

THE BUSY MAN'S SLEEP UPGRADE CHECKLIST

START WINDING DOWN 45 MINUTES
BEFORE SLEEP

+

MAKE SURE ROOM IS DARK AND COLD

+

MAGNESIUM GLYCINATE **OR**

EAT A KIWI

+

READ A FICTIONAL BOOK **OR**

TAKE A WARM SHOWER **OR**

MASTURBATE **OR**

SEX

+

SET ALARM TO WAKE UP AT THE SAME
TIME

+

SLOW DEEP BREATHS

+

SLEEP AND PASS OUT

WHY EACH STEP MATTERS FOR DEEP, MASCULINE SLEEP SLEEP ISN'T JUST ABOUT REST.

IT'S WHEN YOUR BODY RESTORES TESTOSTERONE, REBUILDS MUSCLE, DETOXIFIES CORTISOL, AND SHARPENS YOUR BRAIN.

EVERY ITEM ON THIS CHECKLIST ISN'T RANDOM — IT'S SCIENCE-BACKED AND OPTIMIZED FOR BUSY, STRESSED-OUT MEN WHO NEED RESULTS WITHOUT TURNING INTO MONKS.

✓ START WINDING DOWN 45 MINUTES BEFORE SLEEP
STIMULATION = STRESS.

SCROLLING, NOISE, CAFFEINE, EVEN PRODUCTIVITY ALL SIGNAL "STAY ALERT."

BEGIN DISENGAGING SO YOUR NERVOUS SYSTEM CAN SHIFT INTO PARASYMPATHETIC MODE (AKA REST AND REPAIR).

✓ MAKE SURE ROOM IS DARK AND COLD
DARK = MELATONIN.

COLD = FASTER SLEEP ONSET AND DEEPER REM.

YOUR ANCESTORS DIDN'T SLEEP WITH LEDS OR AIR FRYERS FLASHING BESIDE THEM.

✓ MAGNESIUM GLYCINATE OR EAT A KIWI
MAGNESIUM CALMS YOUR NERVES AND LOWERS CORTISOL, ESPECIALLY GLYCINATE FORM.

KIWI? NATURALLY BOOSTS SEROTONIN AND HAS STUDIES SHOWING IT IMPROVES SLEEP ONSET AND DURATION.

PICK ONE BASED ON WHAT YOU'LL ACTUALLY DO.

✓ READ A FICTIONAL BOOK OR TAKE A WARM SHOWER OR MASTURBATE
YOU NEED A DOPAMINE-LOWERING RITUAL — TO SEPARATE DAY AND NIGHT.

- FICTION SLOWS MENTAL LOOPS.

- SHOWERS SIGNAL THE BRAIN IT'S TIME TO SLEEP.

- MASTURBATION (OR SEX) GIVES A TEMPORARY HORMONAL DROP THAT HELPS MEN SLEEP LIKE LOGS.

CHOOSE WHAT WORKS, JUST DON'T SCROLL TIKTOK.

✓ SEX

IF AVAILABLE, IT'S THE SUPERIOR OPTION.

RELEASES PROLACTIN, OXYTOCIN, AND REDUCES BLOOD PRESSURE — A NATURAL KNOCKOUT COCKTAIL.

POST-NUT CLARITY IS REAL.

✓ SET ALARM TO WAKE AT THE SAME TIME
CIRCADIAN RHYTHM IS KING.

NO SLEEP HACK MATTERS IF YOUR SCHEDULE IS ALL OVER THE PLACE.

SAME WAKE-UP = MORE STABLE HORMONE OUTPUT, EVEN ON SHORT SLEEP.

✓ SLOW DEEP BREATHS

SLOWS THE HEART, GROUNDS YOUR MIND, AND SHUTS OFF YOUR INNER MONOLOGUE.

JUST 2-3 MINUTES OF DEEP NASAL BREATHING WILL PREP YOUR BODY LIKE A TRANQUILIZER (BUT NATURAL).

✓ SLEEP AND PASS OUT

NO SCREENS.

NO NOISE.

NO "LET ME JUST REPLY ONE LAST MESSAGE."

YOU EITHER HONOR THIS PROTOCOL OR REPEAT ANOTHER NIGHT OF SHALLOW, WEAK SLEEP.