

# 220: Achieve High-Quality Sleep

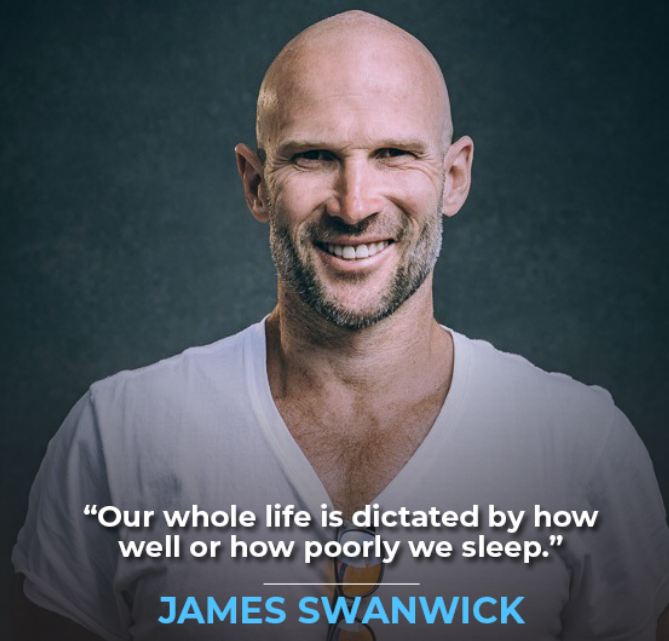
## 10 Point Checklist

James Swanwick

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**



**“Our whole life is dictated by how well or how poorly we sleep.”**

**JAMES SWANWICK**

# 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.

- Ensure that I get the right amount of restful sleep. Even if I get around eight hours of sleep at night, I will still be tired and lethargic if I don't achieve REM sleep.
- Get as much sunlight exposure as possible during the day and block as much blue light during the night. I should not be in front of a TV, cellphone, or laptop screen at least three hours before I go to bed.
- Exercise in the morning rather than later in the day. Exercising releases dopamine and will make you feel energized and prepared for your day.
- Avoid caffeine after 2 PM. It is a stimulant that can trick my neurological system into thinking I still have energy to burn even though my body is tired.
- Download [f.lux](#) for my computer and shift to a “night” setting on my phone to reduce the blue light exposure from my screens.
- Wear blue light blocking sunglasses at least one hour before going to bed to completely eliminate blue light exposure. James recommends Night Swannies.
- Avoid taking melatonin on the daily. Taking a supplement will stop my body from releasing melatonin naturally.
- Stay sober. Alcohol is not good for my body. Drinking may seem like it calms my nerves and relaxes my mind, but it actually drastically reduces the quality of my sleep, elevates my heart rate, and results in fewer dreams.
- Refrain from indulging in sugar. It messes up my system and can spike up my energy levels, thus disrupting my sleeping patterns.
- Check out James Swanwick's website [www.swanwicksleep.com](http://www.swanwicksleep.com), and use custom code SPENCER for 10% off on your purchase.

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

<https://www.getyourselfoptimized.com/achieve-high-quality-sleep-with-james-swanwick>