time each day, you will find not only will the quality of your sleep improve but in some cases you might not need as much."**

**DR. MICHAEL BREUS**

# 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.**

- Do you know your chronotype? Your sleep schedule may be detrimental to your chronotype. Be ready to make some changes in your life to adjust to your particular chronotype.
- What kind of an impact does your family have on your sleep schedule? You may have to have chats with your family members in order to come to an understanding about how you can accommodate each other when it comes time to sleep.
- Everyone has his or her own “sleep drive”. Try to listen to your drive and sleep accordingly, this will help more than anything else.
- What is your “sleep need”? The average sleep cycle is 90 minutes long. A typical night of sleep includes 5 full sleep cycles. Multiply 90 by 5 and you get 450 minutes, or 7.5 hours. Starting at your wake time, work back 7.5 hours to find your bedtime. Use that as your guide, and if you wake near your alarm time, you’ve found your “sleep need”.
- The amount of REM and deep sleep you get will be easier to attain if you stick to a schedule. Even on the weekends. Consistency is key.
- Blue light is a huge detriment in getting to sleep. Stay away from electronics (computers, smartphones, etc.) just before going to bed.
- Are there general things you can do to your bedtime ritual that will help? Sticking to a schedule, tapering off caffeine and alcohol, and staying away from exercise within four hours of your bedtime.
- Core body temperature may also be a contributing factor in sleep disruption. The perfect temperature for sleeping is usually the most comfortable temperature to fall asleep to.
- If you think you have insomnia or narcolepsy, you should see a professional for treatment. There are many sleeping aids that may help you, but it should be tailored to your needs.

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

<https://www.getyourselfoptimized.com/get-better-sleep-discovering-chronotype-dr-michael-breus/>