



BODYFITNEWSLETTER

Premium Edition.

“The man who removes a mountain begins by carrying away small stones.” -Chinese Proverb

Tricks and Tips: Getting A Better Nights Sleep

If I think back 10,000 years ago when it came to sleep, here is how I picture it:

After a long day of hunting, playing, eating awesome foods, and relaxing in the sun; the sun starts to settle on the horizon and go down for the night. As the darkness comes on, the body starts relaxing knowing that it is time to settle down for the day and prepare for a good nights sleep. A fire may be lit for some family conversation and games, but everyone is relaxed and ready to fall asleep at any time. As the darkness settles, you hear the sounds of nature kick in as you prepare for bed. Through the night, there are no interruptions (besides maybe the occasional animal lurking in your territory) and you sleep straight through the night. As the sun comes up you awaken naturally and are fully rested and ready to go for that day.

Sounds pretty good if you ask me...

If we look at the present, however, things are a bit different. The ability to fall and stay asleep is quite the task these days. We have all kinds of distractions to deal with including Tv's, smart phones, computers, iPad's, artificial light and more. Plus, the world we live in is more noisy than ever making it that much more difficult to stay asleep throughout the night.

Back 10,000 years ago, when the sun started to go down the body naturally started producing melatonin which causes drowsiness signaling the body to start to shut down and relax for the night. Today however, with all the distractions that we have, we delay and affect melatonin production by tricking our brains into thinking that it is still light out. This is caused by artificial lights, TV's, smart phones, etc.

Although it may have been much easier back 10,000 years to get a good nights sleep, this shouldn't stop us from trying to duplicate what our ancestors did and create our own ideal sleeping environment.

We all know the [importance of a good nights sleep](#) when it comes to our health and training. So how can we improve our sleep even with all the distractions in the modern world?

Sleep Basics

First, I would like to offer some sleep basics that may help you to fall asleep more easily. You may have heard these before but it is always good to be reminded of them again:

- 1. Get on a schedule:** You have heard people say that you should always go to bed at the same time every night. I definitely agree with this but I also think there is a bit more to it. Not only should you try to go to bed at the same time every night, you should also *try to rise at the same time every morning*. This will allow your body to get on a sleep schedule so it knows when it is time for bed and when it needs to rise. Be strict with your schedule, not allow anything to throw you off.



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- 2. Have a routine:** You should have a routine for both the morning and night. Find a routine that will allow you to relax and settle down at night so that you can usher your body and mind into falling asleep. In the morning, find a routine that will help your body wake up. If you have trouble waking up, try adding in some push-ups or bodyweight squats each morning. This will get the blood flowing and really wake your body up. Find a routine and stick with it.
- 3. Shut down the devices:** We all know the importance of this yet many of us do not do it (something I am guilty of too). When it is time to settle down, having the artificial light of a TV, computer screen, etc. can send signals to our brain that it is still daytime. This means you will be more awake when your body and mind are trying to fall asleep. Instead, try turning off the TV and shutting down the computer and read a book or talk with your family and friends. This will do a much better job in allowing your body to relax and get prepared for bed.

The basics we have just covered are something we have all heard before. Below, I would like to cover a few new ways to help you with getting to sleep easier as well as sleeping through the night better:

Sleep Better

There are a few tools that I would like to offer you when it comes to getting a better nights rest. The first is a supplement called ZMA and it works very well in allowing your body to fall and stay in a deeper sleep.

ZMA:

ZMA will help you fall into a deep sleep hence allowing you to get better rest. The main ingredients are Zinc, Magnesium, and Vitamin B6. Magnesium has been shown to serve as a relaxant, while the combination of the three has been shown to keep you in a deeper state of sleep.

Another benefit of ZMA is that it will help with boosting testosterone, which is very helpful in muscle growth and fat burning (and yes this is very important for women as well). Allowing your body to stay in deeper sleep for longer, allows you to naturally produce key hormones which help keep us healthy, lean, and strong.

Along with that, you can expect to have better recovery so you have more energy for your workouts.

Melatonin

As we discussed above, melatonin is naturally produced when the sun starts to fall to signal the body that it is time for rest. With all the distractions however, we inhibit the natural production of melatonin causing the body to stay up far longer than it wants to.

To help balance out the low levels of melatonin being produced (because of all the artificial light we are exposed to), you may find it helpful to add in a melatonin supplement. Adding in some melatonin will help you relax and better prepare you for a good nights sleep.

Final Thoughts



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Getting a good nights rest is very elusive these days. Above are just a few simple ways we can make sure we start getting higher quality sleep.

I know how hard it can be to get on a sleep schedule, but *my challenge to you is to do it for a week*. Go to bed and wake up at the same time, stick to a routine, and eliminate the distractions for one solid week. Then, if needed, add in the supplements we went over above.

Sleep is so important to our overall health and well being, not to mention it will greatly speed up your results in the gym.

Workout Schedule

Below are my workouts for the week. I will be performing two days of legs, two days of upper body, and some sprints throughout the week:

Three days of sprints:

Sprint Workout:

8 total sprints at 60 yards each

Rest 60 seconds between sprints

5 hill sprints

Rest time is the walk down the hill

I will repeat this workout three times this week.

Weight Training:

Lower Body: Monday, Thursday

Squats: 5 sets X 7 reps

Front Squats: 5 sets X 7 reps

Single Leg DB Deadlifts: 4 sets X 7 reps each leg

Lunges: 4 sets X 7 reps each leg

Rest 45-60 seconds between sets

Once finished complete the finisher below:

Kettlebell Swings: 75 reps as fast as possible

Grab a challenging weight, and finish all 75 reps with as little rest as possible. Use a weight that you cannot do all 75 in a row.

Upper Body: Tuesday, Friday



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Bench Press: 10-7-3-1 reps X 3 sets (perform 10 reps, 10 second break, 7 reps, 7 second break, 3 reps, 3 second break, 1 rep)

Weight Pull-Ups: 4 sets X 12 reps

Overhead Press to Shoulder Raises: 10-10 reps X 4 sets (perform 10 reps on overhead press and immediately move into shoulder raises for 10 reps each arm)

Bent Over Row to Underhand Pull-ups: 10-10 reps X 4 sets (perform 10 reps on bent over row and immediately move into underhand pull-ups, 10 reps)

Once finished complete the finisher below:

Push-ups: 100 reps as fast as possible

Be sure to push yourself hard in these workouts by using a challenging weight.

Quotes for the Week:

- *“If opportunity doesn't knock, build a door.” -Milton Berle*
- *“When I hear somebody sigh, ‘Life is hard,’ I am always tempted to ask, ‘Compared to what?’”
-Sydney Harris*
- *“Luck is a dividend of sweat. The more you sweat, the luckier you get.” -Ray Kroc*

Articles to Revisit:

Below are a few good articles you should revisit to keep you motivated and inspired to get fit.

[Leon Rosborough Interview](#)

[Dont Feel Like Working Out?](#)

[Cheat Day Series](#)

Final Words

Make this week your best yet. Focus on getting in some good workouts and stay strong to your eating plan. If you want to try something new, visit the 'Cheat Day Series' link above and check out the cheat day diet. It is very unique and it works incredibly well.

Keep up the hard work and keep an eye out for some announcements this week. I am working on putting together a transformation contest that is going to be lots of fun. Can't wait to get that finished!

Have a great week,

Dennis Heenan

[BodyFit Formula](#)